The Canadian Nurses Association
and you, our members…

MAKING A DIFFERENCE TOGETHER

Donna Jalotjot, RN
Alberta
We Are All in This Together

Year after year, nurses rank among the most trusted professions. This public trust, the expertise of RNs and the sheer size of our membership mean that when CNA speaks we’re listened to — by government decision-makers, members of the media, other healthcare organizations and Canadians. Your concerns, your issues and your insights guide everything we do.

Corey Banks, RN, Newfoundland and Labrador
Discovered his calling on the fly
“To be a specialist in transport nursing you have to be a generalist in your knowledge and skills — you need to be able to jump from cardiology to pediatrics. It’s a little bit of everything.”
Who We Are

Our strength is in your knowledge, skill and influence. With over 150,000 members, CNA is a powerful, unified voice for Canada’s registered nurses. We advance the nursing profession and help improve the health of Canadians.

What We Do

We INFLUENCE health-care decisions that affect your daily practice.

We SHAPE public policy and BUILD public awareness on the fundamental and essential role you play in good health.

We ADVANCE your nursing excellence through professional development offers like the CNA Certification Program.

We SUPPORT you in staying on top of the ever-changing world of health care through leading resources like Canadian Nurse magazine and NurseONE.ca.

Marie Martin, RN, Yukon

Champions traditional aboriginal culture and aspires to be a chief

“Being able to listen, seeing things from different points of view, keeping on top of the latest research — these are the skills that health professionals have that I would bring to being a chief.”

Nancy MacFadyen, RN, Prince Edward Island

A lifelong learner who loves to teach

“People share the most intimate things with you and let you be a part of their life journey. What other career offers you that?”
INFLUENCING HEALTHY PUBLIC POLICY

With more than 150,000 members, CNA represents the largest group of health-care professionals in the country. We are a key player on federal and provincial committees, coalitions and roundtables, where we use your nursing perspective to help shape public policy on issues like primary health care, chronic diseases, quality end-of-life care and the effective use of health resources. We work closely with an assembly of Canada’s 13 provincial and territorial premiers — known as the Council of the Federation — to harmonize health care and nursing solutions across Canada. We also participate in numerous non-governmental initiatives affecting health such as those that promote income equality, safe and affordable housing, and harm reduction.

Charlotte Kusugak Zawadski, RN
Nunavut
Passionate about her profession
“I look at myself as someone who had a dream — and just went for it.”
ENSURING YOUR VOICE IS HEARD

Influencing health policy is a collective effort — one that relies on your expertise and experience because, after all, you know better than anyone what’s going on in your health-care setting. Through surveys, workshops and focus groups, we regularly consult with our members. In particular, we do this before governmental meetings and often invite you to attend to share your knowledge and expertise. Your contributions — especially in the areas of mental health, health promotion and disease prevention, healthy aging, patient safety and the social determinants of health — are essential to our work. For example, your valuable input continues to guide our ongoing work surrounding the National Expert Commission, particularly the influential Top 5 in 5 initiative. And your feedback has been instrumental in shaping updates to CNA’s Primary Care Toolkit, our Progress in Practice webinar series and our many position statements on topics from influenza immunization to health human resource planning.

Suzanne Downie, RN, Saskatchewan Working with CNA to enhance RN scope of practice to include autonomous prescribing
PROMOTING THE ROLE OF REGISTERED NURSES

We advocate for you and your crucial role in Canada’s publicly funded, not-for-profit health-care system. We ensure the RN voice is heard when key decisions are being made about how health care is delivered in Canada. We also advance RN practice through many initiatives like our Nurse Practitioners: It’s About Time! public awareness campaign.

Marilyn Quinn, RN
New Brunswick
Nursing in New Brunswick: on the cusp of change

Valerie Wilkie, RN, Ontario
Fertility nurses: giving Mother Nature a helping hand
“Fertility nurses care physically, emotionally and psychologically for their patients. They have to be good problem solvers and listeners.”
LEARNING OPPORTUNITIES

In the ever-changing world of health care, RNs are always learning. CNA gathers information from across Canada and provides a vast array of knowledge resources to our members. On the following pages, you’ll discover many of the benefits, resources and professional development tools that are at your fingertips as a member of CNA.

Mabel Chaytor, RN, Newfoundland
Loves teamwork, a fast-paced work environment and changing technology
“Being a gastroenterology nurse is very rewarding. I am proud to be part of this ever-changing and challenging specialty.”

Linda Mosher, RN, Nova Scotia
Keeping it real: Putting students through their paces
“The students have to know that this isn’t a game of make-believe, that this is what they’re going to see. In a scenario in which they confront someone with alcoholism, for example, they may initially handle the situation very offensively.”

Preetha Krishnan, RN, Manitoba
Setting a new standard of care in nursing homes
Member Services and Benefits

YOUR PROFESSIONAL DEVELOPMENT PROGRAMS AND EVENTS*

CNA Certification in Nursing Specialties | Save Over $200
The CNA Certification Program is Canada’s only national nursing certification program. Becoming certified demonstrates to patients, employers, the public and professional licensing bodies that you have specialized knowledge and skills in one of 20 nursing specialties or areas of nursing practice.

Continuing Education Courses | Special Rates
Supporting your commitment to lifelong learning, NurseONE.ca offers online continuing education opportunities that ensure continuing competence and promote career development. Popular topics include team building, patient and family education, patient interview techniques, pain assessment, end-of-life issues, emergency preparedness, elder abuse, preventing needlestick injuries, preventing medication errors, infection control for health-care professionals and hundreds of clinical courses by specialty.

Progress in Practice Webinar Series
Topical and insightful, our many popular webinars are time well spent. Past topics include the social determinants of health, elder abuse, advanced nursing practice roles, RN prescribing, staff mix, nurse fatigue, aboriginal health, ethics, specialty certification and much more. Recordings of past webinars are available.

CNA Biennial Convention | Special Rates
Held every two years, CNA’s national convention, offered at a discounted rate to members, will inspire, inform, connect and challenge you.

CNA Annual Meeting
The annual meeting is open to all members free of charge and gives you the chance both to learn about our activities and to contribute to discussions about CNA’s direction.

*Programs and discounts are subject to change. For redemption details and the most up-to-date offers, visit cna-aiic.ca and click on Member Benefits.
VALUABLE RESOURCES INCLUDED IN YOUR CNA MEMBERSHIP*

**Nursing Ethics**
Download your free copy of CNA’s *Code of Ethics for Registered Nurses*, our most popular publication.

**CNA’s Learning Modules: Bringing the Code of Ethics to Life**
Be on top of the values and responsibilities at the heart of ethical nursing practice and see how to apply them in your work.

**Toolkits and Frameworks**
We offer a wealth of downloadable online resources for RNs and NPs such as our Primary Care Toolkit, Improve Your Practice Environment toolkit, Staff Mix Framework, and other e-toolkits and tools for point of care. We also offer great evidence-based information online like our patient care flow sheet for health teams and neuropathy pain scale.

**CNA Newsletters** *(print and online editions)*
Online and print newsletters bring the news to you, keeping you informed on CNA’s latest activities, projects and initiatives.

**Reports and Position Statements**
Keep abreast of the issues affecting nursing and health care. Learn how CNA is influencing decision-making and lend your voice to the process. Use them to inform your practice and research.

**Nursing Matters**
Nursing Matters action alerts and bulletins let you add your voice to CNA’s political action network. It’s an easy way to get involved in influencing political action through online petitions, letters to politicians, concise speaking points and more.

**Health Headlines**
Available on canadian-nurse.com, Health Headlines delivers nursing and health-related news stories from across Canada. Log in daily or subscribe to the RSS feed.

**NursingCareersCanada.ca**
Browse jobs and post your resumé on CNA’s national nursing job board.
ADDED VALUE AND SPECIAL OFFERS

**Canadian Nurse Magazine | Free Subscription to Print and Online Editions**

CNA’s magazine offers new ideas, opinions, research and news to support and inspire you in your practice. The editorial content represents the diverse nature of nursing, professionally and demographically.

**NurseONE.ca**

It’s your gateway to essential knowledge resources to keep you current, credible, competent and connected. Access e-books, e-learning courses, specialty libraries, databases, webliographies and more on hot topics such as the social determinants of health, influenza immunization and patient safety.

**CNA Nursing Publications | Save 25%**

More than 100 nursing publications in print, including:
- *Tested Solutions for Eliminating Canada’s Registered Nurse Shortage*
- *Registered Nurses: On the Front Lines of Wait Times — Moving Forward*
- *Principles to Guide Health Care Transformation in Canada*
- *Social Justice in Practice*
- *Strengthening the Role of the Clinical Nurse Specialist in Canada*

**Canadian Network of Nursing Specialties**

The Canadian Network of Nursing Specialties represents a committed group of nurses who have joined one of 43 national associations in a specialty area of nursing. By joining these associations, nurses enhance the breadth and depth of nursing knowledge and strengthen the links between nurses and the broader health-care community. CNA regularly draws on the specialty expertise of network representatives when developing policy statements or position papers and when looking for representation on national committees or support for national initiatives.

**International Council of Nurses (ICN) Membership**

As a CNA member, you are also a member of ICN, a federation of national nursing associations representing nurses in more than 130 countries. This connection creates opportunities to share with nurses internationally and contribute to the global nursing perspective, one that resonates with decision-makers worldwide.
GOODS AND SERVICES DISCOUNTS*

In recognition of the buying power of Canada's RNs, we've negotiated numerous discounts for our members with leading national retail and service companies. These discounts add further value to your annual membership fee of $54.95.

Insurance
Home and Auto with TD Insurance Meloche Monnex | Preferred Rates

Credit Card Rewards
CNA mbna rewards MasterCard* | Earn Points Virtually Everywhere You Shop

Clothing
Mark's (formerly Mark's Work Wearhouse) | Save 10-20%
Take 10% off select items and 20% off HealthPro merchandise.

Hotels
InterContinental Hotels Group | Save 14.5%
IHG-branded hotels in Canada, including Holiday Inn and Holiday Inn Express, Crowne Plaza Hotels, Indigo Hotels, Staybridge Suites, Candlewood Suites
Holiday Inn (Ottawa only) | Special Rate $116

Train Fare
Via Rail | Save 10%

Plane Fares
Porter Airlines | Save 10%

Vacations
Carlson Wagonlit Travel | Special Vacation Club Deals

Automobile
CAA (Canadian Automobile Association) | Membership Discounts

*Programs and discounts are subject to change. For redemption details and the most up-to-date offers, visit cna-aiic.ca and click on Member Benefits.
Stand with over 150,000 colleagues. Stand with CNA.

With Canada’s health-care system facing mounting pressures and challenges, registered nurses must stand together — now more than ever. Our collective expertise, experience and unique connection with clients have given us powerful insights that must be heard at decision-making tables. By doing so, we can strengthen our role and place the needs of our clients at the centre of the system.

We can only be a truly national association if we have your voice as a member, helping us bring about the meaningful change Canadians want, expect and deserve.

Every member counts.

Tristan Newby, RN (son), Patrick Newby, RN (father), British Columbia