This edition of *CNA Today* allows me to share a few highlights of what the Canadian Nurses Association (CNA) has been up to. If you weren't able to attend the June annual meeting, we missed you! It was a chance for CNA to provide updates on current initiatives and to hear what's top of mind for members.

We're thrilled to count licensed/registered practical nurses and registered psychiatric nurses as potential members of CNA (new members are joining daily). In November, we'll offer our first specialty certification (in gerontology) to licensed/registered practical nurses and a new pediatrics certification for registered nurses.

Canadian Nurse has relaunched online to very positive reviews. The new website is easy to read and navigate and continues to explore issues of importance to nursing. If you haven’t already, check it out at [canadian-nurse.com](http://canadian-nurse.com).

The federal election is not far away. CNA’s election platform recommendations are focused on matters of importance to nursing and health. The recommendations and a toolkit, which can support your involvement in the election, can be found at [elections.cna-aiic.ca](http://elections.cna-aiic.ca).

I hope you see yourself in CNA’s work, described in the pages ahead.

In nursing and health,

Claire Betker, President  
RN, MN, PhD, CCHN(C)
CNA’s federal election platform puts public first

On October 21, Canadians go to the polls to vote in the federal election. CNA has released an election platform that makes four recommendations to be considered by political leaders and parties:

1. Support caregivers financially by amending federal tax laws:
   • Make the existing Canada caregiver credit fully refundable
   • Extend the federal compassionate care benefits to include a two-week period for bereavement

2. Adopt and implement a universal, single-payer pharmacare program that is sustainable and evidence-based

3. Invest in technology-enabled virtual care beyond hospital walls, including the scale-up and spread of existing technologies in homes and communities

4. Implement climate change and health strategies that:
   • Prevent and reduce the negative health effects of climate change
   • Increase health research and public education
   • Provide stable long-term funding to the health sector that addresses the effects of climate change

You have many more ways to get your voice heard during the federal election beyond marking a ballot. Nurses have an important role to play in political advocacy and can exert significant influence on policy-makers’ decisions. CNA is calling on all nurses to get involved and have a say this election. We ask that you:

• Download and send CNA’s form letter to political parties and candidates
• Attend events: CNA is hosting events across Canada with political candidates
• Join the conversation on social media using #CNA2019
• Engage in conversations with political candidates at community events or when they knock on your door

For more information and to access our election toolkit, visit elections.cna-aic.ca.

Boost your skills with new online courses

CNA strives to meet nurses’ continuing professional development needs. Here’s a snapshot of two new e-learning courses on menopause and cultural competence, recently launched after co-development with mdBriefcase.

Vasomotor Symptoms in Menopause: North American Menopause Society Updates
This one-hour CNA-accredited online course discusses the latest information on managing symptoms of menopause. It covers moderate-to-severe vasomotor symptoms and differentiates those symptoms related to menopause from other diagnoses (such as depression, insomnia, infectious diseases and thyroid dysfunction). The course draws heavily on the society’s 2017 position statement, which was created after extensive consultation with health-care teams working in menopause.

The Case for Cultural Competence in Nursing
Cultural competence, which is the ability to assess and respond appropriately to differences in culture, is an important competency for health-care workers in Canada. This course reviews the key components of cultural competence, describes different worldviews that may be encountered, and addresses common myths and misconceptions about how to bridge cultural differences in nursing practice.

To access these courses, log in to mycna.ca and create your free mdBriefcase account
We invite you to explore Canadian Nurse in its exciting new online format. Going from a magazine to a website means we have much more flexibility and can publish new content every week. You’ll like what you see!

Visit [canadian-nurse.com](http://canadian-nurse.com) to see how it can support your professional nursing practice. For example, articles on Promising Practices tackle specific problem areas; every Feature delves into a key policy or workplace issue; and each Reflection piece showcases an individual nurse sharing their personal and professional experiences.

The editorial team is led by editor-in-chief Barb Shellian, past president of CNA. She’s supported by an editorial advisory board composed of nurses representing the full scope of nursing practice. Some recently published articles include:

- Lessons from 20 years of research on nursing practice in rural and remote Canada
- Humbled by hurt
- Practice considerations when immunizing children who resist injection

Nurses and nursing students are invited to submit articles, including for new article categories such as Study Showcase. Submission details are on the website.

The last print edition of the magazine was published in spring 2018. We relaunched as an innovative website this past spring.

**Unlock your unlimited access now**

Members of CNA and the Canadian Nursing Students’ Association have unlimited access to content, including the complete digital archive dating back over 100 years.

- If you have previously created a profile on Canadian Nurse or MyCNA (formerly NurseONE), your access to Canadian Nurse is already active. Simply log in at [canadian-nurse.com/en/login](http://canadian-nurse.com/en/login) using the same email and password.
- If you haven’t created your profile, create one at [mycna.ca](http://mycna.ca) to access Canadian Nurse. See our video tutorial at [canadian-nurse.com/en/cna-members](http://canadian-nurse.com/en/cna-members).

We want to hear from you!

Canadian Nurse has recently relaunched as a fresh new website with updated content posted every week.

Check it out at [canadian-nurse.com](http://canadian-nurse.com) and take our poll while you’re there for a chance to win one of three $100 gift cards.
There’s been a special excitement in the air at CNA recently. With the launch of new nursing specialty certification exams in pediatrics and gerontology, we’re seeing a steady stream of applications — including from licensed/registered practical nurses, who can apply to the CNA Certification Program (for gerontology) for the first time in its history.

That excitement will grow as applicants write the new and existing exams and receive their results. Nurses who applied in the fall application period (which closes on September 30) for any of the 23 nursing specialty certification exams, offered in 22 specialties, will take their exam in the November 1-15 writing window.

The renewal period is also abuzz with activity as our team reviews hundreds of applications. Nurses who are due to renew their certification in 2019 have until November 1 to do so.

Our team has been attending numerous conferences. A major initiative we’ve been promoting is the 20% savings a nurse can get on the application fees if they’re a member of their national specialty association. CNA members also receive significant savings.

CNA certification is a nationally recognized nursing specialty credential. To become certified, nurses must pass a rigorous computer-based exam.

Visit getcertified.cna-aiic.ca to learn more.

Stewardship: an innovative solution to stem the opioid crisis

CNA is researching how nurses and stewardship could be a key part of the solution to address Canada’s opioid crisis.

Stewardship is a patient-centred, interdisciplinary approach for improving prescribed drug therapy. Its aim is to minimize use of drugs by prescribing them sensibly, appropriately and only when necessary. It has already proven to be an effective approach for improving antimicrobial prescribing.

There is a growing body of evidence suggesting that, within existing models of care for managing pain, stewardship can also be successfully applied to opioids. Advanced practice nurses can prescribe opioid analgesics for patients experiencing acute and chronic pain and are ideally placed to contribute and optimize opioid stewardship interventions.

In June, CNA presented a webinar that summarized the results of a literature review that focused on the enablers, barriers and opportunities for advanced practice nurses to optimize opioid stewardship within their care settings (watch it on CNAs Progress in Practice YouTube channel). Next steps will involve a national narcotic survey for regulated nurses later this year.

For more information, contact Chantelle Bailey, research and policy advisor, at cbailey@cna-aiic.ca.
Annual meeting: members discuss what CNA means to them

Members gathered in Vancouver on June 1 to connect with and hear from CNA. For our newest jurisdictional member, Nurses and Nurse Practitioners of British Columbia, the event marked their first time voting at a CNA annual meeting.

During the event, marketing firm Venture shared its work to develop a new brand and governance model for CNA (watch the presentation at cna-alic.ca/meeting). Members discussed CNA’s mission and opportunities. This fall, we’ll consult nurses for further ideas on creating a brand that resonates with all nurses. Consultation details will be posted on our website.

Global meeting of nurses focuses on universal access to health care

Nurses from Canada joined their colleagues from around the world in Singapore for the June 2019 congress of the International Council of Nurses (ICN). They explored the many ways in which nurses work to achieve universal access to health care. CNA's delegates included president Claire Betker, CEO Mike Villeneuve and nursing practice lead Josette Roussel.

CNA delegates hosted a reception at Singapore’s Marina Bay Sands hotel. We had the great privilege of having WHO's director-general Tedros Adhanom Ghebreyesus (“Dr. Tedros”) and chief nursing officer Elizabeth Iro in attendance. Dr. Tedros was the driver behind WHO's decision to mark 2020 — the bicentennial anniversary of Florence Nightingale's birth — as the “year of the nurse and midwife.” Dr. Tedros and Iro challenged Canada to re-establish a federal chief nursing officer to send to the World Health Assembly meetings next year.

Along with colleagues from 85 other countries, CNA also participated in four days of meetings for the Council of National Nursing Association Representatives, which is the governing body of ICN. One key piece of business during these meetings was the restructuring of ICN regions. Members voted in favour of lining up ICN into the same regions as the World Health Organization (WHO). In the old structure, two board members, including Lisa Little from Canada, represented North America and the Caribbean region. By the time of the next elections (in 2021), there will be just one representative.

The next ICN congress will be held in Abu Dhabi in June 2021. In June 2023, CNA will host the congress at the Palais des congrès in Montreal.
A multi-year project to create cannabis resources for nurses is well underway following a consultation meeting with an energetic group of nurses and other health-care professionals. They discussed issues related to cannabis, the first of several consultations CNA is holding to help create resources aimed at increasing nurses’ understanding of cannabis, cannabis use and its effects across the lifespan. The meeting took place this summer in Halifax.

This project is being funded by a $1.3 million grant from Health Canada’s Substance Use and Addictions Program until March 2022. The project will see CNA develop a national nursing framework on the legalization of cannabis, five e-learning modules and other practical resources.

Cannabis was legalized in Canada in October 2018. As a result, nurses have had to think differently and learn more about cannabis. CNA is helping through two main roles: (1) by sharing current resources on medical and non-medical cannabis (visit cna-aic.ca/cannabis) and (2) by creating new cannabis resources through the Health Canada grant.

Interested in getting involved in the project? Contact the project lead, Sarah Flogen, at sflogen@cna-aic.ca.

Canada joins the global Nursing Now campaign

Nursing Now is a growing global movement that aims to improve health by raising the profile and status of nursing and midwifery. With support and collaboration between the office of the chief nursing officer of Indigenous Services Canada and CNA, Canada joined the campaign by forming Nursing Now Canada and submitting an application. We acknowledge the important partnership with the Canadian Indigenous Nurses Association.

Read about the campaign action plan at: bit.ly/cna_nursingnowcanada
The survey is the latest step in our relationship with CWC. We’ve released a total of three lists. The first is a list of general recommendations related to nursing. The next two are specialty nursing lists created in conjunction with Infection Prevention and Control Canada and the Canadian Gerontological Nursing Association. All the lists provide guidance for nurses to “choose wisely” and limit the tests, treatments and procedures that are either unnecessary or potentially harmful to patients.

CNA is currently developing additional lists — one with the Canadian Association of Critical Care Nurses and another with the Operating Room Nurses Association of Canada.