



**Nurse Practitioner
Association of Canada**

eBulletin

November, 29 2021

NPAC-AIIPC is the national voice for Nurse Practitioners, with the goal of advocating for, and reducing barriers to NP practice. Nurse practitioners work collaboratively with other members of the healthcare team to not only provide individual patient care, but also to improve practice and community/population health, using evidence-informed, best practice and research to develop, implement and evaluate care.





eBulletin - Your NPAC-AIIPC News (every 2-week frequency)

IN THIS ISSUE

Membership

- a. [Leadership Team Opportunities](#)
- b. [Choosing Wisely Canada](#)
 1. [Using Electronic Medical Records to Choose Wisely: Push, Pull, Nudge](#)
 2. [Using Antibiotics Wisely](#)
 3. [The Cold Standard: Third Edition](#)
 4. [New Pediatric Tools and Resources](#)
- c. [Online Palliative Care Education](#)
- d. [Education Opportunity to Learn about Overdose in the Era of COVID-19](#)
- e. [Requesting NP participation in Survey on the Canadian MAID Curriculum Project](#)

Advocacy

[CNA NEWS ROOM 2021 Speech from the throne commits to strengthen Canada's Health System](#)

Practice

[The role of the NP in primary care of adults with autism spectrum disorder](#)

Leadership

[Health Policy & Leadership](#)

- Survey on Access to Health Care and Pharmaceuticals During the Pandemic / PVR : Enquête sur l'accès aux soins de santé et aux produits pharmaceutiques pendant la pandémie

Research

[Canadian Nurse Practitioner's Quest For Identity: A Philosophical Perspective](#)

Website : <https://npac-aiipc.org/>

About NPAC-AIIPC : <https://npac-aiipc.org/about-npac-aiipc/>



Membership

Leadership Team Opportunities

If you are a member of the NPAC-AIIPC and have time to commit to at least ½ hour a day, have a strong voice and want to take part in advancing the nurse practitioner profession, here is your chance to take the lead! These activities present opportunities for professional growth, an increased awareness of professional responsibilities, and contributing to the regulation of the profession. The following opportunities are available:

1. Secretary
2. Professional Development
3. Student Director
4. NP Council Chair



Choosing Wisely Canada



Using Electronic Medical Records to Choose Wisely: Push, Pull, Nudge

Reducing inappropriate antibiotic prescriptions has been a long-standing challenge in primary care. With the increasing adoption of digital tools in primary care practices, how might we take advantage of features within EMRs to help improve antibiotic prescribing?

Choosing Wisely Talks on December 1 at 12 p.m. ET will explore efforts to work with EMR vendors to embed antibiotic stewardship tools into their digital workflows. Dr. Darren Larsen, family physician and expert in digital health, will share how leveraging EMRs can not only help improve patient care, but also help change clinician behaviour.



Event page:

<https://choosingwiselycanada.us3.list-manage.com/track/click?u=ce78bdcf49c5d49fffc5dead0&iid=7715024678&e=9d3478091a>

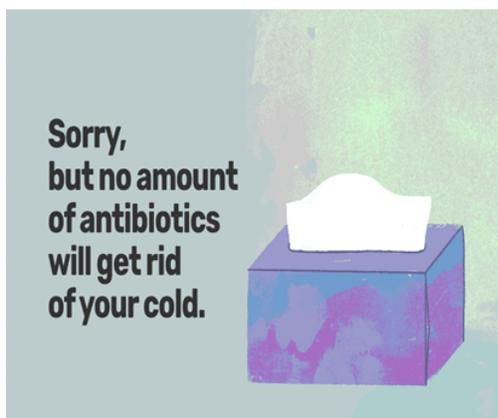




Using Antibiotics Wisely

It's World Antimicrobial Awareness Week (November 18-24), a global event that aims to increase awareness about antibiotic resistance and encourage best practices among clinicians and the public.

Choosing Wisely Canada has released new tools and resources that encourage the judicious use of antibiotics.



The Cold Standard: Third Edition

The Using Antibiotics Wisely campaign has released the third edition of the Cold Standard toolkit to address the management of respiratory tract infections with considerations of COVID-19 and virtual care. This practical toolkit provides clinical tools that can support using antibiotics wisely in primary care.

A new e-learning module based on the Cold Standard is now available on CFPCLearn.





See Practical Management of Respiratory Tract Infections during the COVID-19 Pandemic to learn more.

<https://choosingwiselycanada.us3.list-manage.com/track/click?u=ce78bdcf49c5d49ffc5dead0&id=ba03f883bf&e=9d3478091a>

The image shows a form titled "Using Antibiotics Wisely: Pediatric Viral Prescription". The form is white with black text and is set against a red background. It includes fields for "Patient name" and "Date". The main text reads: "The symptoms your child presented with today suggest a viral infection". Below this, there are several checkboxes for different types of infections: "Upper respiratory tract infection (common cold); Cough can last 3-4 weeks", "Bronchitis/bronchitic Cough can last 3-4 weeks", "Viral pharyngitis (sore throat)", "Otitis media (middle ear infection)", "Acute sinusitis (sinus infection)", "Suspected/confirmed COVID-19", and "Other viral-respiratory infection". A prominent black box with white text states: "Antibiotics have not been prescribed because antibiotics do not treat viral infections. Unnecessary antibiotic use can contribute to antibiotic resistance in the future when needed to treat bacterial infections, can cause side effects (e.g., diarrhea, rash, and/or severe allergic reactions, kidney injury or liver injury)." Below this, there are instructions for parents: "To help your child feel better as their body fights off the virus: Ensure they drink plenty of fluids and get adequate rest; Wash their hands often and keep them home to avoid spreading the infection; Do not give Aspirin or over-the-counter cough & cold medicines; As needed, use the following over-the-counter medications to help symptoms. Talk to your primary care provider or pharmacist for appropriate dosages." There are checkboxes for "Acetaminophen (e.g., Tylenol) for fever and aches", "Ibuprofen (e.g., Advil, Motrin) for fever and aches", "Nasal saline drops or spray (e.g., Saline) for nasal congestion", and "Prescription honey for cough only if the child is older than 12 months (see warning at bottom for up to 3 days)". There is also a section for "Other:" and "Please return to your provider or seek more immediate medical care if:" with bullet points: "Your child has a persistent fever (above 38°C) for ____ days", "Your child's symptoms do not improve in ____ days or worse at any time", "Your child cannot hydrate properly (e.g., persistent vomiting or not drinking)", and "Other:". The form ends with a "Prescriber:" field and a footer with logos for NPAC and AIIPC, and a URL: "See https://www.choosingwisely.org for availability in other languages."

New Pediatric Tools and Resources

This year is particularly challenging with heightened concerns around symptoms including fever, congestion, and sore throat due to other respiratory viruses co-circulating alongside COVID-19. In addition to the release of the third edition of the Cold Standard, the Using Antibiotics Wisely campaign has released new tools and resources focused on curbing unnecessary antibiotic use in children.

<https://choosingwiselycanada.org/perspective/using-antibiotics-wisely-2021/>



Online Palliative Care Education



Online Palliative Care Education

LEAP Online is a facilitated online learning program that provides health care professionals with the essential skills and competencies of the palliative care approach.

Who is it for?

LEAP Online is ideal for any health care professional (e.g. physician, nurse, pharmacist, social worker, etc.) who would like to complete training in palliative care at their own pace and who provides care for patients with life-threatening and progressive life-limiting illnesses.

Course Features

- This Group Learning program has been certified by the College of Family Physicians of Canada for up to **24 Mainpro+ credits**.
- This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the University of Ottawa's Office of Continuing Professional Development. You may claim a maximum of **12.0 hours** (credits are automatically calculated).
- 16 self-directed and interactive online modules completed at your own pace (approximately 8 hours of work).
- 4 one-hour online webinars led by LEAP facilitators where learners will work through cases and discuss learnings from online modules.
- Built by Canadian palliative care experts.
- Participants will receive a LEAP certificate of completion and an electronic copy of the *Pallium Palliative Pocketbook*.

- Taking Ownership
- Advance Care Planning
- Goals of Care and Decision-Making
- Pain Assessment
- Pain Management
- Delirium Assessment
- Delirium Management
- Depression, Anxiety, and Grief
- Dyspnea
- Hydration and Nutrition
- Gastrointestinal Symptoms
- Palliative Sedation
- Request to Hasten Death
- Suffering, Spiritual Care, and Maintaining Hope
- Last Days and Hours
- Essential Conversations

About Pallium Canada

Pallium is a national, non-profit organization focused on building professional and community capacity to help improve the quality and accessibility of palliative care in Canada.

Key LEAP Features:

- ✓ Created and reviewed by experts
- ✓ Evidence-based
- ✓ Regularly updated and improved
- ✓ Practical, case-based
- ✓ Accredited

To learn more about LEAP courses, tools, and resources visit: pallium.ca

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Education Opportunity to Learn about Overdose in the Era of COVID-19

The College of Pharmacists extend this invitation to attend a virtual learning for professional development event. “Overdose in the Era of COVID-19 & Approaching Mental Health in Pharmacy Practice”. It will take place (virtually) on November 23rd from 7:00 pm - 8:45 pm.

Learning objectives and the link to register can all be found at the following link:

<https://cphm.ca/event/overdose-in-the-era-of-covid-19-approaching-mental-health-in-pharmacy-practice/>

We would be happy to have you join us, and please feel welcome to extend the invitation to other colleagues who would be interested.



Requesting NP participation in Survey on the Canadian MAID Curriculum Project

Please consider filling out this short survey and have your voice heard.

English link:

https://docs.google.com/forms/d/e/1FAIpQLSe-yfPWsLLaj6cj0VEvzVqgLps7huHQQQLdBKCVSdlVokVMQ/viewform?usp=pp_url

The Nurse Practitioner Association of Canada is pleased to announce their association with the Canadian MAID Curriculum Project— a multiyear project lead by the Canadian Association of MAID Assessors and Providers (CAMAP) to develop, produce and deliver a nationally recognized, fully accredited MAID training curriculum- a series of 7 courses- to address the spectrum of needs of all clinicians who assess and provide MAID in Canada. The overall aim of this project is to help standardize an approach to care across the country, to ensure access to high quality



MAID training for interested health care practitioners, to advance the skills of existing MAID practitioners, and to educate new MAID practitioners. This initiative includes significant components of evaluation and knowledge transfer and seeks to be informed by, sensitive to, and responsive to the needs of indigenous, racialized, disabled, aging and marginalized Canadians.

The core curriculum of this developing program is being outlined by multiple working groups of content experts and is being overseen by the Canadian MAID Curriculum Development Committee (CMCDC) which is accountable to, and receives input and support from a steering committee made up of a large diversity of national stakeholder organizations of which the Nurse Practitioner Association of Canada is a valued member.

The CMCDC is currently performing needs assessment and the input of our members is being sought. Whether you are considering getting involved or believe you never will, if you already work in this field or not, please fill out this survey to contribute to this important initiative.

Advocacy

CNA News Room: 2021 speech from the throne commits to strengthening Canada's health system

<https://www.cna-aiic.ca/en/blogs/cn-content/2021/11/23/2021-speech-from-the-throne-commits-to-strengtheni>

November 23, 2021 — The 2021 speech from the throne marked a historic moment in Canada's reconciliation journey as it was delivered by Mary Simon, Canada's first Indigenous Governor General. The throne speech, which marked the opening of the first session of the 44th Parliament, included many of the Liberal government's election priorities to improve Canada's health-care system.





The Canadian Nurses Association (CNA) was pleased to see recognition that work needs to be done to strengthen the health-care system, enhance mental health care and long-term care, fight discrimination in the health system, advance reconciliation, and improve data collection across health systems.

CNA is extremely concerned with Canada's ongoing health workforce crisis. In some places across the country, health-care organizations and systems are on the brink of collapse due to health worker burnout and shortages. Getting the pandemic under control was a priority in the throne speech and, to achieve that, urgent investments in Canada's health workforce are needed.

"Nurses and health-care workers are burnt out, exhausted, and demoralized. Even before COVID-19, the health system was in crisis due to health worker shortages. Now, these problems have been exacerbated and there is a worrying level of health workers leaving their profession.

They are also facing increasing levels of violence and harassment, which is why the government's commitment to protect health workers is so important," said Tim Guest, president of CNA. "Canada can only finish the fight against COVID-19 and rebuild a resilient economy if we have a well-functioning health system and health workforce," said Guest.

Canada's health workforce crisis has reached a point where no single jurisdiction can tackle it on its own. CNA urges the federal government to take action. This can be done by investing in a renewed pan-Canadian health human resources strategy that addresses critical staffing shortages, and improves health workforce data collection and health worker mobility.

CNA looks forward to further details in the new ministerial mandate letters on how the government plans to achieve real results for all people in Canada. We stand ready to collaborate with the federal government to support the implementation of priorities outlined during the election and in the throne speech.

Practice

The role of the NP in primary care of adults with autism spectrum disorder

Adults with autism spectrum disorder have poorer physical and psychological health outcomes compared with individuals who are neurotypical and benefit from exceptional primary care. NPs are uniquely positioned to reform primary care and eliminate inequities, and can help influence practice standards and optimize care for these patients through education, advocacy, and health promotion.



Robert, Jacqueline BN, RN, MN GNP; Duff, Elsie PhD, NP

https://journals.lww.com/tnpi/Fulltext/2021/10000/The_role_of_the_NP_in_primary_care_of_adults_with.12.aspx

Leadership



Health Policy & Leadership

Survey on Access to Health Care and Pharmaceuticals During the Pandemic / PVR : Enquête sur l'accès aux soins de santé et aux produits pharmaceutiques pendant la pandémie.

Released November 23rd, 2021

<https://www150.statcan.gc.ca/n1/daily-quotidien/211123/dq211123b-eng.htm>ls During the Pandemic, March 2020 to May 2021.

Research

Canadian nurse practitioner's quest for identity: A philosophical perspective

<https://www.sciencedirect.com/science/article/pii/S2352013217303563>

"In a socio-political climate in which social and health disparities persist, the role of the NP should continue to embrace a social justice practice [39]. hooks' discourse on marginalization cautions NPs from diving into the middle of the circle, and encourages NPs to maintain their position on the margin where they maintain their place to advocate for social justice in healthcare."

Interesting article: *"To date, Ontario is the only Canadian province recognizing NP-led clinics as a team-based delivery care model to access primary health care."* Why is this? We should have NP Lead clinics in Manitoba and all provinces. Angela Spence-Bedard





<https://npac-aiipc.org/members/directors-for-npac-aiipc-call-for-nominations/>

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