



UNIVERSITY OF CALGARY  
FACULTY OF NURSING

# report to community

YEAR IN REVIEW | 2019-20



## dean's message



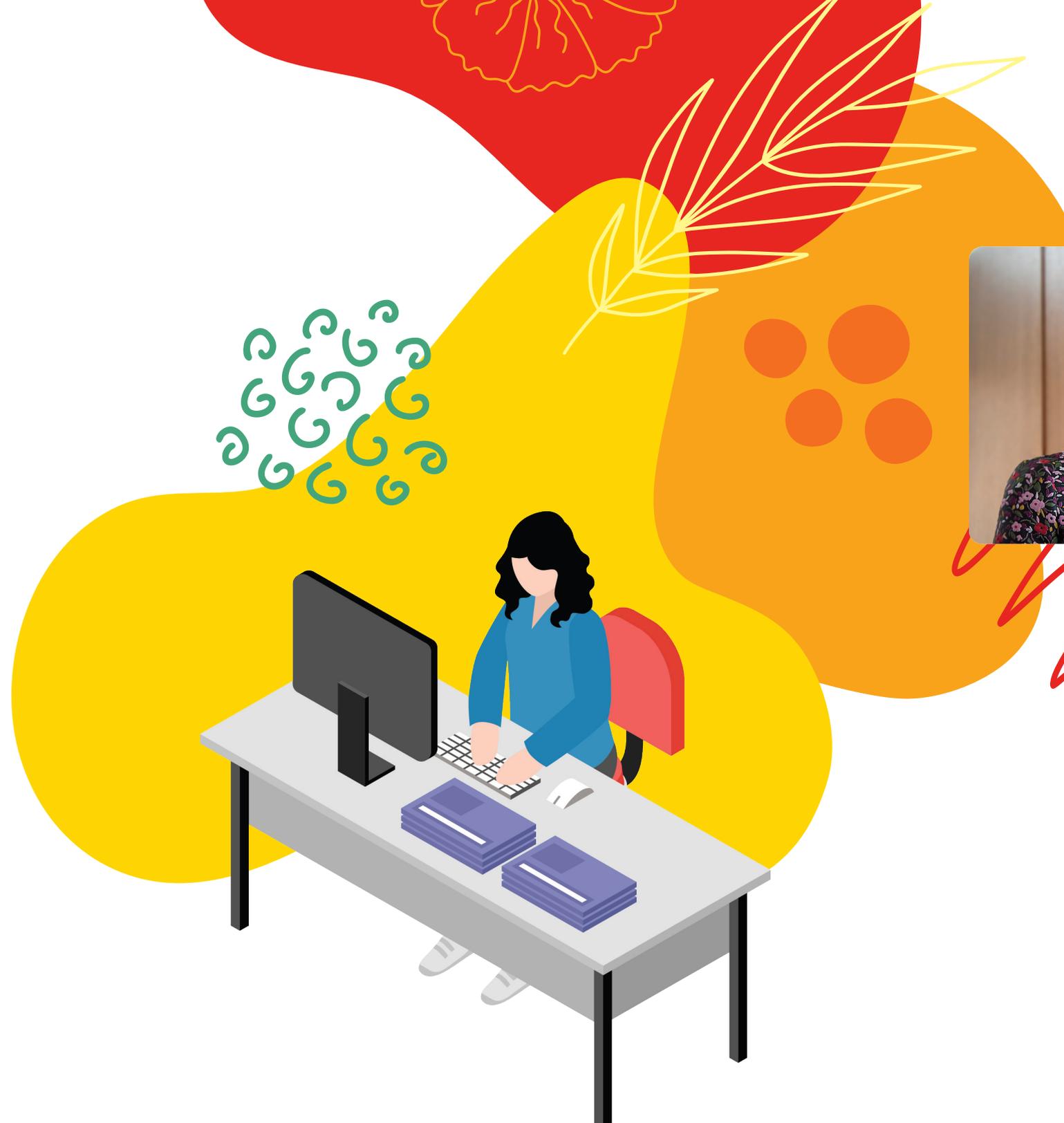
Welcome to our Report to Community 2019-20, a snapshot of the academic year 2019-20. We closed out our 50th anniversary as a UCalgary faculty and moved to a global celebration of 2020 Year of the Nurse and the Midwife, and the capstone year of our 2017-20 strategic plan *Leading the Pursuit of Nursing Excellence*.

When that plan launched over three years ago, the landscape of health care was certainly very different than it is today. Yet, as UCalgary Nursing prepares to move into a new framework for the future, our goals as a nursing education provider remain the same: we will continue to foster an environment of leadership, engagement and inquiry that underpins our core activities of teaching, learning, research and community service.

I came into my role halfway through implementation of *Leading the Pursuit of Nursing Excellence*. I am immensely proud of what has been accomplished by the faculty to propel us toward its completion, setting us up for the foundation of the next plan (2021-24). It is a changed time now from what we had envisioned when we first began to map out our new plan, but I am confident in our strength to meet all challenges and emerge even stronger.

Please enjoy this report. And stay tuned for what is next on the horizon for UCalgary Nursing.

**Dr. Sandra Davidson**, PhD  
Dean, UCalgary Nursing



# 50th anniversary highlights

The second half of the faculty's anniversary year continued the celebration launched in January 2019 and included new events as well as the incorporation of the anniversary into existing activities.

Our profile series, 50 Faces of UCalgary Nursing, included more than 50 students, staff, faculty, alumni and community partners who represented the diverse cross-section of nursing advocates who make up our thriving community. Here are a few of those faces: ▶

## LORRAINE WRIGHT, UCALGARY PROFESSOR EMERITA

Dr. Lorraine Wright (RN, PhD) is an international speaker and author, revered at UCalgary and in wider nursing circles for her expertise in the area of family nursing, especially her creation of the Family Nursing Unit (FNU) in the early 1980s.

**Is there a nursing issue you are especially passionate about or would like to change?**

“If every nurse embraced the notion that illness is a family affair, it would change the face of nursing practice. Illness impacts families and families influence the course of illness, and therefore, families need to be included in all domains of nursing practice.”

**Your advice for aspiring nurses?**

*“To remember that you are healers in the encounter of illness suffering in a most honourable profession. Your words and actions are remembered long after the care that you provide.”*



On Sept. 5, to mark the first day of classes, UCalgary Nursing hosted “Welcome Back: Coffee and Donuts” where volunteers gave out free Timbits and coffee to the campus community.





**WESLEY RADULSKI, BN'82**

Wesley Radulski is now a regional general manager of a hospital group in Melbourne, Australia. "My passion is working with teams and empowering them to be able to provide the best service they can," he says. "I also believe in making all the team members, regardless of the role they play, understand how important each member is to a positive outcome."

**What most excites you about the future of nursing or changes coming in the profession?**

"I think nurses will play an increasing role in improving the health of patients through ongoing assessment and education. Nurses who are clinical nurse specialists and educators will play an important role, and research carried out by nurses will lead to those changes."

**Your advice for aspiring nurses?**

*"For me, my nursing education has been the vehicle that has allowed me to work in a variety of disciplines and locations. I know bedside nursing has changed and perhaps become more difficult as budgets shrink and ratios increase, but never underestimate the impact you have on the people you care for or the team you are part of or manage."*

**AMY DEAGLE, BN'06**

Amy Deagle founded the International Network of Nurse Leaders (INNLL) to unite a community of nurses, hone their leadership skills and help them tackle important causes in health care. She is the manager of clinical innovation with the Calgary Rural Primary Care Network and CEO of the INNLL.

**What's an unforgettable experience from your time at UCalgary Nursing?**

"In my final year at UCalgary Nursing, we had a speaker come in to talk about life after graduation and all the opportunities that would be available to us as nurses. She had been an ICU nurse, a STARS nurse and a travel nurse.

*"It was during that speech that I realized how many doors I had opened for myself by choosing nursing as a career path. In my career so far, I have been a rural acute care nurse, a labour and delivery nurse, a travel nurse, a certified nurse-midwife, a primary care nurse and now, a nurse-manager and a nurse-entrepreneur."*



Our 2019 Marguerite Schumacher Memorial Alumni Lecture featured five keynote speakers, one for each decade of our 50 years as a faculty. From left, Shannon Spenceley MN'93, Suzanna Crawford BSc'11, BN'13, Dianne Dyer BN'76, MN'93, Derek Luk BN'07 and Pam Nordstrom BN'83.



On Dec. 5, we held our 50th Anniversary wrap-up event in the Professional Faculties foyer to mark the end of our year-long celebration. Faculty, staff and students dropped by the event to enjoy popcorn, games and prizes.



Jack, UCalgary Nursing's wellness dog

# flourishing together in a caring community

## STRATEGIC PILLAR:

### Wellness in work and study

To achieve the strategic goal of work and learning environments that promote health and wellbeing for students, faculty and staff, the faculty formally adopted the University of Calgary Campus Mental Health Strategy: Creating a Community of Caring in 2018. A series of activities, grouped under the UCalgary Nursing Mental Health and Wellness Initiative (MH&WI), have moved us toward our goal of emotional safety and support where all in our community thrives.

One such initiative is a university-approved wellness dog pilot project for one year. "There are many evidence-informed research studies that have recognized the benefit of animals, especially dogs, for the enhancement of mental health and well-being," says MH&WI director **Dr. Jacqueline Smith**, PhD.

"Dogs used in this way, in a variety of institutions and businesses, help support a calming and relaxing work environment."

Jack, an Australian Labradoodle, was privately purchased in early 2020 by UCalgary Nursing research facilitator **Dr. Christine Lange**, PhD and husband, Steve. "It didn't take a lot of convincing," says Lange. "We know labradoodles are widely recognized as well-suited to this type of work since they are highly trainable, extremely friendly and very low shedding. We are really happy to be partnering with UCalgary Nursing on this exciting project."

The pilot was developed in consultation with experts from UCalgary's Faculty of Veterinary Medicine (UCVM) and Risk Management and Insurance and additionally supported with formal training through Canine Minds and Manners, courtesy of an anonymous donor, and kibble and canned food, thanks to Purina Canada.

"We know that pets and people are better together, and we see the positive impact that pets have on our health — including helping to lower stress levels, ease anxiety and encourage social interactions," says Dr. Helen Newton, Veterinary Communication Manager at Nestlé Purina PetCare Canada. "When the university approached us about this initiative, we were more than happy to be involved and support student wellness."

*"We know that pets and people are better together and we see the positive impact that pets have on our health."*

Dr. Jacqueline Smith,  
Faculty of Veterinary Medicine

UCVM senior instructor Dr. Serge Chalhoub, DVM and a team of UCVM veterinarians offered advice to Smith on pet selection and care, and proposed that the UCVM's Small Animal Club and its students could help provide wellness care for Jack, under UCVM faculty supervision, as a learning experience for them.

"I can't wait for post-COVID-19 for the dog to be in the building and for the students to experience the advantages," says Chalhoub.

Smith agrees. "We are really excited for the day that Jack can be formally introduced in the faculty. He made a couple of brief appearances in the winter as part of his socialization program, but we plan to have a dedicated space for him to receive visitors and will communicate in advance to everyone about his activities. We know it will add yet another layer to our already robust mental health and wellness initiative."

In the meantime, follow Jack on his Instagram account — [be.well.with.jack](#) — where he is building a strong following.



## new nurse plans to advocate for patients at bedside and beyond

**STRATEGIC PILLAR:**  
Leadership for nursing excellence



New nursing graduate **Candace Cho** (BN'20) has been a leader throughout her four years at the University of Calgary and has definitely taken advantage of the strategic plan's focus on offering enrichment opportunities for students as our next generation leaders.

Leadership and advocacy has always come naturally to Cho. She held the role of Students' Union Faculty of Nursing representative on the Undergraduate Nursing Society for two terms. She was also on the UCalgary Debate Society team for the last four years, three of which she served as president.

As a goal to build capacity for student leaders, the faculty became a chapter school of the Canadian Nursing Students' Association in 2018 and Cho sat on the board of directors as Western Regional Director from January 2019 to January 2020. In that role, she oversaw the nursing chapter schools of Western Canada and spoke as the student voice at NNPBC (Nurses and Nurse Practitioners of British Columbia) and CNA (Canadian Nurses Association) meetings.

Over the past two years, Cho has been an active member on the team behind UCalgary Nursing's Mental Health and Wellness Initiative. In 2019, she successfully applied to the SU Quality Money fund to help provide suicide intervention skills training to UCalgary Nursing students.

"To date, we've trained more than 100 students with certifications and skills in identifying and intervening in crises, not only on campus, in practice and in other situations, but specifically with ourselves and our friends and family too."

Cho says that her plan is to work as a nurse in the field for a few years and then to pursue her law degree. "I think working as a nurse will help inform the gaps in health-care policy that exist and having an understanding of the law could be a cool synergistic way to incorporate nursing, policy and advocacy all into one."

# thank you

## *Energize: the campaign for Eyes High*

*Energize: The Campaign for Eyes High* concluded in June 2020 as the third-largest successfully completed fundraising campaign in Canadian history. And UCalgary Nursing did its share in contributing with

- \$8,012,806 raised
- 1,726 total gifts
- 746 unique donors

### **Giving at UCalgary Nursing**

- 46.8% of our campaign donors were alumni; 43.4% were non-alumni
- Foundations provided 41% of total campaign dollars given to the Faculty of Nursing; individuals made up 32.3%
- The four largest gifts during the campaign helped establish four chairs in the Faculty of Nursing
- Many of our long-term donors are nurses themselves

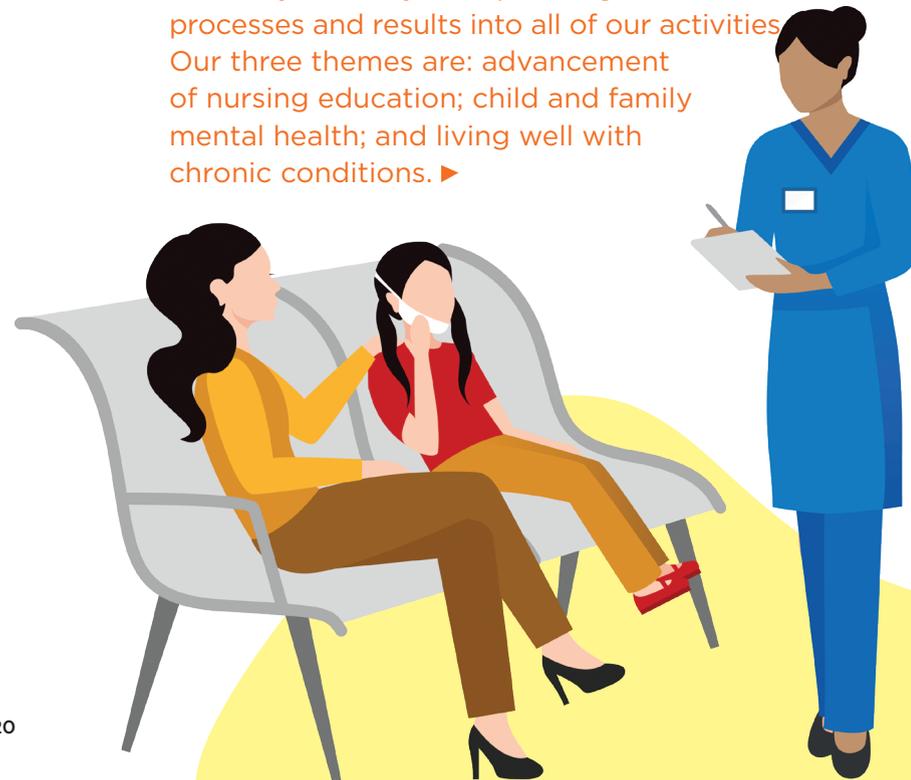
**\$1.41 Billion**  
FINAL AMOUNT RAISED



STRATEGIC PILLAR:

# research to promote health across the lifespan

In 2017, as a leading research-intensive Canadian nursing school, we committed to advancing nursing practice and transforming health systems by incorporating research processes and results into all of our activities. Our three themes are: advancement of nursing education; child and family mental health; and living well with chronic conditions. ▶



## nurses cultivate personal leadership skills

RESEARCH PRIORITY:

Advancement of nursing education

A key area of focus in the advancement of nursing education is technology and teaching innovation. The launch of the Leadership for Health System Transformation certificate (one of four specializations in UCalgary Nursing's Stackable Certificate MN program) appears to be not only working toward helping reimagine the health system, but transforming the lives of some of the students as well.

Cultivating Personal Leadership, taught by nursing dean and professor, **Dr. Sandra Davidson**, PhD, kicked off in September 2019 with a cohort of 14. Davidson says that the leadership stream is well-suited to cohort-based, part-time, blended learning instruction.

**Monique Vanderveen**, who is Manager of Hospice Access and Operations for the Calgary Zone, Alberta Health Services, says she felt the program was designed with exactly her in mind. "While I have been able to grow my experiential skills, I found that I needed to address an educational gap — the growing need to utilize data (evidence) and creative approaches (innovation) to address arising issues."

Vanderveen says the course has been very applicable to her work. "It is set up to expand on your current knowledge and integrate into your current practice. Every assignment I had I have been able to apply in the work setting."

The blended learning model offers flexibility for students to balance family and work with school. Residency is two days at the beginning and at the end of the course on site at the university while the other time is spent online. Vanderveen says she will continue in the stackable program despite the commitment required. "There is a lot of support and the workload is manageable," she says. "And as the world around us continues to evolve, we need committed nurses to help transition our system for a sustainable future."



From left, Dean Sandra Davidson, Justin Burkett, Monique Vanderveen and Debbie Carritt.

*"Students can really explore their personal leadership style and how leadership — their own and others — influences workplace culture. I am thrilled by how this cohort has jumped right into the subject matter and so I know there will be some great new health-care leaders as a result."*

Dr. Sandra Davidson



## Foundation chair in parent-infant mental health devoted to helping families overcome adversity

### RESEARCH PRIORITY:

#### Child and family mental health

Parental mental illness, addictions and family violence: these are some of the critical issues **Dr. Nicole Letourneau** (PhD) has examined in her research and are in line with the faculty's strategic mission to improve mental health for all children through research and education that derives from, informs and directly impacts health systems and services.

Letourneau and her team received a CIHR-SPOR partnership grant early in 2020 for their project *Attachment and Child Health (ATTACH™) Program: Promoting Vulnerable Children's Health at Scale*. ATTACH™ is a successful psychoeducational intervention program designed with community agencies who serve families of preschoolers affected by parental depression, addictions, domestic violence and poverty. It aims to improve the parent-child relationship by helping parents understand both their own and their children's thoughts and feelings, resulting in better health and development for the child.

The \$1-million+ - funded study will involve intervention sessions with families at risk. ATTACH™ facilitators will conduct a series of one-hour sessions over a period of 10 weeks where they videotape free play as well as discuss day-to-day and hypothetical stressful situations with the caregiver(s).

"A roadmap to health equity for children vulnerable to early adversity is our goal," explains Letourneau who holds the Alberta Children's Hospital Chair in Parent-Infant Mental Health and is a research professor in the Cumming School of Medicine and a member of Alberta Children's Hospital Research Institute.

## Senior care: what needs to change?

### RESEARCH PRIORITY:

#### Living well with chronic conditions

Nursing researchers examine the experiences of individuals and families facing chronic health conditions, their involvement with the health system and the effectiveness of nursing interventions for chronic disease management.

Associate professor and director of international and global health **Dr. Lorraine Venturato** (PhD) has extensive experience as a clinician, educator and researcher in care of older adults. As a contributor to our goal of improving outcomes for living well with chronic conditions, Venturato has an interest in long-term care workforce development and models of care. She currently leads an Alberta team in a national research program aimed at improving palliative services in long-term care across Canada.

Her expertise in this area has been highly valuable as the COVID-19 pandemic has escalated and long-term care settings and older adults have been particularly affected. Care providers have had to deal with multiple fast-paced policy changes, staff shortages, resident and family concerns, additional testing requirements, media requests, significant budget implications, and for some, a rising death toll. For residents and families, COVID-19 has brought increased risks to health and wellbeing, including heightened anxiety and social isolation for many.

Venturato led a webinar in June 2020 that explored why this sector has been hit so hard and offered considerations for the future of long-term care post-COVID-19.

While the Health Council of Alberta's 2017 survey indicated only 18 per cent of respondents felt there was enough staff in long-term care facilities, Venturato said COVID-19 has made staffing even more of an issue. "The big focus of my research is staffing preparedness for the future. I am optimistic as the number of voices we are hearing on this subject has really increased.

"In long-term care, what you really need is people — people who are skilled and who can spend time with residents. Relationships: that's what it's all about."



*"There are no easy answers: care of older adults is a complex landscape within a complex system. Aging care has been a journey over the last few decades with sharp improvements in recent years and COVID-19 has just been part of that journey. But the pandemic has really highlighted the variation of standards across Canada and even within Alberta."*

Dr. Lorraine Venturato

# by the numbers

## Undergraduate programs

### SEPTEMBER 2019

142 students admitted

- 116 direct from high school
- 26 transfer students

### JANUARY 2020

103 students admitted

- 73 degree holders
- 30 transfer students

### NOVEMBER 2019

No graduates

### JUNE 2020

283 graduates

*includes Medicine Hat College grads*

## Graduate programs

### SEPTEMBER 2019

20 students admitted

- 10 MN course-based
- 1 MNMBA
- 7 MN thesis
- 2 PhD

### JANUARY 2020

17 students admitted

- 8 MN course-based
- 5 MN thesis
- 1 PhD
- 3 MN fast-track PhD

### MAY 2020

6 students admitted

- 5 Master of Nursing/  
Nurse Practitioner
- 1 PhD

### NOVEMBER 2019

24 students graduated

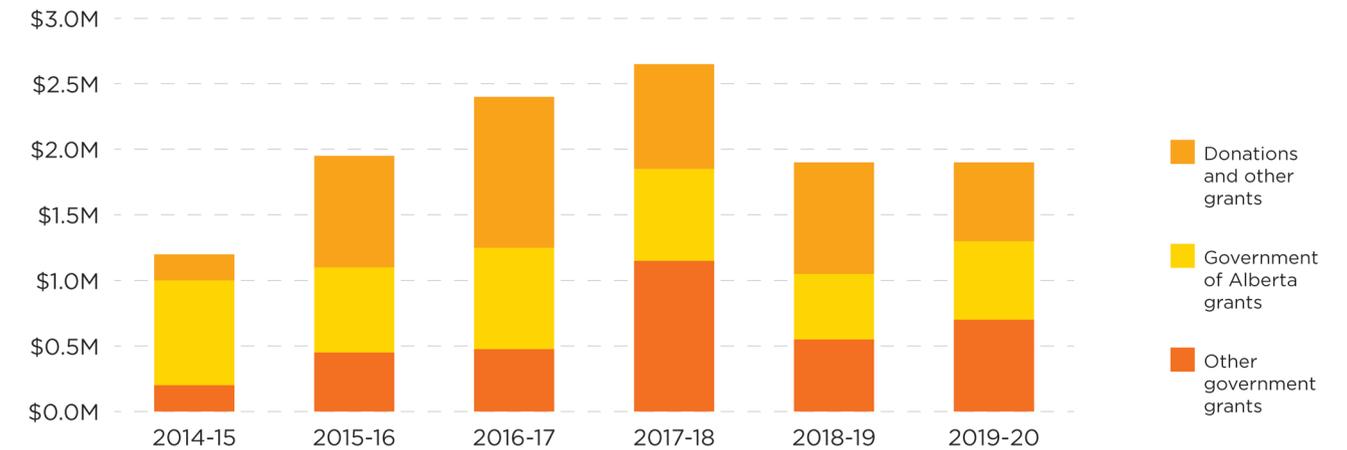
- 3 MN course-based
- 8 MN thesis
- 7 Master of Nursing/  
Nurse Practitioner
- 6 PhD

### JUNE 2020

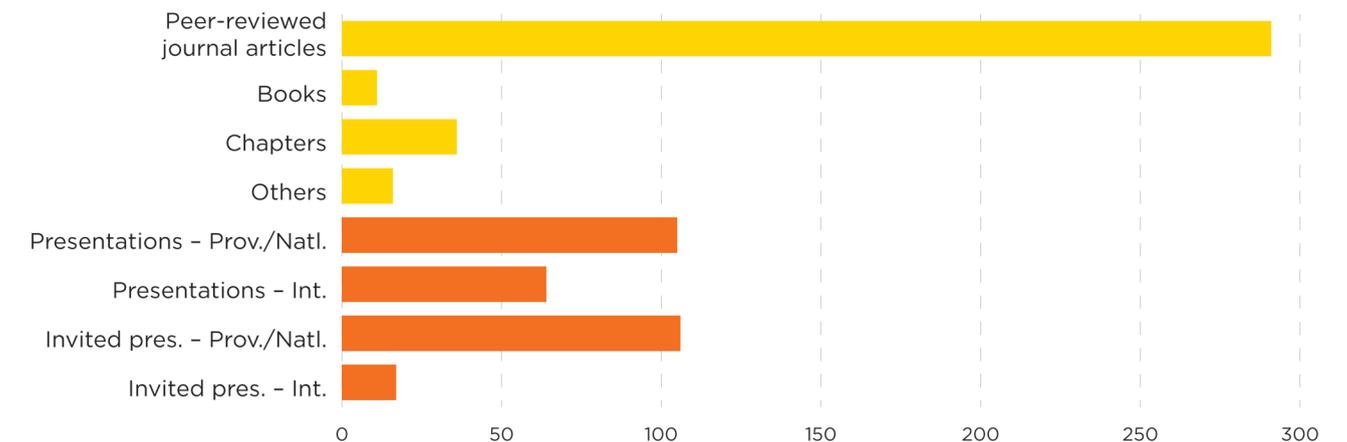
11 students graduated

- 2 MN course-based
- 8 MN thesis
- 1 PhD

## Research revenue (by fiscal year)



## UCalgary Nursing publications and presentations (January 2019–June 2020)



# Looking to the future

## vision 2021-24

nursing excellence through leadership,  
innovation and resilience

## values 2021-24

### inclusivity

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

### respect

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

### compassion

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

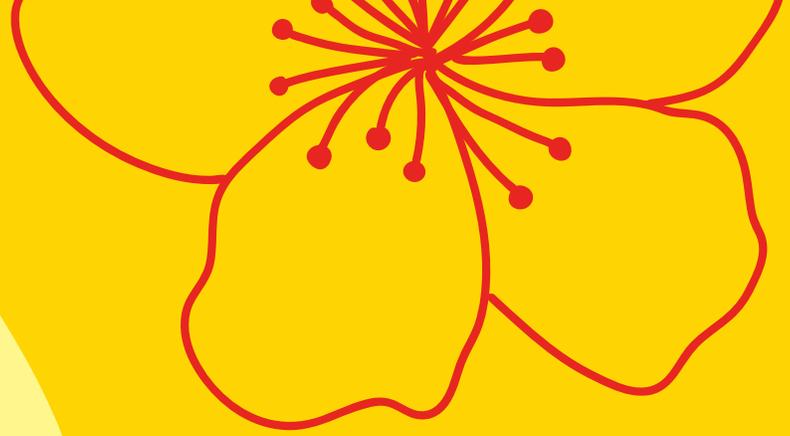
### courage

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

### wellbeing

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





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