



The Pulse

Your NU RPN-BScN Blended Learning Program Newsletter

Volume 7, Issue 2

Fall 2023



Welcome Fall



Reframing

"If someone took control of your life tomorrow, what's the first thing they would change?"

Read that again.

I read this recently and I was quite struck by it. It stayed with me for days and I kept coming back to it. At first, the question seems like a judgement about your life from the outside. When you think about an answer though, it suggests you look inward; makes you think about what *YOU* think needs changing. Upon reflection, I thought I might make a list of things that needed changing. And I told myself it was time to get moving on those things. (not a long list, but 2 significant things did come to mind)

Now the flip side. What about **reframing** it: *"If someone took control of your life tomorrow, what's the first thing they would keep the same?"* Yes, read that again too. And definitely make a list and truly acknowledge those things. Those are the things that fuel the tank and bring us strength..... to tackle the other list.

It's all in how you look at it.

Wenda Caswell
Program Manager



Nipissing University Nursing Society

[Email: nuns@nipissingu.ca](mailto:nuns@nipissingu.ca)

[Facebook: Nipissing University Nursing Society](#)

[Instagram: @nunursingsociety](#)

The Nipissing University Nursing Society (NUNS) is a student-run organization that serves students in all nursing programs affiliated with Nipissing University. The group is made up of four executive members (president, vice-president, treasurer, and secretary) as well as 8 year representatives, a scholar practitioner representative, 2 distance-blended representatives, 2 peer mentorship coordinators, and a board advisor. Together, the team meets regularly to discuss issues affecting the nursing program, as well as plan events such as giveaways, guest speakers, clothing orders, etc. Executives on NUNS frequently meet with staff at the University to discuss issues brought up within the various programs served by the nursing office to ensure that student voices are being heard and respected. Any student who has concerns regarding the nursing program, or has ideas for events they want to see happen is encouraged to reach out to a member of NUNS, or to contact the NUNS email or social media directly.

Nipissing University's new strategic plan charts path for future generations



(L-R) Kevin Wamsley, President and Vice-Chancellor, Nipissing University, and Maurice Switzer, Chair, Nipissing University Indigenous Council on Education, pictured in front of a visual representation of the University's new strategic plan. The artwork greets visitors to the University as they step inside its front doors, serving as a reminder of Nipissing's commitments and its ongoing journey to fulfill them.

Our Commitment

In Fall 2022, Nipissing University embarked on a strategic planning journey that engaged more than 600 representative consultations through public meetings, focus groups, and surveys. The many voices of our constituents who spoke about the past, present, and future, led us to six aspirational themes which provide the visionary basis upon which we will transform Nipissing University. Learn more about our commitments by downloading a copy of Pathways: Our Commitments to Water, Land, and People.

[Nipissing University Strategic Planning](#)



Clinical Clearance Congratulations!

Congratulations to our students who successfully completed their clinical clearance package first!



Linda Gheshe Shamoon
New Initial Basic package



Ariella Mandel
Renewal package



Clinical Clearance Tips

Read everything carefully
Pay attention to details
Note the deadline and submit early!

Don't let this be you:

- Did you gloss over the Clearance email and not make note of the clearance deadline?
- Did you ignore your clearance docs until late October and now there's no CPR courses available in your town?
- Have you heard that some student thins about just altering the date on last year's CPR card to say it was issued in Oct 2023 instead? **Stop. Don't do it.** Students who do get caught and face: suspension, being reported to the CNO, delaying your graduation and more.

Did you know, Each year, students are suspended for falsifying clinical clearance documents. Most of the dishonest behavior involves altering dates on Mask Fit, CPR certification, Communicable Disease Screening forms or forging signatures. There are NO good excuses for falsifying documents.

Start early, submit required revisions promptly and do your best to get cleared!

[Frequently Asked Clinical Clearance Questions for Blended Students | Nipissing University](#)

Caramel Pumpkin Cheesecake Dip

YIELD 10 PREP TIME: 10MINUTES MINS TOTAL TIME: 10MINUTES MINS

Filled with a cream cheese base and swirled with caramel and pumpkin, this Caramel Pumpkin Cheesecake Dip takes just 5 minutes to make!

Ingredients

- 2 blocks (8 ounce) cream cheese, , softened
- 1½ cups powdered sugar
- 1½ cups pure pumpkin puree
- 2 tablespoons pumpkin pie spice
- 1 tub (8 ounce) whipped topping, such as Cool Whip
- ¼ cup + 2 tablespoons caramel sauce divide

Instructions

In a large bowl, beat the cream cheese and powdered sugar with an electric mixer or stand mixer with fitted paddle attachment until smooth and creamy.

Mix in pumpkin and pumpkin pie spice until fully incorporated. Gently fold in whipped topping and 1/4 cup caramel sauce. Pour into a bowl and refrigerate until ready to serve.

Just before serving, drizzle 2 tablespoons caramel sauce on top. Gently swirl with a knife to create a marble effect.

Serve with apples, pretzels, or graham crackers, if desired.

[Caramel Pumpkin Cheesecake Dip - Pumpkin 'N Spice \(pumpkinnspace.com\)](http://pumpkinnspace.com)





nusu.com



705.474.3450 x 4801



info@nusu.com

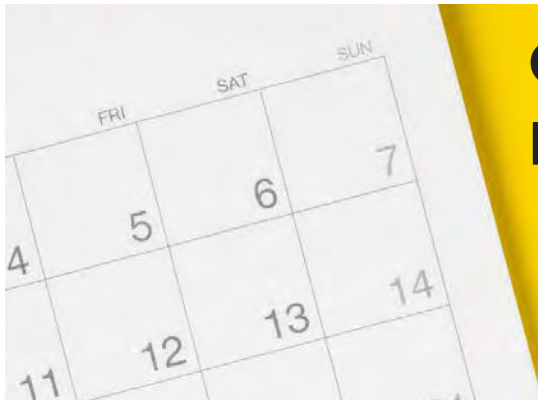


@NUSUtalks

MENTAL HEALTH RESOURCES

As nursing students it is extremely important to make sure your mental health is a priority.

Visit nusu.com/mentalhealth for resources and supports



CHECK OUT EVENTS & TIPS

Win prizes, connect with others and take a break! Follow @nusutalks on Facebook & Instagram

HAVE ACADEMIC CONCERNS?

CONTACT
VPADVOCACY@NUSU.COM

OTHER CONCERNS?

EMAIL
INFO@NUSU.COM



JOIN A CLUB OR SOCIETY!

NUSU supports over 20 clubs and societies!

Check out nusu.com for more details!

The Nipissing University Nursing Society (NUNS) is also a great resource if you need support during your time as a nursing student.

Academic Advisors can help with your course planning

Academic Advisors are very helpful when it comes to course planning and determining prerequisites and course sequencing. They can help you plan a few semesters at a time to make sure you are on track to complete your program in the most efficient manner. When you start taking courses a little out of order, or even if you are following the study plan, they can help you to make sure you are planning with prerequisites and co requisites in mind, as well as planning around the courses offerings since not every course is offered every semester.

Academic Advisors can be reached in the following ways;

1. Academic Advisors are available for same-day appointments. The Academic Advising Live Chat Service with the virtual sign up found on their website [here](#). The live chat service is available Mon, Tues, Wed, Fri 9:00am to 3:00pm and Thurs from 10:00am to 3:00pm. When a student opts to meet with an Academic Advisor virtually, they may choose between a live chat or a video/voice call, through Microsoft Teams using their Nipissing student email address. The waiting list service allows students to follow their progress in line and notifies them via text and email when an advisor is preparing their file. When the advisor is ready, they will message the student directly on Teams to start the meeting. The sign up may close earlier, when it appears full for the day, however students are encouraged to try again the following morning.
2. Students who are unable to attend an in-person or virtual appointment can send their questions via email to advising@nipissingu.ca. We will endeavour to respond as quickly as possible and appreciate your patience as there may be a delay.

Before you meet with an advisor you are encouraged to familiarize yourself with the program requirements and try to determine your own course sequencing plan, then an academic advisor can then review your proposed plan with you and assist you with any recommendations or revisions.



IMPORTANT—Textbook Validity

Textbooks promoted on websites that claim to offer exceptional discounts should be highly scrutinized by students to assess the legitimacy of these sources. When purchasing textbooks online, students **must** be diligent in assessing the textbook site to ensure it is a legitimate source. Such sites are purposefully designed to be misleading and it can be challenging to assess the legitimacy.

Such sites are offering PDF versions of textbooks at a fraction of the cost and it is highly possible that such sites did not obtain permission from the publisher to sell texts at such reduced prices. If this is the case, this is a copyright violation and is illegal.

Students are advised **not to purchase textbooks from such sites.**

Before purchasing texts, assess and evaluate the information on the site. If you are not sure: please contact Nancy E. Black, Executive Director, Library Services nancyblack@nipissingu.ca or 705.474.3450 ext. 4220 for guidance.

Extended Learning



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Professional Development

WITH BILL STEER 4-WEEK* TRIP PREPAREDNESS

Upskill, reskill, and continue your professional and personal growth.

**Specifically Designed for: Educators,
Educational Administrators,
Outdoor Education Professionals,
Youth Program Coordinators and
Managers.**

*Complete at your own pace within 4-weeks or sooner.

[Professional Development | Nipissing University](#)

REGISTER NOW!

Coming Soon

Registration Opening Soon

Mindful Living Essentials

90 - minute online workshop hosted by:



NATALIE MATIAS

Thursday November 30, 2023

6:00 pm – 7:30 pm

WIIDOOKTAADYANG "We are helping one another"



Promoting Health and Wellness
in Anishinaabe Communities

Micro-Credential | Open to all



[Wiidooktaadyang \(We are Helping One Another\) | Nipissing University](#)

Harris Learning Library



We're here to help!

www.nipissingu.ca/library

libraryhelp@nipissingu.ca

705-474-3450 ext. 4222

1-800-655-5154



For whatever's on your mind,
we're good to talk.



1.866.925.5454
or connect through 2-1-1

Post-Secondary Student Helpline

[Learn more](#)



**Check your school
email regularly!**

Friendly reminder: Always use your Nipissing email
account for school related emails.





Student Counselling Services is excited to share the recent launch of a new Dibaadan support service for students. They include daily Aaniish naa visits and weekly Mino bimaadziwin drop ins. Aaniish naa visits are one-on-one visits with the Dibaadan Wellness Coordinator either in-person or virtually that can be booked in advance. The Mino bimaadziwin drop-ins are on Tuesdays from 11:00am to 12:30pm and Thursdays from 12:00 to 1:30pm in B210 Student Development and Services. The drop-ins are same day visits with the Dibaadan Wellness Coordinator. Students may explore wholistic wellness supports (physical, mental, spiritual, emotional) for Mino bimaadziwin, living the good life and receive case management support.

Please click on the Dibaadan website link below for more details: [Dibaadan Support | Nipissing University](#)

As of winter semester SCS is now offering **One-to-One Peer Support** where students will have the option to meet in a more private setting with a Student Peer Supporter to build connections and to receive support. Meetings will take place both virtually and in-person at B210 (Student Development & Services) and will be 45 minutes long. Meetings will be available on Wednesdays and Fridays at 12:30, 1:30 and 2:30pm. You will find more details on our webpage at www.nipissingu.ca/peersupport.

Welcome to Student Accessibility Services

Student Accessibility Services (SAS) assists students with permanent or temporary disabilities. If you have (or suspect that you have) a disability, we encourage you to contact us to ask about test and exam accommodation, distraction-reduced working and testing areas, note-taking support, adaptive technology and assistive software, alternate format reading materials, and counselling or tutorial support.

If you had an Individual Education Plan (IEP) in high school, or accommodations in place at your previous institution, please contact us as soon as possible to discuss how to continue to receive supports while studying at Nipissing University.

For more information about Student Accessibility Services, click the website link below or contact our office by email at sas@nipissingu.ca or by phone 705-474-3450 ext. 4362.

www.nipissingu.ca/sas

Office: [B210](#)

Email: sas@nipissingu.ca

Phone: 705-474-34450 ext. 4362

PREMIUM MATURE & TRANSFER SERVICES

In person and virtual

GET GROWING WITH HILLARY

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- 📷 @nustudentlt
- ✉️ maturetransfer@nipissingu.ca

OUR AWESOME SERVICES

- ✓ Academic goal planting
- ✓ Growth & adjustment pruning
- ✓ Anxiety & worry weed control
- ✓ University landscape help
- ✓ Referrals & irrigation service
- ✓ Academic success fertilizer



PEER2PEER INDIGENOUS MENTORSHIP



Peer2Peer Mentorship connects upper year Indigenous Nipissing University students with other Indigenous students who are newer to post-secondary education and/or looking for additional resources/support.

Whether you're taking on the role of mentor or mentee, both roles offer remarkable value and are well worth the experience

BEING A MENTOR

- Develop leadership skills
- Promote a sense of community
- Attend events, workshops, & activities
- Free training provided

BEING A MENTEE

- Cultural & wellness support
- Opportunity to make new friendships
- Attend events, workshops, & activities
- Emotional, spiritual, & physical wellness

Mentors



Mentees



For more information, please contact:

Carrie Demers

Indigenous Mentorship Coordinator

Office of Indigenous Initiatives

Email: indigenoumentorship@nipissingu.ca

Phone: (705) 474-3450 Ext. 4252



NIPISSING
UNIVERSITY

texthelp read&write tool

This texthelp software is available to all current Nipissing University students, faculty and staff.



Read&Write

Help students understand and express themselves

Read&Write is a literacy support tool that offers help with everyday tasks like reading text out loud, understanding unfamiliar words, researching assignments and proofing written work.

www.nipissingu.ca

Read&Write is a literacy support tool that offers help with everyday tasks like reading text out loud, understanding unfamiliar words, re-searching assignments and proofing written work.

Within SAS we pay for an unlimited number of Nipissing University users. You just must login with your nipissingu.ca login

Sexual Violence Prevention & Education



Prevention

Campaigns to raise awareness about sexual violence and its negative effects on our community.



Education

Training to develop strategies, confidence, and skills for effectively recognizing, intervening, and responding to instances of sexual violence.



Response

A safe(r), empathetic and compassionate space for those who have experienced harm to receive the supports they want.

RESPONDING TO A SEXUAL VIOLENCE DISCLOSURE PRACTICAL TIPS FOR NURSES

Sexual violence is the only violent crime in Canada that has not seen a decline, according to the Canadian Women's Foundation in 2022. In 2021, the rate of police-reported sexual assaults in Canada was 34,242, marking the highest rate since 1996. This represents 90 incidents per 100,000 population (Statistics Canada, 2022). Despite the increase in these crimes, sexual violence is reported to the police 80% less often than any other violent crime in Canada, with only about 6% of assaults being reported (Cotter, 2021).

Nurses are likely to encounter survivors and victims of sexual violence as patients and are often on the front-line of caring for these patients (LoGiudice & Douglas, 2016). Sheila Early, president of the Canadian Forensic Nurses Association, states that timely care from a well-trained forensic nurse can prevent post-traumatic effects such as depression, anxiety, and even suicide (Smellie, 2023). However, even if you are not a trained forensic sexual assault nurse examiner or an expert in the field of sexual violence, you can still have a positive impact on a survivor's health, well-being, and healing. These practical tips aim to help you respond to sexual violence using a trauma-informed approach and empower survivors.

What is sexual violence?

According to Nipissing University's Sexual Violence Prevention, Support and Response Policy for Students, Sexual Violence is:

"...any sexual act or act targeting a person's sexuality, gender identity or gender expression, whether physical or psychological, is committed, threatened or attempted against a person without the person's consent."

The key difference between sexual activity and sexual violence is consent.

Consent must be given freely. It is not consent if threats, fraud, manipulation, or coercion exist.

Consent must be continuous and can be withdrawn at any time.

Consent to one form of sexual contact does not mean consent to all forms of sexual contact.

Consent cannot be legally given if a person is intoxicated, drugged, unconscious, or asleep.

Consent cannot be given when the perpetrator coerces the victim to engage in sexual activity by abusing a position of trust, power, or authority.

Nurses are crucial in the survivor's experience. How you respond to disclosure can significantly affect the survivor's well-being and decisions about the next steps. It is common to feel uncertain about what to say or do when receiving a sexual assault disclosure, and in that moment, you have an opportunity to empower the survivor and assist in their healing and in accessing additional support.

Tips to avoid an ineffective response

There are lots of underlying reasons for people to respond ineffectively, including but not limited to discomfort on the part of the listener, lack of awareness about the seriousness and harm caused by sexual violence, feeling helpless to fix the situation, and lack of knowledge about supports and information and so on. Talking about unsupportive responses can help avoid using these in the future.

Some of these unsupportive responses include:

- Minimizing the violence (saying things like "Well, at least you weren't," "It could have been worse," or "Don't worry, it will all be fine.")
- Taking over and/or making decisions on the survivor's behalf
- Making promises that cannot be kept
- Taking a questioning approach ("Why did you...")
- Blaming the survivor or suggesting that the survivor is lying, that they could have prevented the assault from occurring, or telling the survivor that they are to blame and should be ashamed of the experience
- Treating the survivor differently or as if they are damaged. Avoiding the survivor or treating them differently after the disclosure
- Caring too much about the responder's personal feelings and not enough about the survivor's feelings
- Overreacting and/or needing reassurance from the survivor

Tips for a supportive response

Now that you know how not to respond, here are some tips about how to respond in an effective supportive way.

- Listening without judgement. Leaving space for pauses and silence - This means not prying or asking for more information. It is the survivor's choice as to what they share with you. It is important that you let them tell you what they want to tell you
- Communicating that sexual violence is never the responsibility of the survivor. Language is extremely important when receiving a disclosure
 - You do not need to know the ins and outs of proper terminology, but mirror what the survivor says. Refrain from naming or labelling the experience for the survivor. If they are not saying they were sexually assaulted, then don't tell them that they were. Mirror the language and descriptors that they are using
- Respecting the survivor's right to choose the services they feel are most appropriate and whether to report to the police or authority
- Respecting the survivor's choices as to what and how much they disclose about their experience
- Helping the survivor identify and/or access available services
- Recognizing that disclosing can be traumatic and a survivor's ability to recall the events may be limited
- Making every effort to respect confidentiality and anonymity



Receiving a disclosure can be traumatic, and support is available to support you.

It is also reasonable for you to have emotions; anger, sadness, frustration, fear, etc. There are no time limits on your needs either.

All Nipissing University students are covered under the Nipissing University's Sexual Violence Prevention, Support and Response Policy for Students. The University supports all students who have experienced sexual violence; regardless of where or when the violence occurred, students are not required to make a formal complaint or report about the incident to access support from the University or within the larger community.

Contact Information

To stay informed about our upcoming training, events, and campaigns, we invite you to stay in touch with us.



Follow Us

Follow @ConsentBelongsHere on Instagram for campaign updates, events, training dates, and giveaways!



Website

For a range of helpful resources, support, policies, and information, please visit our website nipissingu.ca/consent.



Office

Located in Student Development & Services, room B210. Phone 705-474-3450 ext. 4075 or email svsupport@nipissingu.ca

References:

Cotter, A. (2021) *Criminal victimization in Canada, 2019*. Canadian Centre for Justice and Community Safety Statistics. Statistics Canada. Available at: <https://www150.statcan.gc.ca/n1/pub/85-002-x/202100>

LoGiudice, J. A., & Douglas, S. (2016). Incorporation of Sexual Violence in Nursing Curricula Using Trauma-Informed Care: A Case Study. *The Journal of Nursing Education*, 55(4), 215–219. <https://doi.org/10.3928/01484834-20160316-061/article/00014-eng.htm> (Accessed: February 27, 2023).

Smellie, S. (2023, February 2). As sexual assault rates rise, provinces face shortages of specially trained nurses [Review of *As sexual assault rates rise, provinces face shortages of specially trained nurses*]. *The Canadian Press*. <https://globalnews.ca/news/9454746/shortage-sexual-assault-nurse-examiners/>

Statistics Canada. (2022). A comprehensive portrait of police-reported crime in Canada, 2021. *The Daily*. August 2, 2022. <https://www150.statcan.gc.ca/n1/daily-quotidien/220802/dq220802a-eng.htm?HPA=1>

Student Learning & Transitions



Book with us for support with:

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- Academic Success Coaching
- Academic Success Workshops
- Math & Science Skills

Meet with us virtually or in-person!

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- SPSS & Statistical Plans
- Record of Student Development
- Peer Tutoring
- Resume, Cover Letters, & Interview Skills
- Orientation & Transition to NU

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STUDENT DEVELOPMENT AND SERVICES



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Email
slt@nipissingu.ca

Request an Appointment (30 - 50 mins)

Check the Drop-In Availability (15 min)

Check Out our Academic Skills Resources

Math



Tips for University Level Math

Course Specific Resources

- Dosage calculations
- Technical statistics
- How to use your calculator

All of this, and more, through nipissingu.ca/slt

How did your garden Grow?

I've been trying to support the bees in my garden for the last couple of years - and it seems to be working! And this year I have also begun supporting some other garden creatures. Here's my first attempt at a fairy garden to be enjoyed by my youngest visitors. I'm hoping that not only fairies, but gnomes and trolls will stop in to check it out. In

the 3rd photo, my nieces (aged 8 and 6) have arranged all the items for the fairies, telling me that they made a 'dance floor' in the center under the black dome!



Wenda



Hi fellow blended students!



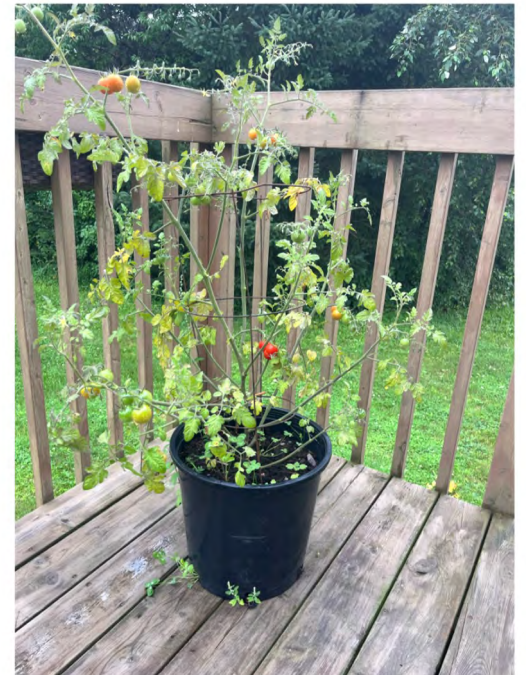
Some of you may recognize my name as your NUNS program representative the past two years. This year I am taking on a new role; secretary. While I am still happy to help and offer advise (please never hesitate to email me moneil343@my.nipissingu.ca), I am preparing to graduate in 2024 and between building my a house, 2 kids, work, and consolidation I figured it was time to let someone else in on the fun!

When Cindy messaged requesting gardening content I knew immediately what I would show. The following photos are of my 5 year olds cherry tomato plant. Fun fact: this is the only plant to have survived the summer. My daughter was so

excited and cared for her plant so diligently throughout the spring. Unfortunately she then spent the first week of the summer with her grandparents when I neglected the plant resulting in its untimely demise. This is the replacement plant that I purchased in hopes she wouldn't realize my error. Unfortunately she did. All I can say is I promise I am far better at caring for humans than plants.

Happy back to school season all!

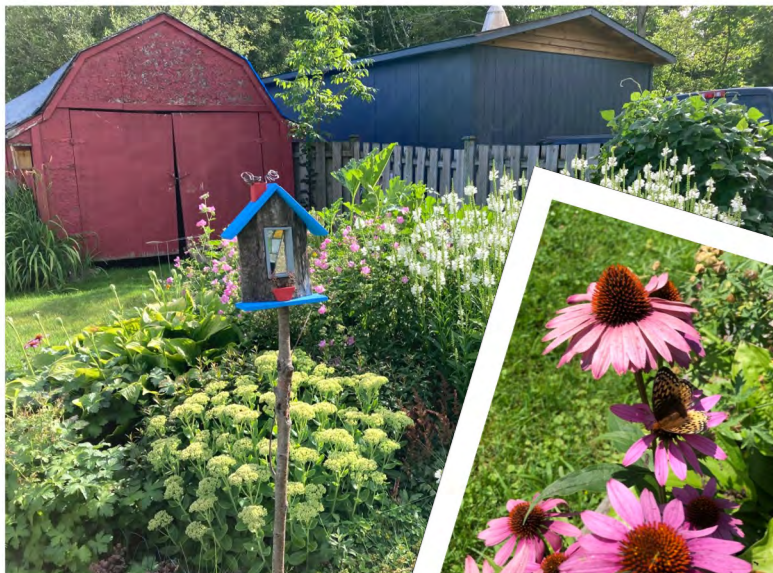
Maddie



I have small raised garden beds and the soil can easily become depleted of its nutrients. One of the things I find helpful in my gardening is to add egg shells to the soil. Because the shells are sharp, they reduce insect and slug activity and they also add calcium to your soil. You can save your shells right through the winter months by, rinsing them and letting them dry on paper towel. Once they are dry I add them to a plastic ziplock bag and then crush them with a rolling pin. You can then store the crushed shells in a container until the spring and then work them into the soil. Throughout the summer months you can sprinkle them around the base of your plants for added plant health. ~ Happy Harvesting
Carrie



I am a task-driven individual so my relationship with gardening is one where I weed once a year in the spring until the garden sends out a siren calling me back before company arrives! Despite this neglect, and thanks to the former owners, my garden is resilient and continues to bloom in spite of me!
Callie



I love my little backyard garden. Perennials in the front and vegetables in the back. The garden always needs weeding and the vegetables probably cost much more than just buying them in the store...but it is just so satisfying and enjoyable to grow it all myself. I love all the bees and butterflies that come to visit...and the veggies are very tasty.

Cindy





MY TALE OF CILANTRO

I have been trying to grow cilantro on my balcony during the summer months for years. It would seed right away.

I finally I sought support as to why this happens. Apparently you must plant cilantro in cool weather, either in early spring after the last frost or in the fall.

Moral of the story, seek support early!

Visit **Student Learning & Transitions (SLT)**.



ACADEMIC SERVICE



ABOUT US

SLT is a group of people whose job it is to help you build your academic skills, increase your confidence in the work you do.

60-MIN APPOINTMENT

BOOK NOW

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DAILY VIRTUAL 15-MIN DROP-IN

BOOK NOW



Have a quick question?
Book within the next 24-hrs.
M-F 11:30am-1:30pm

SOME OF THE SUPPORT WE OFFER :

- ✓ Citation/Referencing
- ✓ Statistics
- ✓ Discussion Posts
- ✓ Medical Calculations



How to Access 'Teams' for Live/Video Chat

To set up a 'Teams' call or live chat, you will need your device and your Nipissing University sign-in information and head to Office.com.



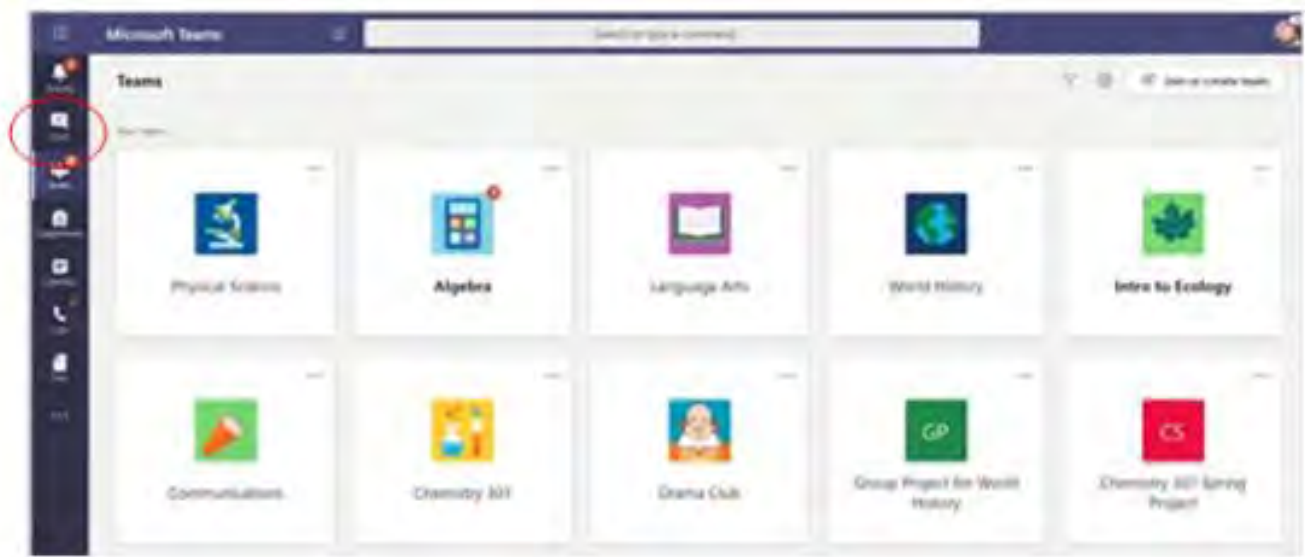
Sign in to Teams

1. Open [Office.com](https://office.com) and sign in with your Nipissing University email (ending in "@my.nipissingu.ca") and password.
- 2.



From your Office.com homepage, click on the **Teams** app to open right in your browser. You can find this in the menu on the left or through searching for **Teams** in the search bar.

3. Select **Chat** to open the chat function. The Nipissing staff member/faculty member will send you a direct message when they are ready to connect with you. That's the connection area to start the live chat/video call.





3MNTF awards

Laura Killam presented several times at conferences in May/June. Along with fellow Nipissing University's Charles Anyinam and Laura were on a panel at CASN together.

Luckar-Flude, M., Tyerman, J., Killam, L. A., Muray, M., & Anyinam, C. (2023, May 29). *Antiracist simulation development, implementation, and debriefing in health care education: Opportunities and Challenges* [In-person panel presentation]. 2023 CASN Biennial Canadian Nursing Education Conference, St. John's, Newfoundland, Canada.

Laura's publications are all related to either her PhD or her work at Cambrian College. <https://laurakillam.com/scholarship/dissemination/>



Calling on Students to become BPG Champions and Student Leads for Peer-to-Peer Program



Nipissing University School of Nursing became a Best Practice Spotlight Organization in 2021. Having a robust BPG (Best Practice Guideline) Champions program is part of the designation process. This year we are initiating a Student Led Champions Peer-to-Peer Program in the RPN to BScN Blended Program, On Campus BScN Program, and the Collaborative BScN Program. This Peer-to-Peer Program is student led and is designed for students to engage other students in understanding and using BPGs and other evidence in their practice to influence patient outcomes.

In the past, students who became student leads, claim that the experience enhanced their leadership capabilities. If you are interested in developing your understanding of Best Practice Guidelines and their use in practice and want to help your peers develop the same level of understanding, the Student Led BPG Champions Peer-to-Peer Program is for you. The BPSO program is looking for enthusiastic, energetic, critically thinking individuals who want to strengthen their leadership capabilities.

Student Leads typically design and provide three BPG teaching sessions on a required BPG per semester for their fellow students to enhance their understanding of the use of BPGs. This session includes learning about the BPG, applying the BPG in a case study, and reflecting on the application of the recommendations from the BPG in their own practice. The Student Leads will also measure the change in knowledge through a pre and post survey.

The benefits of becoming a student lead are vast and include the opportunity to develop leadership skills. Student Leads also can include their participation in the role as part of their Student Record of Development (SRD) at Nipissing University. There will also be mentoring by the BPSO Co-Lead, Dr. Manankil-Rankin on how to become a Student Lead and develop the learning sessions. A key benefit in becoming a Student Lead is the exposure to the BPSO program and the role of a BPG Student Champion. The practice settings of BPSO designated institutions have BPG Champions. The exposure to the Student Lead Peer-to-Peer Program is a playground for learning how to become effective BPG leaders in the practice settings.

Student Leads will attend the BPSO Steering Committee meetings that takes place once a month for 1.5 hours and there will be some module preparatory time, delivery of the content, and reflection with the peers involved. The time commitment for the preparation of the material will differ across all programs. An estimate of the time commitment would be 10 hours per semester.

If you are interested in learning more about the program and would like to become a BPG Champion Student Lead, please contact Dr. Manankil-Rankin at louelam@nipissingu.ca or Dr. Karey McCullough at kareym@nipissingu.ca by October 15, 2023.



Nipissing Nursing Students with Dr. Doris Grinspun, CEO of RNAO, and Dr. Louela Manankil-Rankin. Students, Megan Teriss Lucia Gutterrez Lecuona presented their work as BPG Champion Student Leads at the BPSO Symposium in Toronto.



