

# Palliative Care Nurses Interest Group Newsletter

Winter

2021

Issue # 1

## Message from PCNIG Chair

Maria Rugg, MN, RN, CHPCN(C), CHE Candidate

Welcome Members to 2021,

The Palliative Care Nurses Interest Group Executive would like to thank you for choosing to join us and be a part of this exciting and challenging time in healthcare for RNs. We want to extend to you our sincerest gratitude for all the work you have been doing during this pandemic. We hope that this newsletter and its information and content is able to be an ongoing form of outreach to you. Please check out our social media, website or reach out to our email- we want to keep connected and help to be your voice. Some things I want to highlight:



- I encourage you to join us on February 10 for our general membership meeting to hear about our new strategic plan for the upcoming years ahead.
- We are looking for a **Communications Executive Network Officer** position: please consider applying by reaching out via email: [rnao.pcnig@gmail.com](mailto:rnao.pcnig@gmail.com)
- Please see our campaign for our new brand! If you have a creative idea or like to put things together send us your pic! We are interested in revamping our brand/look!

### What's in this Issue?

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And more, including a rebranding contest (prize included) on page 3!

## PCNIG Website & Social Media Update

Mark Kocsis, BScN, RN

We are delighted to announce that PCNIG has a brand new website: [www.pcnig.rnao.ca](http://www.pcnig.rnao.ca) and multiple social media accounts (both new and refreshed)! Please consider following us to help grow our online presence! Please note we continue to have issues with our Facebook page at this time- we are working on fixing this! PCNIG looks forward to engaging with you on the web! Use the hashtag **#PCNIG** and make sure to tag us!



## Upcoming: PCNIG REBOOT!

Your new PCNIG executive team is inviting you to join an important meeting to reveal our exciting strategic plan for engaging with our members and actively engaging in the community.



Andrea Warnick, MA, RN, Registered Psychotherapist will present a **free** webinar ***“There’s No Vaccine for Grief: Nurses Advocating for a National Grief Strategy”*** to help us gather for our first general membership meeting of 2021. The PCNIG executive will then share the interest group’s new strategic plan.

**Wednesday February 10, 2021, 7:00-8:30 pm**

[Join the Zoom](#)

## Palliative Care Advocacy at Queens Park – Compassionate Care Act

Mahoganie Hines, BScN, RN, CHPCN(C)



The Compassionate Care act is one of the very few private member's bills that have passed and became law. I have had the privilege to speak to the need for equitable palliative and end of life care in Ontario twice at Queen's park regarding this bill, now act. For those of you who know me or have met me know that advocacy is a huge part of my nursing practice and speaking to this act was no different. The initial time I attended Queen's park to speak, I was able to attend in person in 2018, prior to the bill's first reading in legislature. The second time I was asked to speak was in Fall of 2020 prior to the bill's third and final reading before reaching royal assent. At the first reading I spoke to the need for equitable access to excellent palliative and end of life care as well as the fact

that palliative care access is an issue of the public's health. During the meeting prior to the third and final reading, I spoke about my own experience and the inequities of palliative care in various care areas from my personal experience of my loved one who recently had died. This was an amazing opportunity to see the political process and be part of the unified voices bringing forward issues and needs within palliative care.

### Upcoming Event:

*Queen’s Park Day Planning Meeting for PCNIG Members  
Thursday February 18, 2021, 5:30-7:00 pm*

[Join the planning meeting Zoom](#)

*Queen’s Park Day: February 25, 2021*

## PCNIG Involvement in Bill C-7 - MAiD

On February 24th, 2020, the federal government tabled Bill C-7, in response to a landmark court ruling in Quebec last fall. Following delays because of COVID-19 and the proroguing of government, the same legislation was re-tabled on October 5, 2020. This legislation proposes broadening the 2016 law on medical assistance in dying to include those whose death is not "reasonably foreseeable," and allowing for waiver of final consent.

Specifically, the amendments would:

- Permit assisted dying for those whose death is not reasonably foreseeable, by removing this criterion from the eligibility requirements.
- Make changes to the safeguards for those whose death is foreseeable, requiring only one independent witness, providing for the waiver of final consent and dropping the requirement for a 10-day reflection period.
- Add safeguards for those whose death is not reasonably foreseeable.
- Add an explicit exclusion for patients with irremediable mental illness.

As part of RNAO's ongoing role in policy and political advocacy, RNAO was granted standing to present at the parliamentary hearings to review Bill C-7. [Click the link to see](#) what RNAO presented which reflects input from your executive and the membership of the PCNIG.

## LOGO CONTEST!

*Who's Got the Look!? Help us find our new BRAND!*

The Palliative Care Nurses Interest Group invites you, the members, to submit a logo design that represents our RNAO interest group. Use your imagination and think outside the box! Create a logo that captures the essence of a palliative care RN. Your logo will be the new brand of the RNAO Palliative Care Nurses Interest Group!

**Submissions:** Submit a photo, sketch or picture of your design. We will be accepting logos until March 1, 2021 at 12:00 noon. All submitted logos will be posted on the contest page of the website and voting will commence March 5, 2021.

Please send your image and a brief explanation (no more than 100-150 words) describing the inspiration behind your design.

**Additional Information:** For additional information and to submit your logo, please email [rnao.pcnig@gmail.com](mailto:rnao.pcnig@gmail.com)



Winner will receive a **free** registration to  
HPCO 2021 Conference!

## Your PCNIG Executive Board - 2020-2024

[Read more about the PCNIG executive team on our website](#)



**Maria Rugg, RN, MN,  
CHPCN(C), CHE Candidate**  
PCNIG Chair



**Kim Rogers, BA, RN, CHPCN(C)**  
Finance Executive Network  
Officer



**Mahoganie Hines, BScN, RN,  
CHPCN(C)**  
Policy & Political Action  
Executive Network Officer



**Carolyn Wilson, RN, MN,  
CpedN(C)**  
Membership Executive Network  
Officer & Secretary



**Mark Kocsis, BScN, RN**  
Social Media, Information  
Technology, & Communications  
Executive Network Officer



**Tanya Smith, R. TCMP, R. Ac,  
Nursing Student**  
Student Executive Network  
Officer



**Carleigh Higgins, Nursing  
Student**  
Student Executive Network  
Officer



## Being a nursing student during a pandemic...

Carleigh Higgins, Nursing Student, PCNIG Student Executive Network Officer

Nursing school has always been challenging on both academic and mental levels, but these obstacles are amplified and heightened during the COVID-19 pandemic.

In January 2020, we would not have believed that in just a few short months the world was going into lockdown and that we would be sent home to learn clinical skills in our rooms. A full year later, nursing students enter the clinical environment to not only learn, but to supplement staff, hospital overflow and the nurses' burnout amidst a deadly virus. Working with tiny needles, precise medication orders and limited time, are skills that are hard enough to learn in a controlled environment, but during a pandemic we have to factor in PPE. This may not seem like a big deal, but doing your first injection wearing a raincoat of a gown, foggy face shield, and thick gloves can make it near impossible. Alternatively, we are offered a virtual clinical placement online without the opportunity to practice and implement skills with real patients.

The usual challenges of academia are compounded by the realities of the pandemic. New barriers are popping up in nursing students' lives every day, sometimes Covid-19 scares that threaten clinical placement, or not being able to see your family or friends for months on end, or trying to stay motivated and connected to classes while attending via a computer screen. This year feels like mental health is a tightrope on which we are teetering from side to side, trying to maintain some balance.

This is the truth about becoming a nurse during a pandemic. Would we do it again? In a heartbeat. Because we all chose this path for a reason, to help people in their most vulnerable moments. Because compassion and hard work run in our veins. Because we are future nurses.

### Check out:

- **NEW! [A Palliative Approach to Care in the Last 12 Months of Life \(2020\) BPG](#)**  
Watch for an upcoming BPG workshop from PCNIG!
- Check out and subscribe to the [PCNIG YouTube channel!](#) We'll be posting archived webinar content on our channel for members to view!
- Check out the [Members' Area](#) on our new website by logging into your myRNAO account before visiting the webpage. All "members only" content, such as upcoming webinars and the logo contest submissions & voting, will be posted here.

*Palliative Care Nurses Interest Group*

Website: [www.pcnig.rnao.ca](http://www.pcnig.rnao.ca)

Email: [rnao.pcnig@gmail.com](mailto:rnao.pcnig@gmail.com)

