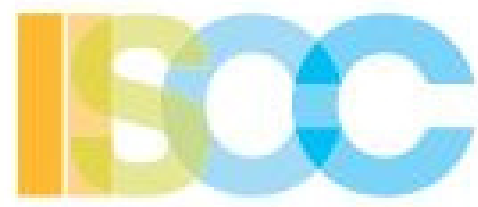




COMMUNITY
HEALTH NURSES
OF CANADA



INFIRMIÈRES ET INFIRMIERS
EN SANTÉ COMMUNAUTAIRE
DU CANADA

GREAT BIG NEWS

CHNC MEMBER EXCLUSIVE NEWSLETTER

FALL 2024

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#CHNsHereTogether #nursingstrong
#community

Welcome to the Fall 2024
edition of Great Big News.

HAVE FEEDBACK OR IDEAS FOR GBN?
EMAIL US AT INFO@CHNC.CA!

Follow us on social media!

<https://www.facebook.com/CHNCIISCC/>

https://twitter.com/CHNC_IISCC

https://www.instagram.com/chnc_iiscc/

<https://www.linkedin.com/company/chnc-iiscc/>

A message from our President



Hello,

Fall is such a beautiful time of the year. As I am writing this message the trees are showing off their colors in my neighborhood and the sun is shining. It is also a busy time for CHNC personally and professionally. I hope you take some time to review the news and events we are sharing in this Fall 2024 edition of GBN. The CHNC Board and National Conference Planning Committee were very pleased with the attendance and feedback from participants on the conference in Toronto this April. It was a time of sharing and building new relationships to share practice. The conference was a financial success, and the profits will help to sustain the continuing work to support advancing CHN in Canada. This success can be attributed to a high number of attendees at the conference, wonderful support from sponsors and exhibitors, the low cost of the University of Toronto venue and food (hotel rates would have been 4 times higher than what was paid at the university), amazing behind the scenes support from our Executive Director and last but not least the incredible dedication of our volunteer Conference Committee, which included heavy representation from the RNAO's Community Health Nurses Initiatives Group (CHING).

Thank you to all for making this conference such a success!

We welcome new members who may have joined CHNC, following our conference in the spring. Building community and sharing ideas as we work to build healthy communities in our work is one of the goals of CHNC. The Board and Executive will be building on this successful conference planning model and looking for a location for spring 2026.

Enjoy the Newsletter



**"I'm so glad I live
in a world where there
are Octobers."**

-L. M. Montgomery, Anne of Green Gables

Karen Curry
CHNC President

Home Health Nursing Competencies 2024

The Home Health Nursing Competencies (2024) will be released November 14th, 2024. The project Steering Committee is so grateful for the dedication and commitment of HHN who contributed to the work and provide valuable suggestions at the Pre- Conference Workshop at the Conference in Toronto 2024. The project team has developed a resource to support dissemination of the updated HHNC and will be sharing the work in a series of webinars to reach the different time zones and workplaces. Check the CHNC Website news events for more information on how to access the resource and CHNC Webinars (Register below!) to promote the updated Home Health Nursing competencies.

CHNC Home Health Nursing (HHN) Competencies (2024)



Sharing the updated CHNC Home Health Nursing Competencies (2024)

CHNC, in collaboration with SE Health, engaged with Home Health Nurses across the country to review and update the CHNC HHN Competencies (2010). This update will provide clear direction to equip nursing leaders and point-of-care providers with the evidence necessary to guide and support the practice of home health nurses to work with purpose and positively contribute to the health and social care of everyone in Canada.

Please join us at one of the sessions below as we share the updated competencies and tools to support organization's and individual use of the updated competencies for home health nurses.

Session #1
November 14th,
3 - 4 pm EST



Session #2
November 20th,
3 - 4 pm EST



Session #3
November 27th,
1 - 2 pm EST



To register for one of these sessions, please scan the QR code with your phone or visit <https://www.chnc.ca/en/webinars>

SELF CARE *Corner*

Positive Mental Health and CHNC Standards of Practice- Huh? ●

I find all of the CHNC Standards of Practice helpful in my work, but Standard 4: Professional relationships and Standard 5: Capacity building are two of my favourites! The CHNC Infographic describes these standards with phrases like “asset-based approach” and “build on existing strengths.” I believe that our current crisis in health care is an opportunity for CHNs to be leaders in approaches that focus on strengths. This does not mean we ignore problems, but it does mean we approach them from a perspective different than dominant deficit-based approaches.

The concept of positive mental health can serve as a practical illustration of what it means to focus on assets and strengths. Regardless of their area of practice, mental health is a topic of concern for most, if not all, CHNs. It is important to understand that mental health is different from mental illness. Mental illness is sometimes conceptualized on a continuum with “severe mental illness/symptoms” at one end and “no mental illness/symptoms” on the other end. Mental health is sometimes conceptualized on another continuum with “positive/good mental health” at one end and “negative/poor mental health” at the other end. When continuums of mental illness and mental health intersect each other at right angles, like a “plus sign,” mental health is conceptualized in a more wholistic way (for a video that illustrates this approach, please see reference CAMH, 2015).

Positive mental health is “a positive concept” that relates to our ability to enjoy life and to manage it in ways that help us to reach our goals and cope with stresses (CAMH, 2015). It includes “a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity” (PHAC, 2014).

Traditional mental health promotion approaches have focused on prevention of mental illness and related issues. Although the term “health” is used, the focus is on the continuum of illness. Positive mental health promotion focuses on the health continuum and building protective factors that strengthen well-being. This is different from preventing problems as there is an intentional focus on building strengths that contribute to well-being. When people/systems are thus flourishing, they are better able to manage the challenges that inevitably occur as part of life. Positive mental health promotion does not ignore mental illness, but it does reframe the perspective on problems and deficits. Positive mental health can be supported at both individual and population levels.

When CHNs work upstream and apply CHNC Standards 4 and 5 from a strength-based approach, their language changes as they focus on building strengths and well-being at individual and/or population levels. Strength-based approaches are not “add-ons,” nor do they cost more or take more time. They do, however, influence our priorities and the ways in which we do our work. Many nurses who use this approach find it energizing and fulfilling at both professional and personal levels. Do you have a story to share about nurses transforming health through strength-based approaches?

References and for more information:

ASPQ. (2024). Positive Mental Health Rain or Shine. <https://positivementalhealth.ca/what-is-positive-mental-health>

CAMH. (2015). Promoting Mental Health Finding a Shared Language. https://www.youtube.com/watch?v=KIswi_4yRaE

Pan-Canadian Joint Consortium for School Health. (2015). JCSH Positive Mental Health Toolkit (2nd ed.).

<https://wmaproducts.com/JCSH/>

PHAC. (2014). Mental Health Promotion. <https://www.canada.ca/en/public-health/services/health-promotion/mental-health/mental-health-promotion.html>

Mary Lou Batty

CHNC Provincial Director for New Brunswick

Membership Renewal

**MEMBERSHIP IS EFFECTIVE
JANUARY 1 - DECEMBER 31!**

**DON'T
FORGET!**

*click
here!*



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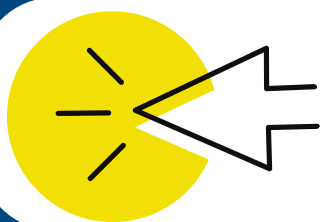


INFIRMIÈRES ET INFIRMIERS
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Member Benefits

Your membership is especially important as CHNC continues to work towards strengthening community health nursing as a specialty nursing focus. As well, as informed and active health care providers, CHNC membership facilitates your voice being heard as major decisions are being made about health care in Canada.

Don't miss any of the benefits, privileges and opportunities of being a CHNC member!



**Click here to learn more about the
benefits of being a CHNC member!**

DID YOU KNOW?

Nurses with CNA Certification in Community Health Nursing! CNA is providing four continuous learning hours per year for membership in your national specialty group. That means in your 5 year certification cycle you could earn 20 continuous learning hours, 20% of those required for recertification – just by being a member of CHNC!

Help us build a "community" of community health nursing enthusiasts by sharing membership news about CHNC! You can encourage students that you teach or precept to join for **FREE!** Please spread the word and share with your colleagues, so their students can join too.

Community Health Nurses: Leaders for a Healthy Canada

Community Health Nursing Certification

The Canadian Nurses Association offers certification in 20 specialty areas. The certification credential is part of a respected national certification program. Certification became available to Canadian community health nurses in 2006. It provides official recognition by nursing colleagues and health system stakeholders of the unique community practice focus and that certified nurses are qualified, competent, and current in the practice of community health nursing. The official designation letters, CCHN(C), are engraved on the pin provided to candidates who have successfully passed the rigorous national practice and knowledge requirements of the certification exam. CHNC encourages you to wear your pin with pride!

To learn more about certification

[CLICK HERE](#) 

2024

Renewal by continuous learning

Apply anytime from January 15 – December 15, 2024

2025

Spring exams

Apply from January 15 – March 31

Exam writing window: May 1 – 15

Receive your results in June

Fall exams

Apply from June 16 – September 30

Exam writing window: November 1 – 15

Receive your results in December

Renewal by continuous learning

Apply anytime from January 15 – December 15, 2025

DID YOU KNOW?

CHNC members can apply for a bursary.

Click here to learn more!

The purpose of the **\$500.00**

bursary is to provide

encouragement and support to an

individual(s) pursuing certification

and to offset the cost of the initial

certification examination.

CHN of Note

Caren Croft, always wanted to be a nurse.

Ask anyone who knows her, and they'd tell you that she was born to be one. In nursing school, Caren fell in love with maternal/child nursing and wanted to pursue a career in that field. Following graduation, opportunities for employment were limited, which led Caren to start her career on a neurosurgical unit, where she remained for several years.

Finally, a position with Ottawa Public Health's immunization program became available and she jumped at the chance - just like that, her feet were in the door, and she hasn't looked back!

From there, Caren's public health journey included working on the parent-child information line, teaching prenatal classes, and making calls to new families post hospital

discharge to assess baby's and mother's health status and link them with resources, and at last, full-time work with the Healthy Babies, Healthy Children program. Caren soon found her niche working with new families! It was clear how much Caren loved her work as well as how much her clients appreciated the care she provided and the time she took with them. Caren has always been a caregiver and went above and beyond, advocating strongly



Caren Croft

for her clients and ensuring they had the information and resources necessary to succeed.

Clients often approached her in various places like parking lots and grocery stores, eager to see her and share updates on their progress. This demonstrated the strong therapeutic relationships based on trust and respect that she built with her clients during her time with them.

To better serve her clients, and to further her professional development, Caren took it upon herself to become a Lactation Consultant and helped Ottawa Public Health achieve its Baby-Friendly Initiative designation. More recently, Caren became a master trainer for Nursing Child Assessment Satellite Training (NCAST) Parent-Child Interaction (PCI) Program and began training her colleagues on the use of the Parent-Child Interaction (PCI) Feeding and Teaching Scales which are used to measure parent-child interactions such as attachment.

Caren is truly an amazing public health nurse and an inspiration to many. Her dedication, work ethic, knowledge, and caring and empathetic nature are exceptional and will be missed by her colleagues and clients.

After 27 years with Ottawa Public Health, Caren is embarking on her retirement journey at the end of the year.

As she starts a new chapter in her life, Caren has some words of wisdom for her colleagues:

- Be open for all learning opportunities, both formal and informal. I have learned as much from my clients as they have learned from me.
- It is so important to meet the clients where they are at and to encourage parents and caregivers to stay present and recognize and appreciate all achievements, big and small.
- Reflect on your practice and find opportunities for growth.
- You matter!!! Be sure to incorporate self-care into your everyday life.
- Be grateful!

CHN of Note submitted by
CHN's at the
Ottawa Public Health's Nursing Council

DID YOU KNOW?

Health Canada published regulations for supplemented foods in July 2022. Health Canada now requires manufacturers to show specific labels on supplemented foods to help you make informed health decisions. You may have already seen these new labels. As of January 1st, 2026, all supplemented foods must have them. As Community Health Nurses, we can help raise awareness about supplemented food and their labels. Health Canada is asking Health Professionals to share this information using messages from the Health Canada website.

CLICK HERE

“While everyone will benefit from the messages, our focus is on those most at risk, as identified in the cautionary statements, including:
those under the age of 14
those sensitive to caffeine
those who are pregnant and breastfeeding
those who consume supplements and supplemented foods”

Health Canada, 2024

Supplemented food labelling awareness messages

Some supplemented foods contain supplemental ingredients that could pose a risk to health if:

- consumed in excess by the general population
- consumed by people who are:
 - under the age of 14
 - pregnant or breastfeeding
 - sensitive to caffeine

Supplemented / Supplémenté
● Health Canada / Santé Canada

These supplemented foods will carry this identifier on the front of the label. That means there's a caution box on the back or side of the package. When you see this identifier, find the caution box to help decide if the food is right for you.

- Some supplemented foods will carry this caution box on the back or the side of the package because of the type or amount of supplemental ingredient in that food. Look for the word 'caution' and read the box to help decide if the food is right for you.
- The caution box could tell you who the food is not recommended for. Find out if it applies to you.
- The caution box could tell you to limit how much you eat or drink of the supplemented food so that you don't have too much of any of the supplemental ingredient(s).
- The caution box could tell you not to eat or drink the supplemented food with other products so that you don't have too much of the same supplemental ingredients.

Caution: Not recommended for those under 14 years old, pregnant or breastfeeding women or individuals sensitive to caffeine • Do not drink more than 1 serving per day • Do not drink on the same day as any other supplemented foods or supplements with the same supplemental ingredients.
Attention : Déconseillé aux individus de moins de 14 ans, aux femmes enceintes ou qui allaitent ou aux personnes sensibles à la caféine • Ne pas boire plus de 1 portion par jour • Ne pas boire le même jour que d'autres aliments supplémentés ou suppléments contenant les mêmes ingrédients supplémentaires.

How are the new regulations protecting the health and safety of the people in Canada?



- Health Canada published regulations for supplemented foods in July 2022. Health Canada now requires manufacturers to show specific labels on supplemented foods to help you make informed health decisions. You may have already seen these new labels. As of January 1st, 2026, all supplemented foods must have them.

Learn more about supplemented foods and their labels:

www.canada.ca/en/health-canada/services/food-nutrition/supplemented-foods.html

MOHAWK
FUTURE READY

New graduates interested in public health nursing as a career or newly hired in public health, advance your knowledge and skills with Canada's first and only Public Health Nursing Postgraduate Certificate.
Winter 2025 (Courses beginning from January 1 to March 31) - Registration opens November 19, 2024

Learn more at:

mohawkcollege.ca/PublicHealthNursing

Taught by past CHNC President, CHNC Award of Merit winner Ruth Schofield, and other experienced PHNs!

Team Primary Care Nurse Post-Licensure Educational Program

This educational program is approximately 2.5 hours long and is based on the Patient Medical Home Model and the Canadian Competencies for Registered Nurses in Primary Care. The course covers key elements of primary care nursing practice (patient engagement, collaborative teamwork, scope of practice, critical thinking, etc.)

There are two options for participating on Team Primary Care Nurse (TPCN) Post-Licensure Educational Program:

1. By becoming a member of the Canadian Family Practice Nurse Association (CFPNA) by clicking [here](#)

By becoming a member of the CFPNA for an annual fee of \$20.00, you will benefit from the training provided by TPCN as well as access to webinars and other

training content. You'll also be able to receive newsletters and be kept informed of the various news and developments of the TPCN Project, but above all, you'll be able to benefit from the full experience of the project by having access to the facilitators and to the discussion forum.

2. You can also gain free access via the following link:

<https://tpcneducationespi.cfpna.ca/login>

Via this link, you can access the TPCN educational program free of charge. However, you will NOT have access to other training content, the facilitators or the discussion forum.



HERE IT IS!

ASYNCHRONOUS POST-LICENSURE EDUCATIONAL PROGRAM FOR CANADIAN REGISTERED NURSES WORKING IN PRIMARY CARE IS READY

After many months of research, design, development, and testing, we are thrilled to announce the launch of our asynchronous educational program entitled: Team Primary Care Nurse Post-Licensure Educational Program, now available for Canadian Registered Nurses working in primary care.

TEAM

The TPCN educational program resulted from a partnership between CFPNA, Memorial University in Newfoundland, and Université de Sherbrooke in Quebec, and was funded through a federal grant administered through the College of Family Physicians of Canada.

HOW TO JOIN ?

1 The educational program is currently available **for free** for anyone who holds a CFPNA membership (regular membership or associate).

2 For those who already have a CFPNA membership, simply go to the "Members only access" section on the **CFPNA website**, www.cfpna.ca, to access the TPCN project and follow the instructions to register on our Learning Management System (LMS).

3 If you do not have a **CFPNA membership**, please purchase one at www.cfpna.ca for \$20 and enjoy all our member benefits, including free access to the Team Primary Care Nurse Post-licensure Educational Program.

JOIN US ON AN ENRICHING ADVENTURE OF PROFESSIONAL DEVELOPMENT AND INTERPROFESSIONAL COLLABORATION!

THE TPCN POST-LICENSURE EDUCATIONAL PROGRAM OFFERS:

- 1** Asynchronous, bilingual educational program available on our Learning Management System;
- 2** Learner support from facilitators and primary care experts;
- 3** Development of a community of practice whose members are trained nurses, facilitators, and primary care experts (including patient partners)



The resources were designed to advance and improve health-care services for our important First Nations communities.

Should you have any questions concerning the resources please feel free to reach out to Wounds Canada Communications Specialist, Loukia Papadopoulou

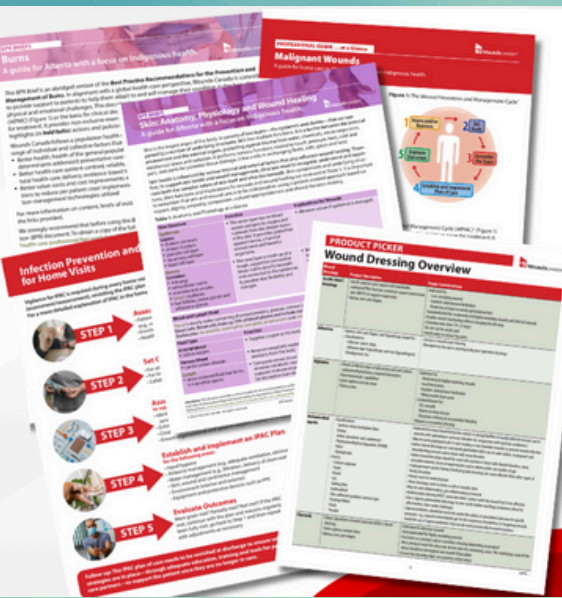


Advancing Indigenous Health in Alberta: Skin & Wound Management Resources

Wounds Canada is committed to collaborating with Indigenous communities to optimize skin health and wound care across Canada, not only during National Indigenous History Month this month, but all throughout the year. Together, we can address the unique needs and challenges faced by Indigenous populations through educational tools and resources for health-care professionals and patients alike.

In 2023, Wounds Canada joined forces with the Kee Tas Kee Now Tribal Council (KTC) to develop a set of resources focused on skin health and wound management in Indigenous-oriented home care in Alberta. The project, developed with support from Indigenous Services Canada, would meet a need identified by nurses working in Alberta's First Nations Home and Community Care directly by providing resources for First Nations communities.

The resources, housed on [Wounds Canada's website](https://www.woundscanada.ca), were developed and reviewed by clinical, education and communication experts and are based on the latest evidence. They have been customized to reflect the needs and available resources in Alberta, including in major and minor centers and remote areas.



ADVANCING INDIGENOUS HEALTH IN ALBERTA: SKIN & WOUND MANAGEMENT RESOURCES



- 10 BEST PRACTICE RECOMMENDATION BRIEFS
- 8 PROFESSIONAL GUIDES
- 3 POSTERS
- 4 PRODUCT PICKERS

VISIT [WWW.WOUNDSCANADA.CA](https://www.woundscanada.ca)

ARE YOU PASSIONATE ABOUT COMMUNITY HEALTH NURSING? WOULD YOU LIKE TO HELP LEAD CHNC INTO THE FUTURE? JOIN THE BOARD OF DIRECTORS!

The Community Health Nurses of Canada (CHNC) Nominating Committee is seeking experienced, committed, skilled individuals, who are passionate about community health nursing, as nominees for the CHNC Board of Directors to lead CHNC into the future.

Executive Position

- President-Elect

Provincial and Territorial Directors

- Newfoundland/Labrador

The Nominating Committee is seeking candidates with a variety of skills and experiences including but not limited to:

- Leadership in community health nursing (formal and informal)
- Understanding of and interest in advancing current issues in community health nursing
- Ability to work collaboratively with colleagues across Canada
- Ability to commit serve on the CHNC Board and at least one CHNC Standing Committee that is of interest to the candidate
- Specific areas of experience considered an asset include organizational governance, conference/webinar planning, financial planning, communications, membership recruitment, certification, and policy development.

Nomination Requirements

Nominations for Director must be in writing and signed by the nominee indicating consent to be a candidate and must include 2 nominators who are CHNC members in good standing. Any CHNC member in good standing shall be eligible to be nominated for the office of Director. The nomination form must be accompanied by a brief description of the candidate's skills and experience (maximum 1 page) and signatures of the nominee and nominators. The brief description of candidate's skills and experience may be published in communications to members. For more information on the role expectations and nomination process please see the [CHNC Policy Manual](#). Nomination papers must be received by the Nominating Committee Send nominations to Communications@chnc.ca

Provincial/Territorial Directors

Provincial/Territorial Directors are the official liaison between the Corporation and their Nursing Association Provincial/ Territorial Community Health Nursing Group or community health nurses in their jurisdiction. They will act as ambassadors for Corporation, be in regular communication with community health nurses in their jurisdiction, inform the Board of Directors of trends and issues in their jurisdiction and prepare an annual, typed report to be presented at the Annual Meeting.



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Community Health Nurses of Canada presents:

MOSAIC: A COMMUNITY OF PRACTICE



Community Health Nurses in Canada:

- Face many workforce challenges that are leading to high rates of burn out and turnover.
- Express interested in coming together to discuss the current health care environment, support practice and advocate for change.

What is a Community of Practice (CoP)?

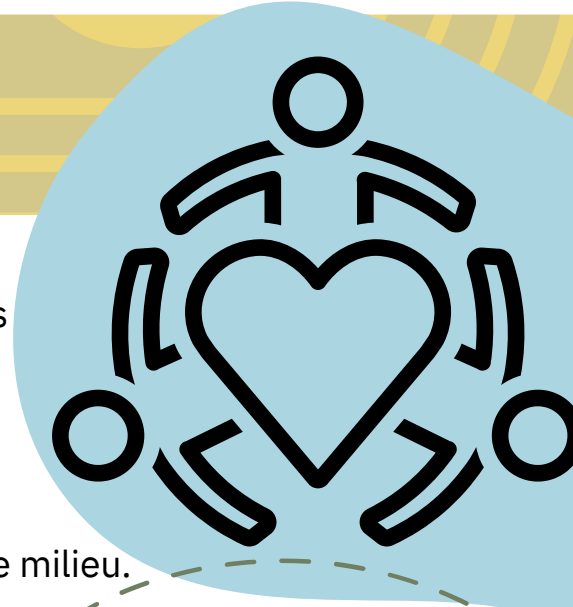
- CoP is a group of people with a common passion who come together to share resources and learn through ongoing interactions.

What is MOSAIC?

MOSAIC is
Members of Social and Inclusive Communities


An online forum for CHNs to:

- Support and share community health nursing experiences
- Shape positivity and advocacy for change
- Identify and address challenges that impact CHNs practice and work conditions
- Incorporate different ways of knowing and doing to understand CHNs' influence within the current health care milieu.



Registration details for the next MOSAIC session will be coming via email soon!

 Wednesday, November 20

 12:00 – 1:00 EDT

**SAVE
THE DATE**

Title: "Empowering Care: A Frontline Nurse's Journey Through Competency Enhancement"

 Presenter: Jennifer Little, RN, BScN, MN

MOSAIC is held on the
3rd Wednesday of every
month From
12-1:00 PM EST/EDT

Watch for emails from
CHNC for registration
details each month!