

**Cottage Country Connection  
Excerpt from May Publication - Special Edition**

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## Nurses: A Force for Change—A Vital Resource for Health

This issue of Cottage Country Connection highlights health and coincides with National Nursing Week which takes place from May 12 to 18. This year's theme is Nurses: A Force for Change - A Vital Resource for Health.

The International Council of Nurses and 130 international Nursing Associations will celebrate International Nurses Day on May 12, the anniversary of Florence Nightingale's birth, when nurses around the world raise awareness of their efforts to guarantee high quality nursing care for all and continue to strengthen valuable health policies. The Canadian Nurses Association supports National Nursing Week by acknowledging that nurses are a leading vital health resource in Primary Health Care delivery and are a force for change in the global movement - Health Care for All.

## Independent Practice Nurses

Independent Practice Nurses are highly skilled professionals who provide services across a broad continuum of health care needs. Some work as wellness coaches providing balanced living guidelines related to fitness, nutrition, and whole body wellness. Some work as educators teaching coping skills, mental cognitive balance, diabetic management, self-care maintenance of chronic diseases, prenatal education and some direct their efforts to educating health care professionals through continuing education events.

Nurses in independent practice are skilled navigators of the healthcare system helping clients to find the appropriate medical and health professional care and/or advocating for clients' entitlement to health care. Some nurses focus their practice on rehabilitation by monitoring recovery after illness or injury, assessing the need for continuing care and assisting clients in returning to normal activities of daily living. Many nurses in independent practice are clinicians providing hands-on, skilled treatment in the areas of foot care, postsurgical care, wound care, disease progression monitoring, and palliative end of life care, lactation challenges, depression and much more.

Independent nurses provide community nursing services such as in-home nursing or mobile nursing for seniors either in homes or in long term care facilities. Close to 40 percent of Independent Practice Nurses are working in the community, providing nursing care near to where people live, work and play. Health care where you live: Nurses can provide nursing care for Active Aging of seniors in their homes to help them maintain their physical and psychological fitness. Nurses help seniors through Aging in Place which provides either daily or periodic check-in home visits. If it becomes necessary for a senior to live in a long term care facility, nurses are available to provide health care services in this setting as well as "brain gym" activities to reduce mental stress. Nurses are also involved in hospice care, palliative care, and end-of-life nursing. For those living in remote locations, check the availability of nurse-operated clinics in your district.

Health care where you work: Occupational health nurses excel in keeping workers healthy in a healthy workplace. Indeed Florence Nightingale was the first occupational health nurse caring for the active duty soldier in the war zone. Occupational health nurses keep workers healthy by provide proactive measures to protect, and prevent workplace injury and illness. Employees trust occupational health nurses because "they care" for them. Often employees seek health care advice from these skilled nurses and are given useful resources to help themselves and their families.

Health care where you play: Often injury or illness occurs from sports accidents, Montezuma's revenge, mosquito bites, and unplanned events at the cottage or motor vehicle accidents. Insurance companies often employ Independent Practice Nurses to assess clients conditions, refer them to top practitioners, define a treatment plan, coordinate integrated care and monitor rehabilitation so that clients can get "back on their feet" in as short a time as possible.

*by Jill King RN, BHSc.(N), COHN(C), COHN-S, Intn. ASA*

*Jill King is Communication Leader for the Independent Practice Nurses Interest Group IPNIG ([ipnig.ca](http://ipnig.ca)) and Chairperson Occupational Health Nurse Interest Group [www.ipnig.ca](http://www.ipnig.ca) OHNIG ([www.ohnig.ca](http://www.ohnig.ca)) Both groups are provincial interest groups of the Registered Nurses Association Ontario.*

## Nurses Make a Difference

About NURSES: Somebody asked: "You're a nurse? That's cool, I wanted to do that when I was a kid. How much do you make?"

The nurse replied: "HOW MUCH DO I MAKE?"

I can make holding your hand seem like the most important thing in the world when you're scared. I can make your child breathe when they stop. I can help your father survive a heart attack. I can make myself get up at 5AM to make sure your mother has the medicine she needs to live. I work all day to save the lives of strangers.

I make my family wait for dinner until I know your family member is taken care of. I make myself skip lunch so that I can make sure that everything I did for your wife today is charted. I make myself work weekends and holidays because people don't just get sick Monday through Friday. Today, I might save your life.

How much do I make? All I know is, I make a difference.

Author, Unknown

## Nursing Footcare

Nursing Footcare is considered a nurturing and holistic service that can allow individuals to live healthier, independent lives by improving their comfort and ambulation. When our feet hurt, we hurt all over!

Nurses who provide footcare services are board certified RNs or RPNs. They have received specialized training beyond their nursing to be able to provide footcare services. These services may be provided in a clinic setting or in the comfort of a person's home. Nurses bring their nursing knowledge to each consultation, which allows them to do a holistic assessment of individuals to determine how their health may impact their feet or how their feet may affect their well-being.

Footcare services by a nurse include a general health assessment and assessment of the feet. Nail care, care of corns/callouses, foot fungus, warts are included. Let a nurse help you to relieve the pain of a painful callous so that you can walk more steadily and reduce the risk of a fall!

Recently when a client was wished a "good day", he hastily responded that he would have a "good life" after having his feet cared for! It is well known that people with diabetes have to take special care of their feet. Many nurses specialize in diabetes care and can provide support and health teaching to their clients. They are aware of the risks involved in service provision and adjust their care to meet the specific needs of the client. Studies have shown that having professional footcare services can greatly impact amputation rates in diabetes!

Clients and family members have voiced that knowing that their feet are well taken care of by a nurse has greatly reduced their stress levels. Nurses are great advocates. Should there be issues beyond their scope, they will refer you to the appropriate professional. Have you had trouble finding a store that sells the shoes required for your unique feet? Ask your Footcare Nurse! Have you been concerned about an open area on your foot that is taking a long time to heal? Ask your Footcare Nurse! It is not uncommon for a Footcare Nurse to identify changes in the general condition of a client and make the appropriate referral to stabilize the situation.

*There are many nurses who provide footcare services across Ontario, find one today!*

*By Ruth Ruttan, RN, Ruth Ruttan & Assoc.,  
[www.ruthruttan.com](http://www.ruthruttan.com)*

## Nurses meet in Peterborough for 123rd Year

In 1891 the Nicholls Hospital Training School for Nurses was established. Now 123 years later Registered Nurses still gather annually to celebrate the friendships begun in their years in training at the Nicholls Hospital which later became the Peterborough Civic Hospital. Nurses come from all across Canada and the USA to celebrate their Nursing Reunions every five years.

Returning nurses stay at local hotels and resorts and shop, dine and play golf in the area. Reunion classes are honoured at the dinner. This year 27 graduates were present from the 50 year class...1964. The oldest graduating class represented this year was 1943 with the only remaining graduate attending. A musical tribute to the decades was provided by local musician Terry Guiel. The last class to graduate from Peterborough Civic Hospital was in 1974 when the nursing program left the local hospitals and became part of the courses offered at Sir Sandford Fleming College. After 40 years we still had 320 attend the Annual Purple and Gold Dinner on Monday May 5th at the Trentwinds International Centre.

Registered Nurses from the Nicholls and Civic Hospitals have worked all across Canada and the USA in many different fields of Nursing....hospitals, out-patient clinics, out-post, occupational health, research, public health and doctors' offices to name a few.

Many other hospital Nursing Alumnae Associations have disbanded. The Nicholls/Civic Nurses Alumnae Association still has a very strong core group that works very hard to keep their alive. Through fund raising the Nicholls/Civic Nurses Alumnae funds a Prize for Excellence in Bedside Nursing for a second year Trent University Nursing student. We strive to have the Alumnae Association live on through this award. Liz Yale Class of 1970 Membership Chairperson Nicholls/Civic Nurses Alumnae Association

Liz Yale Class of 1970  
Membership Chairperson  
Nicholls/Civic Nurses Alumnae Association

## Nursing into the Future – A Visionary Look at House Calls

Cindy is a visiting registered nurse making house calls. At her first home visit of the day, Cindy leans over the bed with her stethoscope and blood pressure cuff and takes time to smile at Mrs. Brown saying “you seem much better today.” Mrs. Brown returns the smile saying “I am glad to be home and in my own bed”. Cindy proceeds with the dressing. The wound needed a tedious 20 min cleansing but Cindy knew Ms. Brown was relaxed and comfortable.

At the next nurse home visit Cindy was met at the door. “You are up early Mr. Smith. “I am so glad you are here nurse. Greta has pain at the back of her neck and now in her left shoulder. She has been pacing since 5 am this morning”. Cindy went into the bedroom. How are you?” “OK I guess.” “How long have you had pain?” A few hours.” “Does it go away if you change position?” As Cindy continued her nursing assessment she wrote Ms. Smith’s answers on her tablet. Without a doubt Cindy determined a need for further medical attention. Cindy made the call and Joe and Cindy helped Mrs. Smith into the car and they were on their way to the cardiologist.

Next Cindy visited Jim Jones’ place. “How is your knee?” “Still bothering me but now I can wiggle my toes.” Jim, a 49 year motor vehicle accident victim was just finishing lunch at his kitchen table, the radio blaring in the background. He had severe swelling and minimal movement of his left knee since his car accident. Cindy checks Jim’s reflexes, movement and strength. “You’re much stronger!” she exclaims. Cindy advised another 24 hour RICE [Rice Ice Compression Elevation]. “On the next visit in two days we’ll try some exercise and weight bearing.” Cindy proceeded to the next nurse home visit to Jane Night, a diabetic with frequent episodes. Each visit Cindy repeats “how to” take medication, get refills, review of home glucose monitoring and recording readings, taking blood glucose readings 3 times a week in the morning only (after fasting) avoiding sugary snacks, sudden changes i.e. quit smoking throws you off schedule and most important walking 5 times a week for 30 minutes.

Cindy’s next stop is the nursing home. After a quick lunch she proceeded to the teaching room. Seventeen diabetic patients were gathered for Cindy’s diabetic education class. She and a nurse colleague from the same nurse service teach in a friendly manner nutrition, diabetes, blood monitoring, foot care, sudden changes and “go for a walk” twenty minutes a day.

The remainder of her day is spent at the Nurse service clinic attending to variety of walk in clients. Her nursing expertise is wellness clinics for babies and parents. Occasionally she squeeze in an extra visit on the way home from work. She does not get paid any extra for it and it is not a requirement. “That’s my choice,” she said, “to make time for something that is an important part of community client care” Home care nursing works. The secret weapon is to involve the patients. Cindy and other registered nurses invest a lot of time in teaching self care to their patients and how to manage their health conditions independently - such as taking their own blood pressure daily - and keep careful records so they can spot problems early on, get help and avoid a trip to the hospital.

Cindy, is a modern day nurse that is following an old school practice, House Calls, something our grandparents talked about, from a time when people still lived in tight-knit communities, before ultra-modern hospitals, ambulances and overloaded health care systems Going to where people live delivering primary health care, checking up on elderly, frail, disabled or chronically ill who are home-bound patients in their kitchens, bedrooms and living rooms. “If I can,” she said, “I’d rather go into their home.” and bring the checkup to them. Right now there’s nowhere for these elderly patients to go,” without nurse home care seniors and patients with complicated illnesses do not get care.

Since regular in-home nurse checkups, would give them health care, then why not do it? It helps these individuals live safely at home for longer and helps with faster recoveries. If those patients did not get regular in-home check-ups, chances are their condition would worsen to the point they’d have to call an ambulance and go to the hospital - scary for the patient and expensive for the system to seniors and patients with complicated illnesses. These nurses work with other health care providers in community health service units to provide this home care nursing service. These multi skilled nurses provide care for patients, order tests, administer prescribed medications and manage chronic illnesses. They also work in a wide variety of settings including community nurse clinics, doctors’ offices, nursing homes and in patients’ homes.

The return of the “home visits” is needed. These important home care visits are part of the way for new registered nurses who have additional education and nursing experience to deliver community health care into the future.

*By Group Collaborative effort of the Independent Practice Nurses Interest Group*

## Are You Fit for Active Aging?

Without a doubt, "Active Aging" is essential to our community. Keeping fit depends on your health. Your health may need the assistance of a Health Nurse Coach. A Nurse Coach helps you "tune-up" your physical and psychological health. Your Coach can use "mind gym" games to keep you in shape and make things like the OSGA 55+ a reality for you.

The Ontario Senior Games Association 55+ promotes active aging with a host of organized sporting events both summer and winter that leads to camaraderie and interactive social events for the 55+ plus crowd. The OSGA 55+ group is a not for profit association. Support comes from government funding, trillium foundation and local supporter's contributions.

The 55+ crowd candidates actively participate locally in a variety of summer and winter events in 40 districts across Ontario! The winners of the local district games proceed to compete with other Ontario districts. The successful provincial candidates go on to compete in the National Canada games.

To learn about Senior Games, the dates of summer and winter games, current and past events go to our web site [www.ontarioseniorgames.ca](http://www.ontarioseniorgames.ca) This year the Ontario 55+ 2014 Summer Games are hosted in Windsor / Amherstburg and the Canada 55+ Games in Strathcona, Alberta August 27-30, 2014.

If you would like more details about volunteering, participating in events, or sponsorship, please contact OSGA 55+ [www.ontarioseniorgames.ca](http://www.ontarioseniorgames.ca) or call OSGA 55+ head office at: 416 426 7031 1 800 320 6423 OSGA welcomes all participants and sincerely appreciates all local support!

By Bill Lytle,  
goodwill ambassador  
OSGA

## Ontario 55+ Summer Games

The Ontario 55+ Summer Games are a celebration of active living uniting participants 55 and older in a multi-sport environment. The competition is over two days with more than 1400 athletes and 18 sports. The senior games originated in 1986 in Kitchener when that city hosted Actifest, which was a great success. The Winter Games for seniors are called Winterfest.

This year's summer games take place from August 19 to 21 in Windsor/ Amherstburg and offers the opportunity for athletes from all regions of Ontario to compete against others and to celebrate sport. Summer events include swimming, tennis, slo-pitch, five-pin bowling, bocce, lawn carpet bowling, cycling, walking, golf, horseshoes, a variety of card games and more.

Along with the games, the Windsor/Amherstburg area offers world class wineries among many unique culinary offerings, eco-tourism, as well as a variety of festivals and events.

For more information, please call 1-800-320-6423 or visit [www.ontarioseniorgames.ca](http://www.ontarioseniorgames.ca).

## Hearing Health in the Workplace

The work of an Occupational Health and Environmental Safety Nurse Specialist is to implement early recognition, and promote pro-active measures and protection strategies to prevent worker injury and illness. Since it is hearing awareness month, let's talk about noise-induced hearing loss. It won't kill you, but can severely debilitate you and hearing loss is insidiously going on in every workplace.

The World Health Organization [WHO] states, "Noise-induced hearing loss is the most common permanent and preventable occupational injury in the world." Occupational Health Nurses perform hearing tests, compare measurements and monitor the employees' hearing annually. They also identify needed noise containment strategies as primary protection. Nurses teach employees the whys and how to use hearing protection.

During my manufacturing workplace inspections, I would walk around and tap my hand on an employee's shoulder, and then point to my ear to remind them to put on hearing protection. My remedial education kept employees reminded of the importance of wearing protective earplugs or muffs. Thirty years later, many employees are thankful for the occupational health nurse who tapped on their shoulder. Now at their cottage they can hear the birds chirping, crickets singing, and grandchildren chattering.

Here is a bonus health tip: hearing protection at cottages is also necessary when you are chopping fallen trees with your powerful 120-decibel chainsaw or the constant drone of noise from riding on your boat, sea-doo or lawn mower.

In industrial workplaces, Occupational Health Nurses prevent worker injury and illness. They also "guard" workers exposure to health hazards such as silica, asbestos, welding fumes, chemicals, musculo-skeletal repetitive strain and now insect bites. The "new" global occupational health and safety hazards are nicknamed "NBC hazards": Nuclear, Biological, and Chemical.

*By Jill King RN, BHSc(N), COHN(C), COHN-S, Intn. ASA*

*Jill King is President & CEO, King Health & Safety Inc. and an experienced career registered nurse with specialty expertise in workplace occupational health and environmental safety.  
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## Workplace Occupational Health Nurse

Value Added Occupational Health Service is a process, procedure or additive that will impact the welfare of the employees and the bottom line of the company. (Graf-Kerr, 2001) The question is, "Can one prove the impact of Occupational Health Services add Value to the Company's bottom Line"?

Value Added Occupational Health Services require a highly skilled Occupational Health Nurse with specific education who takes ownership of the "Value Added" Occupational Health Services. These 21st century Occupational Health Nurses require specialized education to qualify them as accredited specially trained nurses in Occupational Health and Environmental Safety services.

These "new" occupational health nurses validate their knowledge base by writing the examination for Canadian recognition as a Certified Occupational Health Nurse with National recognition. This Canadian Certification Occupational Health Nurse (COHN-C) qualification allows the occupational health nurse to practice their specialty to protect the health of the employee at work.

Notably this Occupational Health Certification examination has the most stringent requirements of all the nursing specialties examinations. As Suzanne Gordon, an American journalist and advocate for nurses states in her article "Subtle Self-Sabotage" (1996), "How nurses unwittingly convey information that weakens their organizational status and detracts from the professional prestige". In a presentation (2001) sponsored by CNO Gordon points out it is time to tell the world what nurses do. In Gordon's opinion "Necessary nursing care is more than the Heart of Health Care. Necessary Nursing Care is also the brains of Health Care. It naturally follows "that necessary nursing care involves education and appropriate organization of nursing services".

Pritchett (2000) paraphrased the changing corporate business environment in an employee handbook named the "Culture Shift" as a need to recognize that "Our rapidly changing world calls for a culture with quicker reflexes, more speed, agility and flexibility. The future requires a shift to new responses. It's time to change the way we handle change". The time has come to move to the 21st century and recognize the essential practices of Valued Added Occupational Health Services.

*By Jill King RN, BHSoc (N), COHN(C), COHN-S, Intn. ASA  
President & CEO, King Health & Safety Inc. [www.kinghealthsafety.ca](http://www.kinghealthsafety.ca)*

## Angels of Flight Canada Inc.

Angels of Flight Canada Inc. is an air ambulance and airline medical travel company that specializes in repatriating ill or injured travelling Canadians and those visiting Canada. With over 25 years of service excellence, the company continues to be the leader in setting standards for quality assurance, safety and efficiency in patient transport, medical tourism, training and education.

"All of our nurses are Registered Nurses or Nurse Practitioners who have been trained in aero medical transportation of ill and

injured persons," says Gail Courneyea, RN, President. "They have extensive knowledge of aeromedicine, aviation safety, survival techniques, critical care, trauma and more and are experienced in delivering patient care outside of the hospital environment."

Whether on a vacation, a work assignment away or on a visit to distant family members, if the unexpected does occur, such as contracting a virus in the south, or having a serious car accident, Angels of Flight is ready to help, to and from any part of the globe.



**Gail E. Courneyea, RN**  
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www.angelsflightcanada.com  
www.angelsglobalhealthcare.com  
www.exodusstudies.com  
www.globalangelcharity.com

## RROPE REXDALE REBUILD OUTREACH PROGRAMS & EDUCATION

For over six years, Jennifer Desmond has been the Parish Nurse coordinator for the Toronto West Seventh-Day Adventist Church congregation. She served as the health ministry director which consists of nine RNs, two RPNs, a healthcare worker and other team members, with whom she plans programs, conducts health seminars, workshops on healthy lifestyles and more.

Active in the community, Desmond and her team host programs such as the Anti-Drug March in Rexdale to curb

gun and drug-related violence. There are two nurses on duty during services and at many events. She founded the Rexdale Rebuild Outreach Programs and Education for Women, which educates families in nutrition and other determinants of health. She has conducted health seminars on various topics, health fairs, community mall outreach programs for diabetes, and Health Promotion Clinics.

Desmond is purpose driven in her practice and is making a difference in her community.



**Jennifer Anne Desmond**  
RN, BScN (c), PHS,  
President & Owner

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## Scantec Services Inc.

Doug Bishop, R.N., is the owner and operator of Bishop's Scantec Services Inc., a cardiac diagnostic scanning company that supplies state of the art digital cardiac monitoring equipment to hospitals and physician-owned clinics, as well as providing the nursing service of cardiac scanning.

A seasoned entrepreneur, Bishop has been involved in various business enterprises over the past 30 years, including appliance repair shops, vending machines, a cheque cashing

service, pawn shops and a fishing and hunting store.

Since graduating from a diploma nursing program in 1986, he has maintained his registration as a registered nurse and worked full time or part time in various areas of the nursing profession. He has worked in a general hospital setting for two years and in a psychiatric hospital for approximately eight years.

Bishop became the Vice Chair of the RNAO Independent Practice Nurses group in April 2007.

**Doug Bishop, RN**  
CEO

Cardiac Diagnostic Scanning

## Lynne Browning RN, BScN, ET, CETN(c)

Lynne Browning is a Registered Nurse who provides specialized assessments for individuals with ostomies, urinary and fecal continence, gastric feeding tubes and wounds such as poor healing surgical wounds, ulcers and malignancies. As a Certified Enterostomal Therapist and Geriatric Nurse Consultant, Browning does assessments and provides treatment recommendations for patients within a home, retirement or long term care setting.

Browning brings to her practice a

strong knowledge of products for wound care and ostomy management as well as cost effectiveness. She does specialized consultations and provides documentation to facilitate specific care for the resident.

Browning works collaboratively with in-house care givers and the medical team to ensure that care meets the resident's needs. Her flexible work schedule facilitates family involvement when requested.

**Lynne Browning, RN, BScN, CETN**  
Certified Enterostomal Therapist  
skin/wound/ostomy/continence

Primarily serving the Mississauga, Toronto GTA, & Durham Regions  
lynnelcet@rogers.com | 647.588.8417

## King Health & Safety Inc.

Jill King is an experienced career registered nurse with specialty expertise in workplace occupational health and environmental safety. She's assisted management in establishing Health and Safety administration in over 70 companies. Jill specializes in emergency preparedness, gap analysis, health promotion, protection and prevention strategies advocating zero tolerance of workplace / worker injury and illness. Recognizing a need for health and safety education Jill initiated and ran for 10 years an education program for RNs transitioning



**Jill King, RN, BHSc(N), COHN(C), COHN-S, Inm. ASA**  
President & CEO  
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to Occupational Health Nursing. Selected for her expertise Jill worked as a team member on a National and Provincial committees to research recommendations for Best Practice Guidelines Healthy Workplaces-Healthy Workers! As a community volunteer she assisted in writing health care platform for local politician, was an advisor to LHINS of Aging in Place and currently sits on an Environmental Advisory committee to town council. Overwhelmed by frequent requests from community members Jill has expanded services to include advising on Active Aging and Aging in Place.

Occupational Health & Environment  
Safety Specialist | Toronto, ON

## Ruth Ruttan & Assoc.

We are trusted leaders in cutting edge nursing footcare and diabetes instruction. We provide opportunities for learners to maximize their potential. We strive for and support each individual's quest for excellence.

Our vision is to inspire nurses to attain and retain best practice in provision of care to the community at large enabling Canadians to remain active and in optimum comfort.

Our education services have received awards Durham College - "Award of Teaching



**Ruth Ruttan, RN, CDE**  
President & Owner

Excellence"  
In Celebration of Women - "Medical Teaching Award"

Ruth Ruttan & Assoc. has built a reputation nationally for excellence in the quality of instructional content and for supporting each learner's quest for excellence.

Nursing graduates from Ruth Ruttan & Assoc. are in high demand. Hospitals, long-term care facilities and nursing agencies seek out these graduates who provide an exceptional level of care and personal attention to their clients.

Footcare & Diabetes Education  
Sharon, ON | 905.478.1777

ruthruttan@rogers.com | www.ruthruttan.com

## Let It Begin With Me Inc.

Betty Franklin is founder and president of Let It Begin with Me - promoting lifestyles choices that lead to healthy, balanced and vibrant lives its programs are delivered through workshops, presentations and coaching.

Franklin's knowledge, skill and expertise come from 30 years of delivering care to patients in various healthcare settings, life experiences and ongoing education and research.

Her book GUTS, Get Uncomfortable To Succeed and accompanying



**Betty Franklin, RN**  
Educator, Author & Health Coach

GUTS Programs offer a system for health and well-being that's simple and practical, requires no medical intervention and needs only one person to implement it. With her support, clients receive greater clarity of themselves, strengthen their relationships and build resilience to life's ups and downs. They see dramatic results which not only enhance their personal effectiveness but also improve their health, joy and vitality for life.

Toronto, ON  
betty@letitbeginwithme.ca  
www.letitbeginwithme.ca

## Political Action Public Policy

Ruth Volpato is a Registered Nurse, in good standing with the College of Nurses of Ontario, since 1971, and a member of the Registered Nurses Association of Ontario and CNA.

Ruth worked initially in Psychiatry and Occupational Health, and then moved into various areas serving the insurance industry for many years. Ruth is in independent practice completing legal nursing assessments for persons involved in motor vehicle accident/long term disability with



**Ruth Volpato, RN**  
Registered Nurse Advisor

ABI, mental health, addiction, PTSD and chronic pain.

Ruth specializes in product development based on client driven primary health care with the insurer and the legal industry. She is a member of Ontario Rehab Alliance who works diligently with FSCO and the changes in the auto insurance legislation.

Ruth is a member of the Board of Directors of the Brain Injury Association of Niagara, a supporter of the Hamilton Brain Injury Association.

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## Health & Safety Professionals Inc.

Louise is a Registered Nurse with a degree from the University of Western Ontario. She has a certificate in Occupational Health and Safety and holds her Canadian Registered Safety Professional Designation. Louise has worked with Health Care, Industrial, and Construction sectors as an Occupational Health Consultant and has 20 years of facilitation and training experience.



**Louise Caicco Tett, RN, BScN, CRSP**  
President

Program (Health and Safety Management). She has assisted many local businesses in the development and, subsequent implementation of health and safety systems in their workplaces. Ms. Caicco Tett also specializes in developing and delivering customized training programs for her customers.

Louise has made a commitment to assist OHNIG members with education and training as the OHNIG Executive - Education Leader.

Health & Safety Professionals Inc.  
Sault Ste. Marie, ON | 705 945-0117  
lctett@hspinc.ca | www.hspinc.ca

## Integrity Healthcare Consultants

Integrity Healthcare Consultants is a team of experienced healthcare professionals with varied backgrounds in diverse specialty areas who are dedicated to working with individuals and families to deal with their healthcare needs. Their portfolio covers a wide range of services from mothers and newborns to the elderly.

Their healthcare consultants help patients navigate through the system in order to make the most out of their visits



**Jana Bartley, RN, BScN, MBA, LNC**

to the doctor. Their various services include coordinating with home care services or assisted living options; improving you healthcare outcomes by creating a Personal Health Record; reviewing the medical literature to inform you of the latest developments to make sure that you understand your diagnosis, procedure results and all your treatment options; acting as a liaison/advocate for a patient or family between the healthcare facility and/or provider.

1.888.299.0017  
jana@integrityhealthcare.ca  
www.integrityhealthcare.ca

## At Your Feet Inc.

Since 2004, Tom has owned and operated At Your Feet Nursing Foot Care. Recognizing the growing demands for foot care treatment, Tom established a client centered specialized foot care clinic in Hamilton, currently caring for over 1800 clients.

Tom a registered nurse acquired extensive training to expand his "hands on" skills and business savvy. As a testament to his success, Reader's Choice Awards honoured him



**Thomas J Fiser, RN**  
Footcare Nurse

each of four years "Best Foot Care Professional" in the city of Hamilton most recently 2014.

Tom and his staff, include evidenced based specialized foot care treatments inclusive of holistic whole body care for client's wellbeing. With advanced new treatment modalities [Laser/Light Therapy and FREMS] diabetics can again have relief of pain, tingling, numbness in their feet and lower legs. "I am proud to be a registered nurse independent private practice utilizing my full nursing capabilities".

At Your Feet Inc.  
Hamilton, ON  
905.575.6539

## Institute for Parent and Infant Care (IPIC)

Nurse entrepreneur, Carol Hamilton RN, BScN, MDiv, may only be one person but she continues to change the lives of many. Little did she know upon graduating from the University of Toronto with a BScN that her journey would see her establish and maintain 25 years in independent practice at the Institute for Parent and Infant Care (IPIC) in Toronto and now in Stratford, Ontario. This innovative nurse leader and author recently co-founded Change Her World, a Canadian charity working



**Carol Hamilton, RN, CPIC, BScN, MDiv**  
Nurse Consultant

to remove the barriers to education for girls in Africa. She has also written two books for the nursing profession, Overcoming Lactation Challenges and Nurse Entrepreneurship: Seizing the Challenge.

Hamilton was asked recently if she had any regrets about her nursing journey. Her response was, "Not for a moment! Although I would have seen more financial security working in traditional nursing, the families and nurses I've educated and mentored, well there is no greater gift than this!"

Institute for Parent and Infant Care (IPIC)  
Stratford, ON | 1.800.574.2742 | www.ipiceducation.ca  
Founding Director www.changeherworld.ca