



Get Real...in the Community: Building Academic and Practice Partnerships

Kathy King

Why Am I Here?

1. To advocate for quality CHN education
2. To promote academic + practice partnerships
3. To share
 - Andrea Rochon
 - Canadian Nursing Students Association (CNSA)
 - Pat Cliche
4. To gain feedback



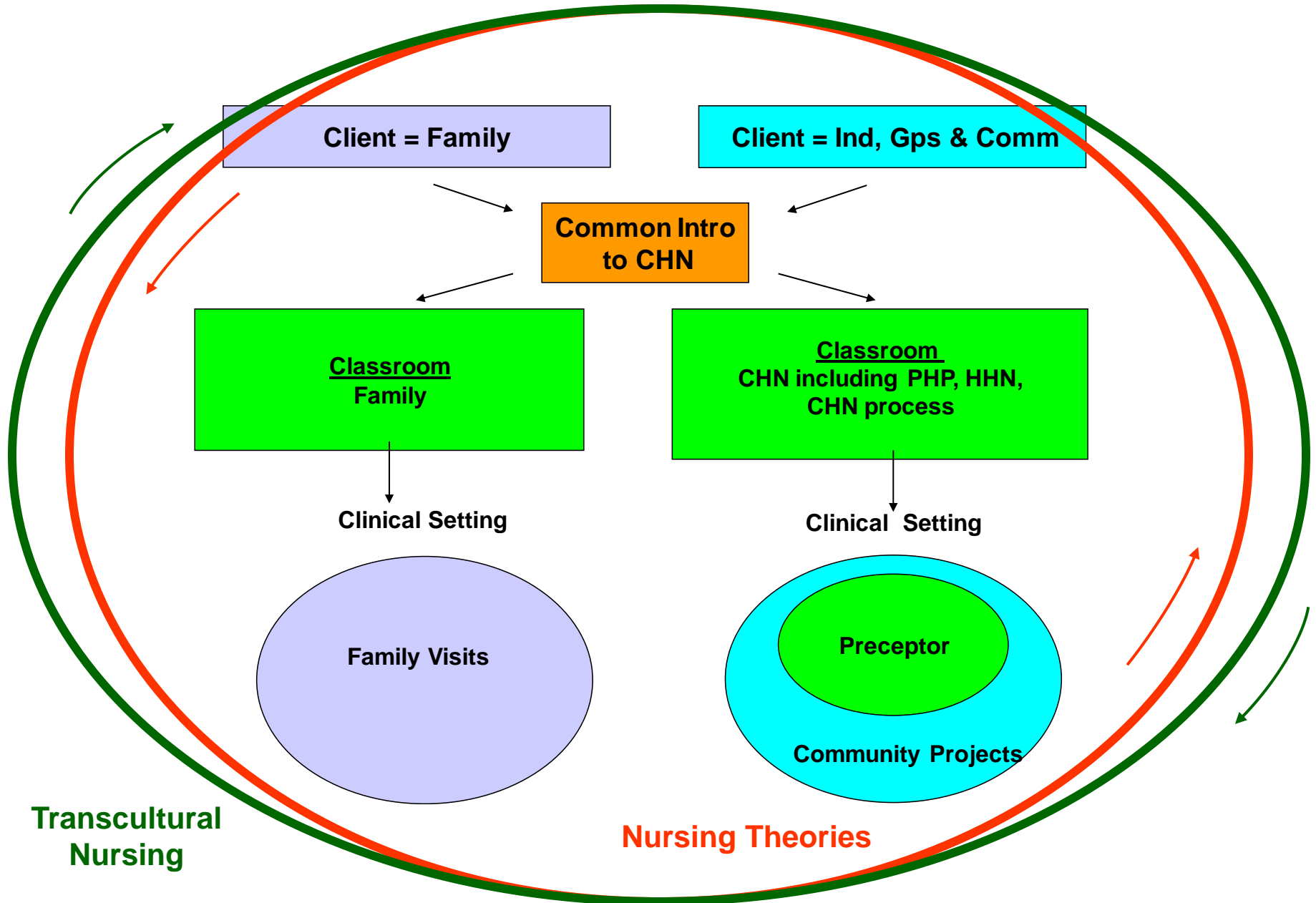
- Northern Ontario (North Bay)
- Pop: 54,000
- ~ 90 Year 3 students



Our Philosophy

- Every BScN student participates in a quality CHN clinical experience
- Every BScN student works with a CHN
- CHN projects → nursing skill set
- CHN projects benefit the BScN student and the community

3rd Year = CHN



Community Health Nursing (CHN)

- CHN theory
- CHN clinical (14 → 16 hours week)
 - Project
 - CHN (RN) preceptored experience

How Do We Structure Projects and Preceptorship?

Dates Tues/Wed 2011 Winter	Jan 11,12 Wk 1	Jan 18,19 Wk 2	Jan 25,26 Wk 3	Feb 1,2 Wk 4	Feb 8,9	Feb 15,16 Wk 5	Feb 22,23	March 1,2 Wk 7	March 8,9 Wk 8	March 15,16 Wk 9	March 22,23 Wk 10	March 29,30 Wk 11	April 5,6 Wk 12
Number of Students Working on Project	4	4	2	2	2	2	Break	4	2	2	2	2	4

Preceptorship

- Valued component of CHN clinical experience
- 16 hours/week x 4 weeks
- CHN Preceptor
- Weekly group debriefing
 - diversity of CHN roles
 - PHN, HHN
 - Hep C Clinic, Diabetes Educator, Corrections, LTC

Focus: Projects





Brain Day 2011

Ashley Daly, Katie Fleming, Lise Smith, Monika Mattes



Introduction

- Brain Day is a program started by Think First
- In 2011 Nipissing University/Canadore College Year Three Community Health Nursing Students took part in organizing and presenting Brain Day.
- Presentation for 13 Grade Five classrooms in North Bay.
- Purpose: Teach brain anatomy, promote injury prevention by wearing a properly fitted helmet.

Action Statements

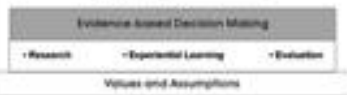
Grade 5 students in the North Bay area have the potential for increased knowledge of helmet safety and protecting the brain related to interactive brain day presentations.

Goal and Objectives



Goal: Grade 5 students will have an increased knowledge of helmet safety and protecting the brain
Objective: By the Spring of 2011 students will be knowledgeable regarding helmet safety and proper fitting techniques

Population Health Promotion Model



Population Health Promotion Model

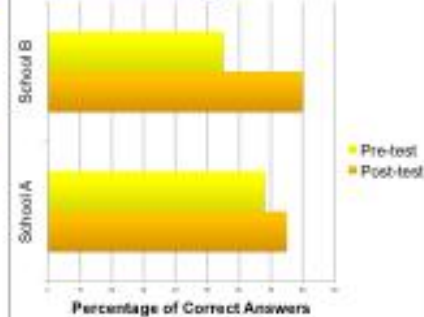
With Whom: Community
What: Personal Health and Practices and Coping Skills
How: Develop Personal Skills

Evaluation of Learning

To ensure that the students were retaining the information provided in the Brain Day presentation, students completed a pre and post test.

	Pre-test	Post-Test
Average Score	61.50%	77.70%

Testing Results



Testing Recommendations



The Pre and Post tests were developed by Think First, and are currently a lengthy document with language that is slightly too advanced for the target community. In the future we would recommend a shorter test, which is focused on the key goals of the curriculum, rather than looking strictly at anatomy.

Project: Bin Binder

A "Bin Binder" was created to be placed in each material bin to ensure that they are prepared for their presentation.



The Bin Binder is a comprehensive, user friendly resource for presenters.

It contains a colour-coded, preparation package with checklists to be completed the week before, day before and day of the presentation.

It has everything you need to know about Brain Day presentations.



Bin Binder Take Home message

The "Bin Binder" is a concise, and highly organized walk through for presenters to ensure success.

Recommendations

- Future Brain Day Teams meet with a Think First National Representative in the Fall to discuss the suggested template and incorporating it with the new Student Workbook.
- Create a pre-presentation package to be sent out to schools in advance to promote awareness of Brain Day and inform school principals and teachers of Brain Day's purpose and it's past success in schools using model examples.
- Develop a handout that can be sent home to inform parents about Brain Day and the importance of wearing helmets.

Media Contact



To ensure that the Brain Day message was spread to as many people as possible, and to encourage dialogue between the parents of students who participated in the presentation, CCPIP contacted various media outlets.

- Brain Day was featured in
 - Bay Today-Full length article and video message
 - CKAT radio-interview with presenter
 - CTV Sudbury-Posted a Tweet about brain day
 - Media Representative from the Catholic School Board present
 - Cogeco Television

Brain Day Home Message



Using an interactive, fun presentation to teach Grade Five Students about human brain function and how they can protect their brain by fitting and wearing their helmet properly to prevent other related childhood injuries.

Acknowledgments

The students of Brain Day 2011 would like to thank:
 Our community advisor: Pat Clishe
 Our community partners: CCPIP and Think First
 Our project advisors: Kathy King and Sara Filin
 The Near North District School Board and Nipissing Parry Sound Catholic District School Board for their support.
 The Grade 5 students and teachers of North Bay for being so enthusiastic.



Media



twitter

Login Join Twitterf

It's brain Day in North Bay. Nursing students will look at neuroanatomy and the five senses - and brain and spinal cord injuries.

9:30 AM Mar 23rd via TweetDeck

 **CTVSudburyNews**
CTV Sudbury News

Stay On Your Feet (SOYF) Nipissing

Ashley Langlois, Meghan Laverock, Ashley Osborne, Brittney Peters (Winter 2011)

What is Stay on Your Feet

Stay on Your Feet (SOYF) uses Best Practice Guidelines to encourage older adults to stay active and remain independent by increasing their awareness that falls are not a normal part of aging, and that most falls are predictable and preventable.

SOYF is an evidenced based umbrella program that was originally developed in Australia and was piloted in three communities in Ontario.

Over four to five years, the Stay on Your Feet (SOYF) program implemented in Australia saw a reduction in twenty-two percent of self-reported falls, as well as a twenty percent decrease in hospital admissions relating to fall injuries



9 Steps to Prevent Falls

SOYF has identified nine steps you can take to prevent falls:

1. Be Active
2. Manage Your Medicines
3. Manage Your Health
4. Improve Your Balance
5. Walk Tall
6. Care For Your Feet and Use Safe Footwear
7. Check Your Eyesight and Hearing Regularly
8. Eat Well for Life
9. Identify, Remove and Report Hazards



Facts and Stats

One in three adults 65+ fall each year

One in two adults 80+ fall each year

90% of hip fractures are due to a fall and 20% of those aged 65+ die within a year of the hip fracture

40% of nursing home admissions are the result of falls

Personal costs to the individual as a result of a fall include:

- Pain and suffering
- Loss of independence
- Increased fear of falling

20% decrease in falls could amount to savings of \$138 million annually for the Canadian health care system

Goal

Adults age 55+ living in the North Bay and District community will decrease their risk of falls.

Adults age 55+ living in the North Bay and District community will integrate Stay on Your Feet (SOYF) falls prevention strategies into their activities of daily living.

Specific Objectives

100 people will attend a workshop for seniors, family members and caregivers about Stay on Your Feet

25 adults age 55+ in the community of North Bay will attend SOYF falls prevention seminars on March 9th, 16th, 23rd, 30th and April 6th.

85% of seminar participants will integrate new knowledge about falls prevention from the seminars into their activities of daily living (ADLs).

Collaborative Partners

- SOYF Nipissing Coalition
- North Bay Parry Sound District Health Unit
- North Bay Rising Stars
- Nipissing University/Canadore College BSCh Program
- Taoist Tai Chi Society



Priority Action Statement

The adults age 55+ residing in the North Bay and District Community Have potential for:

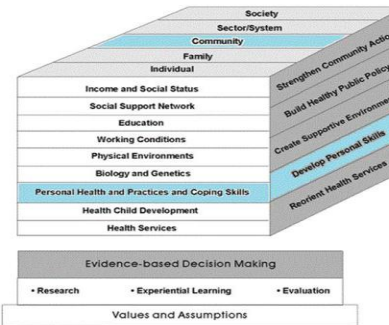
- Increased knowledge of falls prevention
- Management of chronic disease

Related to:

- Participating in seminars offered by the SOYF Nipissing Falls Prevention program
- Integrating safety precautions learned through SOYF Nipissing program to their ADL's

Population Health Promotion

Who: Community
What: Personal Health Practices and Coping Skills
How: Develop Personal Skills



Population Health Promotion Model

Barriers/Challenges

- Securing an appropriate venue for workshop and seminars
- Time management
- Time Constraints for the project related to funding criteria

Recommendations

- Increase time for guest speakers
- Ensure technology is working before the day of seminar, use aids such as clickers, microphone, remote for LCD projector
- Keep list of workshop participants for statistical purposes
- Ask about allergies at registration
- Incorporate visual and hands-on components to the session.
- Start Taoist Tai Chi with 10 minutes of activity and increase gradually.

Pilot Workshop

Held a Workshop for seniors, family members and caregivers at the Elk's Lodge in the evening (7-9pm) for the introduction to the 9 steps of SOYF

- 80 Participants attended (80% of target)

The workshop included:

- Student introduction to SOYF
- Rising Stars performance
- Taoist Tai Chi demonstration
- Healthy Snack



Evaluation: Participants found the workshop both educational and entertaining. Fourteen participants registered for the five seminars.

Seminars

Hosted a series of 5 seminars for seniors at the Elk's Lodge (1-3pm)

- An average of 23.3 people attended the seminars (93% of target)

Each seminar included:

- Guest speaker
- Nutrition Break
- Taoist Tai Chi activity

Evaluation: Participants enjoyed the seminars and found them informative and interesting (SOYF Steps 1, 2, 7, 8, 9)

Recommendations For The Future

- Continue to use extensive media campaign for social marketing
- Host seminars for all 9 steps of SOYF (use 2 student project teams)
- Provide access to phone for student project team early in semester

Conclusion

- Throughout our workshop and seminars we have increased the awareness of falls prevention to a target group of older adults living in the community of North Bay.
- We hope the older adults will implement the information learned into their daily lives to stay independent and active in the community.

Sustainability

Share binder and memory stick for next year's community nursing student project team and SOYF Nipissing Coalition
Determine recommendations for future sessions from evaluation data.

References

Canadian Falls Prevention Curriculum (2007 edition).
Government of Western Australia. (2009). *Stay on your feet*. Retrieved from <http://www.health.wa.gov.au/stayonyourfeet/home/>
Public Health Agency of Canada. (2010). Canada Best Practices Portal. *Stay on your feet (SOYF)*. Retrieved from <http://cbpp.pcppe.phac.aspc.gc.ca/intervention/579/view-eng.html>
SOYF pamphlet & Fact Sheets. Retrieved from healthunit.biz



What Do We Think We Do Differently?

Students and Clinical Instructor:

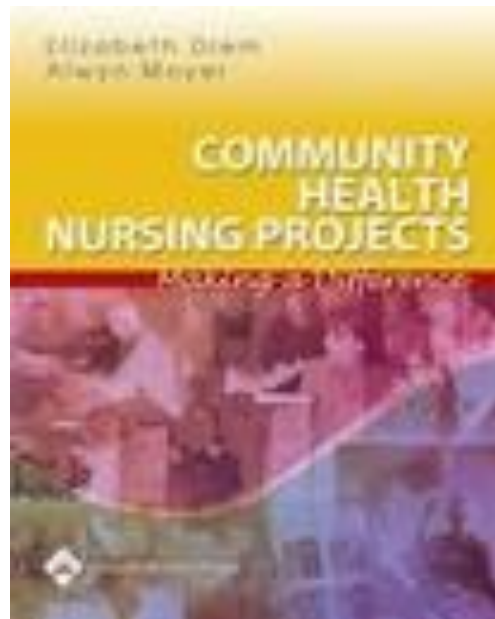
- Work in a simulated CHN office when not in the community
- Collaborate as a TEAM
- Develop and implement quality projects together

Projects

- Real: meet need in agency/community
- Sustainable
- Quality of a CHN
- Realistic (12 week blocks)
 - ~ 650 hours per team project

Clinical Textbook

Diem, E. & Moyer, A. (2005). *Community health nursing projects: Making a difference.*



Who is on the Project Team?

- Clinical Instructor
 - 4 students
 - Project Advisor
-
- Often partner/consult with other agencies/organizations/programs

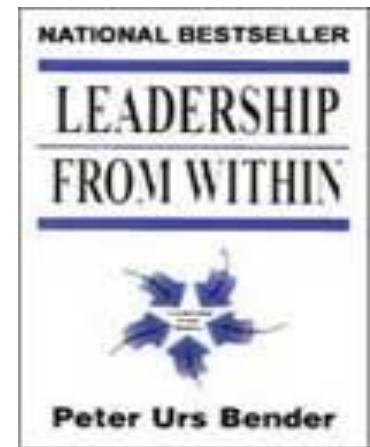
How Do We Form CHN Project Teams?

1. Students :

- a) self-select preferred placement
- b) complete personality inventory (driver, amiable, analytical, expressive)
- c) identify clinical strengths
- d) feedback from 2nd year faculty

2. Clinical Instructors

- a) CHN experience
- b) Project preference /experience



Clinical Instructors (CI)

- Professor (Clinical Lead) and CI
 - CHN experience
- Ratio → 1 CI: 8 students (2 projects)
- Contracted for 18 hours week
 - Pre-clinical (2 hours)
 - Student contact in CHN office/placement (11 hours)
 - CI meeting (1 hour)
 - Marking (3 hours)

Project Advisors

- Project Advisor: CHN (CHN consultant)
- Meet:
 - prior to semester to determine potential projects and client contact
 - weekly/bi-weekly with team, providing input on projects

Project Advisor



Classrooms

(Simulated CHN Office)

- Committed classrooms
- One larger classroom → meeting rooms
- Phones, printer, LCD projector, office supplies,
- Office In/Out schedule

Technology

- All students require laptops
- Course on Blackboard
- Google Docs pilot
 - All working documents, evaluations
- Blackberry and mobile phones
- SMART Board, clickers etc.

Recipe for Real Projects

- Administrative support
 - Designated classrooms for simulated CHN office
 - Clinical Instructors
- Commitment of community agencies

Zazzle.com



Recipe for Project Selection:

Projects :

- Reflect community demographics
 - prenatal to older adults
- Address social determinants of health
 - vulnerable populations
- Offer both client contact
- Apply the steps of community nursing process
 - meeting a real need in community

Icing on the Cake!

Partners:

- Project
- Networking
- CHN Standards
- Promotion of organization



“we couldn’t have done this
without the students”

Interprofessional Collaboration

District of Nipissing
Social Services
Administration Board



Conseil d'administration
des services sociaux
du district de Nipissing

Lower Income People
Involvement (LIPI)



Learn Together ~ Practice Together
a northern interprofessional health initiative



canadore
college



NIPISSING
UNIVERSITY



Networking



More Icing on the Cake!

Students

- Implement CHN Standards and PH (Nsg) Competencies
- Experience interprofessional education
- Developing strong leadership, advocacy and social marketing skills

More Icing on the Cake!

As we have increased Clinical Instructor presence and simulated CHN office space → quality of projects has increased → feedback is positive from all stakeholders!

Key Ingredients for Success

The success of our CHN clinical course is based on 3 main ingredients:

1. Administrative support
 - i. Simulated community office space
 - ii. Clinical instructor contact
2. CHN project advisors (consultant)
3. CHN preceptors

Future Ingredients - Fall 2011

- Establish terms of reference with project advisors
- Provide project advisors access to Google Docs
- Web-site
- Research



Contact Info

Kathy King

Nipissing/Canadore BScN Program

Kathyk@nipissingu.ca

Kathy.king@canadorec.on.ca

705-474-7601 x5249