

**O.H.N.I.G.**



OCCUPATIONAL HEALTH  
NURSES INTEREST  
GROUP

OHNIG E Newsletter #26  
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**“News You Can Use”**

RNAO AGM  
April 16<sup>th</sup> 2010

Highlights for  
Occupational Health  
Nurses

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**OHNIG WEBSITE**  
under construction

Launching  
early  
June 2010

OHNIG  
[www.ohnig.ca](http://www.ohnig.ca)

1. **OHNIG Moves into the Modern Communication Era! – a Message from your OHNIG Chairperson**

It has been too long between OHNIG last Newsletter and this one. My colleague and friend Liz, OHNIG Executive Member at Large has gently reminded me to let OHNIG members know what is happening!

OHNIG members need to know about the tremendous transformation to the OHNIG web site that the OHNIG executives have undertaken since Sept 2009. Important for OHNIG members to note that since the termination of the contract services of the OHNIG web Master in Sept 2009, we had many meetings debated the best way to serve the OHNIG membership web site needs.

OHNIG executive with random input from OHNIG members have decided to upgrade their web site service to a “modern look” to a user friendly web site with simpler features that are popular and easier to use for OHNIG members. OHNIG executive rational was to seek a web service with modern capabilities, continuous improvement and allowed for better and more frequency of communication with their OHNIG group.

To that end goal, the OHNIG executive diligently sought the best appropriate web service provider to meet our needs. OHNIG search strategy took advantage of cost containment, by teaming up with another Interest Group to share costs of domain purchasing, hosting and maintenance. OHNIG sought and found a “One Stop” web service provider, owned locally and dedicated to our web needs. On a business basis this teamed effort netted financial savings on initial set up and on future costs by sharing costs for special web effects i.e. audio-video clips, professional directory, constant communication, potential for web site tutorial opportunities and web education presentations. OHNIG has moved into the “modern communication era!”

Soon modern web technology will allow on line abilities for - students to obtain on line handouts, special “news you can use” tips, outlines for professional quality standards, practice BPG, professional networking directory, audio-video clip. There is a recent Rogers TV show “Focal Point” where Jill King was a panelist, discussing budgetary health care money cut backs and the serious ramifications for the health care of people in the community. Now OHNIG has the capability of showing you LIVE audio-video clips and much, much more!

But enough of telling all this! As Jerry McGuire said “show me the money” the OHNIG executive has the web site in final construction and will launch by first week of June 2010. I can tell you that the OHNIG site is [www.ohnig.ca](http://www.ohnig.ca)

As an OHNIG member does this “communication effort” make you happy?

Let us Know

Jill King OHNIG Chairperson [jking@ohnig.ca](mailto:jking@ohnig.ca)

LINK:  
[OHNIG /RNAO](#)

**Occupational Health  
Nurses Useful Links**

LINK:

[RNAO BPG Health Safety  
and Well Being of the  
Nurse](#)

LINK:

[Creating Vibrant  
Communities](#)

LINK:

[CCOHS Podcast on Bill  
168](#)

LINK:

[Smoking Cessation](#)

LINK:

[Summer Institute](#)

## # 2 REPORT ON RNAO Annual General Meeting, April 16, 2010

Liz McGroarty, executive Member at Large of OHNIG, attended the RNAO AGM April 16<sup>th</sup> 2010 and reports “News you Can Use”.

The RNAO AGM gave me, as usual, a lot of food for thought. Why is OHNIG part of RNAO? What benefits does this relationship offer Occupational Health Nurses? How can Occupational Health Nurses contribute to a better health care system through RNAO?

- ✦ For one, this relationship benefits us because it enhances the **trust relationship** that we have with our clients, who see that the RNAO advocates for the health of the population and for nurses through political action.
- ✦ RNAO has spoken out loudly and clearly on many **issues that do not benefit clients**, such as removal of the dietary allowance supplement to the poor, and downgrading the number of nurses in the hospitals.
- ✦ The publicly elected Members of Provincial Parliament all claim to ‘fear’ the Executive Director Doris Grinspun, and in reality, they respect what she says on behalf of nurses. Each party has proclaimed they will use the “**Creating Vibrant Communities 2011**”, **RNAO’s Challenge to Ontario’s Political Parties** document when formulating their political platforms for the next election. Have you read this yet?
- ✦ RNAO seeks to **strengthen “client centered care”**, always asking “What is good for the client?” when speaking out for health. OHNs provide Primary Health Care and help workers navigate through the health care system in times of need. Where there has been a shortage of physicians, RNAO has promoted the Nurse Practitioner lead clinics, such as in Sudbury. OHNs need to present our stories about where the system is failing, so that improvements can be spoken for.
- ✦ Annual January visits to Queens Park and the May Take A Politician to Work days have proven beneficial to getting nurses’ messages to the political action table. Do you have a reason to **invite a Politician to share your workday** sometime in the future? They love the photo opportunity!
- ✦ Speaking out for health includes **improving the determinants of health**, such as *poverty reduction*, and the RNAO has advocated for a raise in minimum wage to \$10.25. OHNs are particularly aware that the *environment* plays a large part in determining health status, and RNAO has successfully contributed to the lobbying for safe pesticide use.
- ✦ The recent initiatives regarding **harassment and violence prevention** are also top of mind at the RNAO, and OHNs can assist other nurses in understanding Bill 168 legislation and how it fits into their workplaces. If you are a hospital OHN, do you have a voice at your workplace health and safety committee that would allow you to do this?
- ✦ RNAO has requested **Nurse Education Initiative funding** so that continuing education will be the norm for all nurses, and those preparing nurses in schools will be well prepared. They have **advocated for student placements** in Occupational Health settings, so that our specialty receives the recognition as a valuable one for workers’ health. Have you sponsored a student placement in your workplace?
- ✦ RNAO has spearheaded the development of **Best Practice Guidelines**, popular worldwide, which have accelerated research to more rapidly advance best patient care. For example, the *Smoking Cessation Program* is one well suited to use by OHNs. *Nurse Fatigue* is of concern and a BPG topic under consideration. Have you let RNAO know when you would like to participate in a BPG development or renewal?
- ✦ RNAO annually sponsors the **Healthy Work Environments Summer Institute**, to be held August 8 to 13, 2010. OHNs putting the RNAO developed Healthy Work

**OHNIG  
Moves into On Line  
meetings**

The new web site will provide new ways to facilitate ease of meeting in a combination of face to face and by remote set up.

That way all OHNIG members province wide can participate!

**OHNIG**

**Needs Members  
To Help**

**Spread the Word!**

Contact

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Environment Best Practice Guidelines into practice in their settings should consider attending or speaking at this conference. OHNIG would love to have you submit an article about your experiences.

✚ Lastly, RNAO is currently assisting OHNIG to construct an improved **website**. We need to reach out and let other nurses and students into our world of protecting workers' health. What would you like to see on there?

In his address to the AGM, Dalton McGuinty gave some facts:

- 60% of health care costs come after age 65
- 46 cents of every government dollar is spent on health care
- Blood pressure medications in Ontario cost 50 cents versus 2.5 cents in Australia – hence the recent refusal to overpay for generics
- He praised RNAO for the bedsore reduction BPG which has made great progress in reducing the cost of this problem, according to the Ontario Hospital Association
- He asked for all of our help in determining HOW our dollars are spent in the future, in client centered care.

Along with reflecting on 85 years of RNAO history, some new terms are in the wind..... rather than 'Interdisciplinary Teams', we will now have 'Interprofessional Teams'. 'Gerontology' has now been replaced with 'cradle to grave nursing care'. KT or Knowledge Transfer is now KD = knowledge dissemination. And in the future – where we are 'missing' some 11 Provincial Medical Officers of Health, might they be replaced by Chief Nursing Executives?? And did you know that 2010 is officially "The International Year of the Nurse", including a celebration of the work and life of Florence Nightingale? Read about it at: <http://www.2010inyurse.net/>

A final quote from Florence Nightingale, which Doris Grinspun used to close her report to the membership: ***"There is no magic in the word Association... We must never forget that the 'individual' makes the Association. What the Association is depends on its members. A Nurses' Association can never be a substitute for the individual nurse. It is she who must, each in her own measure, give life to the Association, while the Association helps her."*** F. Nightingale. Private note, 1859

**2. CALL FOR ELECTIONS TO THE EXECUTIVE:**

The Occupational Health Nurses Interest Group needs executive members, to carry on the work that has been started. Please consider joining the efforts of this vital group and promote the image of Occupational Health Nurses. Please consider coming forward. The OHNIG group needs your participation to continue their efforts. OHNIG needs six executive members position filled. If you would rather just "try it out" - just **volunteer** to be a committee member. Please call or write to express your interest. OHNIG will look forward to your emails. Respond right now before you forget....! Come and join the OHNIG Executive team!

OHNIG complies with the Privacy Act per RNAO <http://www.rnao.org/privacy.asp> If you receive this e-mail as a service of your membership in the OHNIG and wish your name removed contact [jking@ohnig.ca](mailto:jking@ohnig.ca)