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Collaborations

Newsletter Team

Riana Feliciano
Amanda Boudreau
Fritz Sarigumba

Jenny Jing
Nada Fakir
Dylan Caetano
Congratulations on the completion of the spring-summer term and academic year! This is a time of great celebration. Celebration of your resilience, perseverance, and achievement of your academic and professional goals. For our 2022 cohort, you have reached a key midpoint milestone in your SPP journey. You are half way though your experiential becoming. The becoming of a professional that you aspire to be. For our 2023 cohort, you have reached the goal in becoming the professional that you embrace and love. As with love and self-fulfillment is a sense of your transition to the profession that we know you love and cherish. Discover all that is nursing and the love that lives within in. The love of caring and compassion. Of building and contributing to a larger realm of health care delivery.

In the words of Steve Jobs:

"You've got to find what you love. And that is as true for your work as it is for your lovers. Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it."

Congratulations on your successful learning journey in celebrating your learning goal achievements! Celebrate your moment and future contributions to the nursing profession. Wishing you continued care and compassion in the spirit of building strong and just communities. In the challenges as well as in the delights that you will inevitably face, may you continue to be generous, kind, open hearted, wise, passionate and just.

May you be a guide for others and may your actions be a model reflective of your spirit.

Best wishes in your continued success!

Dr. Baiba Zarins, RN, PhD
SPP Program Manager
Dearest SPP students, faculty, and soon to be alumni,

What a ride it has been and what an honour to be here at this moment, writing to you as a soon to be graduate. I am so incredibly grateful for what this program has done for us and what it represents. Years ago, I was not quite sure what to expect from becoming a nurse. All I knew was that I wanted to help people.

A few years back, I heard some unfortunate news about my parents all within the same time. My mom was newly diagnosed with precancerous cells in her breast and my dad was told his heart had several blockages resulting in emergency angioplasty and what resulted in an open-heart surgery and CABG this year.

I was devastated when I first heard the news. I had no words to describe how I felt. I was in high school finishing up exams for a prestigious program, wondering what I would be doing in the future. I knew I wanted to advocate for their health journeys, but I did not know how I could even approach the matter when I could not cope with the news myself.

Now, years later, I have finally come to realize the true role of a nurse. It was the nurses who held us up when we could not carry the heaviness of recovery. It was the nurses who got to know our family, who shared laughter and tears with us admission after admission, and who we thank to this day for helping us get through our lowest of lows. It was the nurses who gave us hope for a brighter future.

My journey in SPP with fellow students and faculty is what represents everything those nurses did to keep my family afloat. Without their dedication to the craft, I would not be a nurse today.

Through our education and our early career as a nurse, we will go through many ups and downs. We will laugh, we will cry, we will have great days, and we will have terrible days. One thing however that continues to inspire me is that through our hard work and dedication to the craft and to ourselves, we can also work towards providing a brighter future for those around us. We can give others hope, we can give others strength through their lowest of lows.

To our future Year 2 learners, I wish you success and self-discovery in this program. I encourage you to trust the process.

To our new grads, I wish you resilience, confidence, and strength in your craft. You will do so well, and I am so proud of all we've accomplished together.

Lastly, to our faculty, Thank you for being our strength in this program. You have been there to see us grow, to push us, to guide us, and to inspire us to learn from others and most of all, to learn from ourselves. Thank you for your dedication. We will never be able to repay you for the amazing work you have done to touch our lives and the lives of others in this profession.

Farewell for now my friends!

Until we meet again,
Nicole Tagle
Year 2 Co-President
Dear Graduates of the Class of 2023,

Congratulations to everyone on this remarkable achievement! We can’t help but feel so much pride and gratitude for each and every one of you. The SPP program has been challenging but so rewarding, and now as we prepare to graduate, we hope everyone can reflect on how far they have come.

Throughout the past two years, we’ve all bonded in both the classroom and clinical settings. We’ve supported each other during long nights of studying, celebrated victories together, and lifted each other up during moments of doubts (and many breakout group sessions). Witnessing everyone’s dedication to learning, compassion, and creativity has been such a privilege!

It has been such a great experience to be a part of the student council over the past two years, and acting as co-president for one of those years. My favourite part of this experience was that it allowed me to connect with so many of you either in person or virtually and these opportunities taught me so much from each individual! Even from watching everyone present in the virtual classroom setting, it is safe to say SPP grads 2023 will be taking the nursing world by storm!

I wanted to give a special shoutout and big thank you to all my fellow members of stu-co (and extra shoutout to our newsletter lead Riana who put these beautiful newsletters together each semester!!). Also our incredible BPG leads Lucia and Megan who lead incredible informative and interactive sessions. And our amazing Social Justice Club Lead Bailey, who put together amazing opportunities to learn about and be involved in community health outreach and advocacy. To the year 1 student council, thank you so much for all your incredible contributions, it is so exciting to pass the baton to you all now as future year 2’s, I know you will all do so amazing!

Finally, I wanted to say a big thank you to all our wonderful faculty members who supported and guided us throughout this journey.

We did it SPP grads! I hope everyone takes some time to celebrate this big achievement (and catch up on lots of sleep!) Wishing you all the best and good luck in everyone future career endeavours.

Thank you for an amazing two years :)

Becca Brennan
Year 2 Co-President
Dear Year 1s,

Congratulations on finishing your first year of nursing school! It’s incredible to think we’re halfway through already!

It’s been inspiring to watch us as a class grow through the past year. Each and every placement has taught us something new, and we are so proud of how far you all have come! Although there have undoubtedly been tough moments, you all have persevered, pushed through, and become stronger students and skilled student nurses.

As we think about the upcoming year, we are filled with excitement and hope at what is to come. Take this next month to recharge yourselves and enjoy your time off!

Looking forward to meeting with you all again in September!

Kind regards,

Serena and Samantha
Year 1 Co-Presidents
In light of our soon-to-be new grad statuses, we decided to leave the preventing and medicating nurse fatigue BPG till the end of our learning journey. Our goal was not only to facilitate the uptake and knowledge translation of this BPG, but also to encourage all our peers to reflect on their own possible burn out and provide resources in order to both prevent and medicate it. It was important for us to look at the BPG through a critical lens to understand that the causes of nurse fatigue are not individual, but systemic issues that must be addressed from government and organizational levels. We encourage everyone to look back at this session as RNs and advocate for the necessary changes within their organizations.

It has been a pleasure holding these sessions over the past year and a half. We hope everyone enjoyed them as much as we did. It is evident this entire cohort will succeed as nurses and continuously provide amazing patient care. We hope the BPG sessions will facilitate your clinical decision-making in the future, encourage you to question the system critically, and lastly, inspire you to advocate for vulnerable populations. Good luck with your future endeavours, we did it!
This semester, we covered *Preventing Falls and Reducing Injuries from Falls* and *Assessment and Management of Pain*. We aim to enrich the material and make the material as engaging as possible to benefit the learning experience of our peers. We incorporated Kahoots and Mentis in our presentations to promote engagement and participation during our sessions.

In addition, we held many discussions within our seminars to allow our peers, and ourselves, share stories where we have seen the BPGs being implemented in their placement. This allowed all participants to hear the stories shared.

We enjoyed facilitating these sessions for our cohort and we appreciate all the feedback we received. Thank you to everyone who came to the sessions and participated. As well, thank you for everyone who listened to the recordings and submitted a makeup assignment! Next term, we will be covering *Preventing and Mitigating Nurse Fatigue*! We will look for volunteers who would like to lead discussions or share their own stories from placements. Please reach out to us if interested!
Over the Winter and Spring/Summer terms, the Social Justice Committee has continued to collaborate and explore ways we can connect our nursing practice to social justice and health equity.

This semester, the Social Justice Committee was fortunate to host a webinar with guest speaker Jeanette Eby. Jeanette is a recent graduate from the SPP and continues to demonstrate commitment to building a better and more just world. After graduating in the spring of 2022, Jeanette started working with Hamilton Public Health on the harm reduction team and works casually at a safe consumption site as a Registered Nurse. Jeanette was able to speak about her experiences over the past year to lead an insightful discussion on what harm reduction is and how we can use a harm reduction approach to guide our nursing practice.

During this webinar, the participants also received a comprehensive naloxone training from Jeanette. Naloxone training addresses prevention, recognition, and response to an opioid overdose, including administering the opioid antidote, naloxone. Naloxone kits are available at no cost at pharmacies and hospitals. Individuals who might encounter someone experiencing an opioid overdose are encouraged to have a naloxone kit on hand.

Thank you to everyone who participated and supported the Social Justice Committee this year! We hope the committee is able to have a strong 2023-2024 term as the program comes to a close.
Semester Highlights

Year 2 Pediatric Cohort Students during Simulation Day at SickKids

Year 1 Pediatric Cohort Students during Portfolio Presentation Day at SickKids

Year 2 Students at North York General Hospital
Semester highlights

Justin W.
Feeling: Proud!
Highlight was putting in my first IV!

Fritz S.
Feeling: Super Happy!
My highlight was I got to observe a surgeon performing a lumbar puncture and got to observe chemotherapy administration intrathecally both on the same patient!

Serena A.
Feeling: relieved!
My highlight: I was really proud of myself for learning new skills, but the moments that I'll really remember going forward are the comments from my patients. Knowing that my care actually made a difference to them was priceless.

Amanda B.
Feeling: Happy!!!
Highlight of my semester for me was learning new nursing skills. For example, IV medications and NG tube feeding.

Dylan C.
Feeling: relieved!
Highlight was seeing a stroke patient regain their mobility and independence.

Sandy N.
Feeling: Happy!
My highlight was having the opportunity to watch a surgical procedure in my unit!

Carly B.
Feeling: excited!
Highlight of this semester was being independent with four patients!

Jenny J.
Feeling: Proud & Grateful
My highlight was seeing a rehab patient go from bed-bound to wheelchair to walking with crutches!

Sam G.
Feeling: Excited!

Amanda B.
Feeling: Happy!!!

Fritz S.
Feeling: Super Happy!

Serena A.
Feeling: relieved!

Justine W.
Feeling: Proud!

Jenny J.
Feeling: Proud & Grateful

Carly B.
Feeling: excited!

Dylan C.
Feeling: relieved!

Sandy N.
Feeling: Happy!

Sam G.
Feeling: Excited!

Amanda B.
Feeling: Happy!!!

Fritz S.
Feeling: Super Happy!

Serena A.
Feeling: relieved!

Justine W.
Feeling: Proud!

Jenny J.
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Carly B.
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Feeling: Happy!
RNFOO 2023
Awards and Gala

RNFOO Fundraising Gala - May 3, 2023
"Coming Together for Nursing" at Centennial College

https://www.rnfoo.org/news/rnfoo-2023-gala/
SPP Year-End Celebration

July 28, 2023 at the Michener Institute of Education

Photos by Jenny Jing
SPP Year-End Celebration
The Graduating Class of 2023

Congratulations!

Hannan Abdulkadir
Sandra Al-Raias
Meryl Fiona Ang
Alona Avoulov
Taiya Bedward
Teresa Bell
Becca Brennan
Megan Caldwell
Christina Chau Esposito
Xares Jamine Cuevas Cuales
Mitch Dairo-Singerr
Margaret Darragh
Ryan de Silva
Bailey Dean
Rosepuneet Dhak
Josephine-May Diaz-Decena
Matthew Eng
Riana Marie Feliciano
Lucia Gutierrez Lecuona
Sara Hamilton

Olivia Knapton
Kiranjot Lidder
Leigh Irish Lim
Drea Millar
Ihab Nawfal
Sarah Nwabuikwe
Dasola Olufosoye
Nana Yaa Opoku-Ware
Jaclyn Passarelli
Christian Rembala
Philip Sikora
Adetayo Sogbesan
Nicole Tagle
Megan Terriss
Micaela Theofilopoulos
Cindy Tran
Keisha Trelfall
Ankush Verma
Kimberly Wong
Irene Ye
Dear graduating learners,

I have no words to express how incredibly honoring it was to be part of your professional journey. It was such a pleasure to serve as one of your faculty mentors and to witness and be part of your daily discoveries and professional advancements. We had such a journey together. We progressed from learning how to place a BP cuff on someone’s arm to reflections on the integration of global health nursing competencies and their incorporation into our daily practice. We learned how to decipher ECGs and blood gases but also developed an understanding of our roles as leaders. We did all of these with one outcome in our mind, to improve the illness experience and health-related quality of life of our clients, patients, and their families.

You all have developed into strong advocates over the two years and established excellent core values. The many hours of conversations during seminars and reflections and all the great questions and challenges you posed will stay with me forever. Looking at you and your great triumphs and achievements makes me incredibly proud. I know that the lives of the people you will serve will be in competent and caring hands.

Thank you for your perseverance, commitment, and willingness to trust our not-so-conventional nursing program, but most importantly, for trusting us faculty with your learning. I also have grown with you and because of you! It is always bittersweet to get to this point in the program when we say goodbye, but it is so exciting to celebrate with you. Please keep in touch! I will always be cheering you from the sidelines.

Congratulations on succeeding with the program; what an incredible achievement! I am looking forward to reading your e-mails in the fall about your successes with the NCLEX exam.

With love and care,
Katalin
Jaclyn Passarelli

I chose nursing because of my fascination with the human body and wanting to care for people. After graduating with my kinesiology degree, I knew I wanted to do more, and I knew I wanted to work in healthcare. I struggled to find a true passion until I landed on the idea of becoming a nurse. I grew up with my mom being an RN and have always admired her passion for being a nurse which inspired me to follow in her footsteps. As a new grad, I plan to write my NCLEX and then I hope to become a perioperative nurse in Toronto.

Riana Feliciano

My interest in nursing stemmed from my volunteer work back home with the UP Red Cross Youth and the UP Mountaineers; we did trauma and disaster response, medical and dental missions in rural areas, and search and rescue operations. This interest continues as I am hoping to become a Registered Nurse in the Emergency Department. I am also looking at volunteering with international medical organizations as well as working up north. I am excited for all the various opportunities nursing has to offer but first - a quick break after the NCLEX! Thank you SPP!

Nicole Tagle

I chose nursing because of my passion for patient advocacy and dignity. Nurses in my eyes are the figures who speak with and on behalf of those who may not always be able to speak for themselves. For my loved ones who have been through the ebbs and flows of their own health journeys, they have always been so inspired by the nursing staff who have accompanied them along the way. As a new grad, I aspire to gain confidence and strength in my practice by entering a critical care setting in the GTA.
Kimberly Wong  
After graduating from SPP, I look forward to taking August off to relax and let my brain rot. I plan to write the NCLEX in November, travel in December and start work in January of 2024 in the NICU. A big thank you for my peers who became my support system during the program.

Keisha Trelfall  
I chose nursing because it is a flexible career with endless learning and professional development opportunities. I also love learning new things and building therapeutic relationships with others! After graduation, I plan to write the NCLEX and start my career in paediatric critical care next year!

Sandra Al-Raias  
I chose nursing because I wanted a career that offered a wide array of opportunities in which I could find fulfilling and meaningful work, allowing me to make a profound difference in the lives of others.

As a new grad, I embrace the journey of continuous learning that nursing offers. The evolving nature of this career path excites me, as it presents endless opportunities for personal and professional growth. With each day, I am eager for the chance to expand my knowledge, refine my skills, and provide a positive impact for those under my care.
Josephine-May Diaz-Decena

In retrospect, I always chose nursing. I remember wanting to go into obstetrics and gynaecology from a young age, my Godmother who is an RN and midwife greatly influenced me to pursue a career in healthcare. However, I let anxiety and doubts get the better of me and chose to explore different industries before realizing that I was always meant to go into nursing. I am proud of myself for going back to school and pursuing this degree. I chose nursing because the profession's values align with my own. I am excited to start my career as a paediatric RN and will cherish my time in the SPP fondly.

Lucia Gutierrez Lecuona

It took me 10 years after my undergrad to finally pursue a career I was passionate about. I chose nursing because I always knew I would end up in healthcare and the endless opportunities within nursing. My mom was a doctor back home in Mexico, so maybe healthcare is in my blood. There is nothing like the feeling of knowing you made someone’s worst day a little better. I love caring for people, but I also nerd out on the science behind medicine.

Teresa Bell

The desire to be a nurse has always been in me, and it took a while for me to find the courage to pursue my dream. I chose nursing because ultimately what people want is to be seen, and to be heard and as a nurse that is what I will strive to do everyday for my patients. I am excited for school to be over and to move forward with the new and exciting start of my career.
Xares Jamine Cuevas Cuales

I chose nursing as my profession because it allows me to embody the essence of compassion, particularly in the context of labor and delivery. As a future new graduate, I am deeply moved by the miracle of childbirth and the profound impact it has on individuals and families. I am drawn to the unique blend of scientific expertise and emotional support that is required in this field. The opportunity to witness the joy, vulnerability, and resilience of both parents and newborns fills my heart with immense gratitude. I am committed to providing gentle and empathetic care throughout the birthing process, ensuring that each person feels safe, supported, and empowered. Having the chance to be a future labor and delivery nurse is a privilege, as I have the honor of welcoming new life into the world and making a positive difference during this precious and transformative time.

Becca Brennan

I chose nursing because I had a growing passion for the field of health sciences and I love working with people! I wanted a career where I could work with and help others, as well as a dynamic career where no two days looked the same - and I really feel like nursing is the perfect field for that. I am also very excited to be in a career where I can contribute to positive change in the community. This program has taught me a lot about healthcare advocacy and I hope to make that a main component of my career.

As a new grad I will be starting in September at SickKids in their Emergency Department. I am excited to embrace this new challenge and become more confident in emergency medicine. It will also be my first opportunity to insert IV’s so I hope that goes well!! I am so grateful that I got to be a part of this program. The people I met in SPP were the best part of this experience! I am so excited for all of us, and best of luck to everyone in their future careers!
The **Nursing Graduate Guarantee (NGG) program** is designed to support Registered Nurses and Registered Practical Nurses who are within 12 months of registering with the College of Nurses of Ontario (CNO) by providing them with a full-time employment opportunity.

The NGG program uses the [NGG online portal](https://www.health.gov.on.ca/en/pro/programs/hhrsad/nursing/early_career.aspx) to link new nurses and employers. Funding is provided to support transition into practice opportunities for new nurses that lead to full-time employment or the equivalent of full-time hours.

The ministry will provide 20 weeks of funding for each new nurse approved to participate in the NGG program. This will include 12 weeks of funding for the nurse’s transition into practice period and 8 weeks of funding to reinvest in existing frontline nurses and their professional development.
The world of nursing is full of thrilling possibilities, offering a collection of career paths that are not only professionally satisfying but also filled with fun and excitement!

Becoming an RN is your entry ticket into this adventurous world, and it's just the beginning. From moulding young minds as a Nurse Educator to exploring new horizons as a Traveling Nurse, let's delve into some of the most exhilarating and rewarding nursing career pathways you can embark upon after earning your RN license.

1.) Master of Nursing Education --> Nurse Educator

Do you find joy in guiding others and sharing your knowledge? As a Nurse Educator, you can shape the minds and hearts of future nurses, influencing the next generation of healthcare heroes. This role blends in teaching with nursing, letting you share your expertise in a meaningful, impactful way. You will need a Master of Nursing Education degree, but the reward is a chance to leave a lasting legacy.

2.) Nurse Practitioner

Adventure awaits in the role of a Nurse Practitioner (NP). This path offers more autonomy, allowing you to diagnose and treat patients, prescribe medications, and manage overall care. You'll require a Master's or Doctoral degree in nursing and specialized NP certification, but in return, you get to play a pivotal role in patient care.
3.) Nurse Informatics
Tech-savvy nurses, here's your chance to shine! As a Nurse Informaticist, you'll combine nursing and information technology, driving advancements in healthcare. You'll help design, implement, and optimize healthcare IT systems, translating data into improved patient outcomes. This fascinating crossover role typically requires a Master’s degree in Health Informatics or a related field.

4.) Certified Registered Nurse Anesthetist (CRNA)
As a CRNA, you'll embark on a thrilling journey into the operating room. Your mission? To safely administer anesthesia and provide critical care before, during, and after surgical procedures. This high-stakes role is essential for successful surgeries and requires specialized graduate education and certification.

5.) Nurse Injector (Plastics and Aesthetics)
Blend art and science as a Nurse Injector in the aesthetic and plastic surgery field. You'll administer treatments like Botox and dermal fillers, help patients enhance their appearance, and boost their self-confidence. This unique career path typically requires specialized training and certification, letting you make your mark in the ever-evolving world of aesthetics.
6.) Global Health Nurse
As a Global Health Nurse, your nursing career becomes an around-the-world adventure. You'll work to improve healthcare outcomes on a global scale, often focusing on underserved populations or regions. This path requires a Master’s degree and offers the opportunity to make a worldwide impact.

7.) Nurse Researcher
For the inquisitive and analytical minds, the path of a Nurse Researcher awaits. You'll delve deep into scientific research, investigating critical healthcare questions and contributing to the advancement of nursing science. Whether developing new treatments, improving healthcare protocols, or enhancing nursing practice, your discoveries will shape the future of healthcare. This intriguing pathway often requires a Doctoral degree.

8.) Travelling Nurse
Venture into the world of Traveling Nursing and make every new location your home. This unique pathway in nursing takes you on a journey across various healthcare settings, cities, states, or even countries, usually for a period of 12-16 weeks. You could find yourself caring for communities in rural areas, bustling cities, or even on a cruise ship! These assignments offer exposure to diverse patient populations, health systems, and medical practices, providing a dynamic and enriching professional experience.

For more information, check out: https://rnao.ca/policy/library/nursing-career-pathways-2023
Summer Break Plans

- Hiking
- Biking
- Reading
- Picnic
- Kayaking
- Relaxing and catching up on sleep
Blood and blood products are a critical part of everyday medical care including major surgeries, medical procedures, cancer treatments and managing diseases and disorders. As a blood donor you form a vital link in Canada's lifeline, helping many Canadians wake up healthy each day.

Find a donor centre near you to book an appointment

Artefacts

Amanda Boudreau
Year 1

Taylor Stevens
Year 1
ARTIFACT 2.2.  
Case Study: Documenting Interventions and Success of Interventions

Patient Background
- 91 Female
- Critical Care
- Fall, ACL Injury
- Confusion
- Alert and Oriented x2, sometimes x3
- Atrial fibrillation, pacemaker on right side of chest
- Saline Lock Left arm
- Incontinent x2
- 4-wheeled walker
- Assist x1

Primary Assessment: Musculoskeletal

May 27 Documentation
Patient reports: Weakness and pain
Observation: UE and LE general weakness, bruising present on bilateral arms, skin tone normal for ethnicity. Weak grip.
Gait: Unsteady, shaky
ADLS: Incontinent briefly changed peri-care, skin care, BM x 2, unmeasured void x 3, ate 25% of breakfast, 75% of lunch, and 50% of dinner. Requires set-up, feeds self. Assist to go to the bathroom to encouraged independence. Repositioned, supine, right side, left side, head of bed elevated.

Interventions
Aceleminphen 650 mg x 3
(0800, 1400, and 2200) for pain recovering from fall, ambulates in the hall with a physiotherapist, 2 pillows to elevate legs, assisted with repositioning, encouraged repositioning. Active range of motion implemented at bedside to encourage mobility.

June 05 Documentation
Patient reports: Improved muscle strength and reduced pain.
Observation: UE and LE reduced weakness, bruising present on bilateral arms, skin tone normal for ethnicity. Increased grip strength.
Gait: Unsteady but improved
ADLS: Feeds self, able to go to the bathroom with supervision, repositions self with some assistance, walking everyday with the physiotherapist using assistive device. Falls risk interventions applied.

(Astic et al. 2018)

Saira Raza  
Year 1

Common Routes of Medication Administration at Mackenzie Health General Medicine Unit

These are not all routes of medication administration, but the common routes used at my placement and examples of some medications used.

**Parenteral**
- Medications other than oral or topical
- Delivering drugs using a needle into either the skin, subcutaneous tissue, muscles, or veins
- Much more invasive
- Potential to introduce microbes into blood and body, so aseptic techniques are used

**Route** | **Usage** | **Examples at Mackenzie**
--- | --- | ---
**Oral** | Most common and convenient, least costly | Prednisone, for seizures
- Safest, as skin barrier is not compromised | Hydroxyzine, for high blood pressure
- In cases of error, can be retrieved | Metoprolol, for high blood pressure
- Absorbed in oral mucosa, stomach, small intestine | Bisoprolol, for high blood pressure
- If given through nasogastric tube, crushed and mixed with water | Phenoxybutil, for seizures
- If given through gastroscopy tube, crushed and mixed with water | Melatonin, for sleep

**Sublingual**
- Placed under the tongue to dissolve slowly
- Has rapid onset of action due to blood supply in area

<table>
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<th><strong>Parenteral</strong></th>
<th><strong>Route</strong></th>
<th><strong>Use</strong></th>
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|  | **Subcutaneous** | Injection in the fatty tissue, easily accessible | Insulin, for diabetes
- Back of arms above triceps, lower abdomen | Heparin, for blood clot prevention
- Small areas | Dextrose, to thin blood

References
Artefacts

Gurnir Shergill
Year 1

Avneet Randhawa
Year 1

Carly Bradshaw
Year 1
A patient named Brad was recently diagnosed with lumbar stenosis and had a few concerns about pain management.

Brad: Hello, Nurse Greg. I was recently diagnosed with lumbar stenosis and have a lot of questions on how to manage my pain. Can you help me?

Nurse Greg: Hi, Brad! I’m here to answer your questions and explain various interventions for this diagnosis.

Brad: Thank you for sharing your concerns. I am here to answer all your questions and explain your interventions for this diagnosis.

Nurse Greg: My first question is: if there are any medications that are effective in treating my pain?

Brad: My friend has the same diagnosis and he asked what cyclosporine is. What is that?

Nurse Greg: Cyclosporine is a type of medicine that reduces the symptoms of pain. It works by reducing the amount of pain you experience. It is used to treat pain in the lumbar spine caused by back pain.

Brad: This sounds overwhelming! I have never done yoga in my life.

Nurse Greg: Everyone has their own unique pain experience, and a physical therapist can help you build an exercise regimen that is tailored to your specific needs and assist you in every step of the way. You are not alone. Your healthcare team is here to help you.

Brad: Oh, great! Thank the other option?

Nurse Greg: The best option is surgery. It is a surgical procedure that requires a team of surgeons and anesthesia. It is done in the operating room under general anesthesia. It is one of the most frequently performed surgical procedures for lumbar stenosis.

Brad: There you go, more surgery! I decided to take some time to research all the common types of surgery and interesting facts about the company.

Nurse Greg: The other option is a surgical procedure. It involves removing a portion of the lumbar spine to relieve pressure on the nerves. It is also done under general anesthesia. Challenges in long-term outcome, recovery, and cost are factors that need to be considered.
Artefacts

Common Trajectories in Rehabilitation

While each child and family that comes to Holland Bloorview is unique in their medical histories and care, there are aspects of admissions that are common amongst clients based on our policies and client’s goals.

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<th>Common Trajectories in Rehabilitation</th>
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<td>Intake questionnaire</td>
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<td>Wheelchair assessment</td>
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<td>Pre-admission call</td>
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<td>Meet your rehab team</td>
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Jenny Jing
Year 1

Jenny Jing
Year 1
Artefacts

Justin Wu
Year 1

Ishani Illamperuma
Year 1
Happy summer!

Newsletter Team

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NIPISSING UNIVERSITY
SCHOLAR PRACTITIONER PROGRAM
MAY-JULY 2023 NEWSLETTER