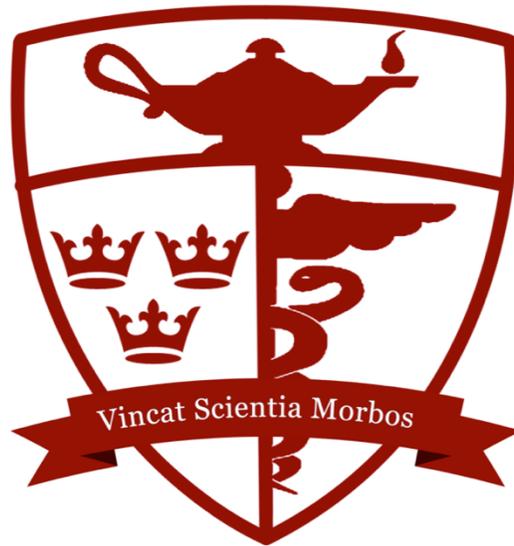


Nursing



Science Society

– Assembly Meeting –

Wednesday, January 9th, 2018

7:00 pm - McLaughlin Hall



Nursing Science Society

Agenda

1. **Motion #1** – Approval of the Minutes of the meeting of November 21st, 2018
2. **Motion #2** – Approval of the Agenda of the meeting of January 9th, 2019
3. Welcome Address from Nursing Science Society Executive (Julia, Victoria, Deborah, Alex)
4. Guest Speakers
5. Executive Council Report
6. New Business
 - a. Question Period
7. Reports by Members
 - a. Commissioner Goal Plans (Appendix A-D)
 - b. Holiday Break Brainstorming
 - c. Forecast for the Future
8. Old Business
9. Discussion Period
 - a. Clean Air Campaign
 - b. Guest Speakers
10. Closed Session
11. Speakers Closing
12. Adjourn



Nursing Science Society

Motion Sheet

Motion #1 – *That NSS Assembly Approve the Assembly Minutes of November 21st, 2018.*

Moved By: Deborah Wang

Seconded By: Julia Kruizinga

Motion #2 – *That NSS Assembly Approve the Agenda of January 9th, 2019.*

Moved By: Deborah Wang

Seconded By: Julia Kruizinga

Motion #3 – *That NSS Assembly formally ratifies Sabrina Smith to the position of Events Commissioner.*

Moved By: Julia Kruizinga

Seconded By: Victoria Schoular

Motion #4 – *That NSS Assembly formally ratifies Jennie Riddell to the position of Health and Wellness Commissioner.*

Moved By: Julia Kruizinga

Seconded By: Victoria Schoular

Motion #5 – *That NSS Assembly formally ratifies Marina Scott to the position of Social Issues Commissioner.*

Moved By: Julia Kruizinga

Seconded By: Victoria Schoular

Motion #6 – *That NSS Assembly formally ratifies Michaela Patterson to the position of Academics and Professional Development.*

Moved By: Julia Kruizinga

Seconded By: Victoria Schoular

Social Issues Commissioner Goal Plan 2019

Portfolio:

1. Network with other Queen's University social issues groups, to formulate a collective body of knowledge concerning present social issues.
2. To organize and promote at least one social issues event each semester.
3. To promote social issues events that are taking place at Queen's University
4. To attend and participate in the Equity Caucus run by the Social Issues Commissioner of the AMS, to promote diversity across campus and within the school of Nursing.
5. To organize a stress relief initiative or event for nursing students during each semester of his or her term.
6. An event or initiative that raises awareness for current and/or emerging social issues amongst nursing students during each semester of his or her term
7. To act as a resource to students when approached with a matter of concern pertaining to Human Rights and Social Issues, in conjunction with the NSS Executive and in consultation with The Queen's Human Rights Office.
8. To produce a written transition manual to the incumbent Social Issues Coordinator

Year Events:

Event # 1(Social Issues Awareness Event): Equity Based Training for NSS

Description: An equity based training program for members in the winter semester for NSS members. Number of sessions will be dependent on participant and presenter, but will ideally take place on over two days. The goal of this event is to provide students on the NSS with an awareness of current social issues present on campus. Focus will be dependent on the poll selection of NSS members but could address areas including cultural safety and awareness, anti-oppression, , accessibility, bystander intervention, and accessibility, and will also try to have relation to the field of nursing.

Timeline:

Booking of Training: Completed by January 31, 2019

Training Sessions: Completed by February 22, 2019 (Dates will be dependent on participant availability)

Projected Cost: \$0 (potential expenses if snacks are to be provided at the trainings)

Implementation:

1. Determine the training sessions of most interest (polling conducted at NSS meeting)
2. Confirmation of selected training sessions at NSS meeting
3. Determine the best time to request the training (polling conducted at NSS meeting)
4. Contact the respective offices that run these training sessions.
5. Confirm dates of the training with NSS.

Equity Based Training Offered at Queen's: (Note: *** indicates training that I have attended and/or that I more familiar with)

- ***Anti-Oppression Workshop: This is an over-arching training that focuses on using anti-oppressive language and engaging in anti-oppressive behaviour.
- ***Anti-Stigma Training: This is a training program run by Student Wellness Services that teaches students how to recognize and respond to mental health problems. It aims to increase awareness and reduce stigma that is associated with mental illness.
- Anti-Discrimination Training: This is offered through CARED and focuses on discrimination and racism. It is a new program introduced last year and I would have to speak to the team to look more at information provided in this training.
- ***Accessibility Awareness Training: This training session is offered through the Equity and the Human Rights Offices and provides students with education about making events accessible for all students.
- ***Bystander Intervention Training: This is a training session that aims to provide students with the tools that they need to recognize and respond to sexual violence.
- Cultural Safety Training: This is a training session lead by Four Directions to remove the power indifference from interactions with Aboriginal people and encouraging individuals to self-reflect and work towards building empathetic and collaborative relationships. I am unfamiliar with this program so I would have to look further into how to organize the training.
- ***Intercultural Awareness Training: This training session is offered QUIC and provides foundational information to global cultural differences and provides students with tools to better support international students.
- ***Kairos Blanket Exercise: This is an exercise is lead by Four Directions to better understand the history of the Indigenous peoples in Canada.
- Positive Space Training: This is a certificate based program that aims to create a welcoming space that is free of all oppressive behaviours including harassment and discrimination based on gender expression, gender identity, and sexual orientation. I am unfamiliar with this program so I would have to look further into how to organize the training.
- SafeTalk: This is a certificate based program and does cost some money. It is a half-day alertness training that prepares anyone, regardless of prior experience or training, to become a suicide-alert helper. The focus is on becoming comfortable with asking someone if they are thinking of suicide and helping them link up with appropriate resources. I am unfamiliar with this program so I would have to look further into how to organize the training.

Event # 2(De-stressing Event): De-stress with NSS!

Description: A fun destressing night at the end of the semester that will function similar to the distress night that occurred last year. There will be few activities including colouring, bracelet making, legos, and a photo booth available to help nursing students distress before the end of the semester. I am aiming to hopefully bring dogs in for the event as well. Additionally, there will be baked goods and goodie bags that students can place a few items in to take home. The goal of this event is to provide nursing students with an opportunity to de-stress before the winter term exam season.

Timeline:

Room Booking: Completed before February 22, 2019

Date of Event: Sometime between March 20 and March 28, 2019

Projected Cost: \$50

Baked Goods, Photo Booth Props & Goodie Bag Items

Implementation:

1. Confirmation of room booking (likely room in JDUC)
2. Organization of food for event
3. Confirmation of dogs (potentially)
4. Advertise drop-in date
5. Make gift bags for students
6. Day of Event: pick up food & goodie bags, set-up and clean-up of space

Event #3 (De-stressing Event): Fundraising Movie Event

Description: The goal of this event is to provide nursing students with an opportunity to de-stress at the beginning of the fall semester. In addition it will allow an opportunity for nursing students to meet other nursing students from different years. Either funds or non-perishable food items will be donated to either the AMS Foodbank or a local Kingston foodbank and amount will be determined in collaboration with NSS Assembly members. A poll will be posted in the NSS Facebook page as well as shared to the classes Facebook pages to determine the movie being showed.

Timeline:

Room Booking: Sometime between September 16 and 27, 2019

Date of Event: Sometime in early October 2019

Projected Cost: \$50

Snacks & Drinks (ex. popcorn, soft drinks, chips, etc.)

Implementation:

1. Conversation with charitable organization, likely AMS foodbank or other foodbank in Kingston about preference of money or non-perishable food items
2. Confirmation of room booking (either room in JDUC and projector or lecture hall)
3. Organization of food for event
4. Advertise drop-in date (admission is set at a minimal donation and includes food with admission and all proceeds with go charitable organization) (consider a poll for the movie to screen)
5. Day of Event: pick up food, set-up and clean-up of space
6. Bring either non-perishable items or money to charitable organization

Event #4 (Social Issues Awareness Event): Self Care Workshop (Collaboration with Health & Wellness Commissioner Requested)

Description: A event that was originally planned by the previous Social Issues Commissioner that involves providing education to all nursing students about self care. The workshop consists of presentation by Beth Blackett from Student Wellness Services followed by panel of students discussing ways in which they have found helpful for self-care with clinical, school, and life. Additionally, a contingency plan could involve a presentation received in NURS 325 from Jennifer Dods that discusses Self Care for nursing students. The goal of this event is to provide students with an opportunity to become familiar with resources to support their mental health as well as education about self-care strategies prior to exams in the Fall semester.

Timeline:

Room Booking: Sometime between October 1 and 15, 2019

Date of Event: Sometime between October 20 and November 8, 2019

Projected Cost: \$0 (unless food will be provided at the event)

Implementation:

1. Conversation with previous Social Issues Commissioner for Contact Information of Beth Blackett from Student Wellness Services
2. Contact Beth Blackett to arrange for presentation and coordinate students for the panel portion of the workshop
3. Confirmation of room booking (either room in JDUC and projector or lecture hall)
4. Advertise drop-in date
5. Day of Event: set-up and clean up space

Responsibilities & Interested Projects/Initiatives:

- **Equity Caucus Meetings:** Attend the AMS council biweekly meetings that discuss school-wide initiatives. Ensure that the social issues commissioner email is working to get dates of the meetings. It will provide an opportunity for me to meet individuals also working on social issues and perhaps allow for inter-faculty events. I also want to meet the current AMS Social Issues Commissioner, Myriam-Morênikê Djossou.
- **Peer Support Centre for Nursing Students by Nursing Students (Collaboration with Health & Wellness Commissioner):** The previous Social Issues Commissioner stressed in her transition manual the need for a counsellor available through the school of nursing. I am hoping to initiate in collaboration with the Health and Wellness Commissioner a program similar to the Peer Support Centre to try to better support nursing students until an embedded counsellor can be hired. It is important to ensure confidentiality if this program is implemented, and I would like to speak to the current AMS Peer Support Centre Manager about confidentiality, as well as the training provided to students who currently work there. Through collaboration with the people I have mentioned above as well as members of the NSS, I am hoping over the winter semester to establish a plan of action for implementing this program in the fall semester.
 - **AMS Contact:** Mia Berloni, *Peer Support Centre Manger*
Phone Number: 613-533-6000 ext. 32737
Email: psc@ams.queensu.ca
Website: www.myAMS.org
- **Orientation Week Information Session:** I am hoping to organize a presentation or information session in January with Amy Rowe (2nd year student) for first year students in the four year track program about other ways they can be involved with Orientation Week. Additionally, collaboration could also occur with Caitriona Buckley, Orientation Roundtable Leadership Director 2019. The event would showcase other opportunities for nursing students to be involved with Orientation Week other than be an nursing orientation week leader. Hopefully, this opportunities could also be advertised on Facebook for students who were unable to attend.

- **Collaboration Between Nursing Orientation Weeks:** I have heard from some students that they feel there is a great divide between four-year track and AST track programs. In collaboration with the NSS President and Vice Presidents, I was hoping to arrange an event in which the executives of Nursing Orientation Week could present the outlines of their weeks as well as have the chance to get to know each other. I am also hoping that photos of the AST O-Week could also be put on the Nursing Orientation Facebook page to ensure equal representation of Nursing Orientation Weeks. Additionally, if collaboration of the weeks occurs between the two years through an O-Week event, I hope that can act as a resource for helping to ensuring all students feel welcomed.

Contingency Event Ideas:

- **Indigenous Health Issues Awareness:** Tara Lynn Wilson is a 4th year nursing student, she is on the QNSA (Queen's Native Student Association). Contact information would be attained from the previous Social Issues Commissioner and then she or if she is on her integrated practicum, another nursing student in QNSA or other individual could hopefully give a presentation about the health care issues of Indigenous individuals in Canada. Ideally, the presentation would primarily have a focus in nursing. The event would have to be held in the winter term for Tara to give the presentation, but if another individual was available then it could take place in the fall semester as well.
- **OSCE Workshop:** A event that has run in the past and could be organized with the Academics Commissioner to help prepare 1st year students (AST and 4 Year Track) prepare for their NURS 202 OSCE exams. One of the biggest responsibilities of this event is to not scare students, but to maintain a positive atmosphere in which students feel a safe and comfortable space to ask questions. This event would have to occur before the vital signs assessment. The event could include information about how to prepare for/advice on the OSCE and the opportunity to practice their vitals on students, and an opportunity for nursing students to ask questions. It is also very important that the information does not breach Academic Integrity Regulations and perhaps coordination with the course professor could be arranged if organizing this event.
- **Stigma Speaker Series in Health Care (Collaboration with 4th Year AST Program):** Consider collaborating with the 4th Year AST student who organize a speaker series in the fall semester. The event could provide students with an opportunity to education nursing students on global health, stigmatization of abortion, psychosis, drug addiction, health issues of Indigenous Peoples of Canada, concerns of individuals in LGBT2Q+community, lived experience of patients, and other topics and was an event recommended by the previous Social Issues Commissioner. Either running a similar event in the winter semester or collaboration with AST students in the fall semester could be organized.

Appendix B: Events Commissioner Goal Plan

Goals: Winter 2019

1. Physical activity promoting event

Goals: Hold an event that promotes physical activity as a way to destress. Thinking along the lines of Zumba, conditioning class, or yoga class.

Date: Week 5 or Week 6 (weeks of Feb 4th/11th)

Costs:

- Wallace Hall – free without set up or food. ARC dance studios - \$39.00/hour
- Instructor cost

2. Mentorship Program

Part 1 Goals: Continue this in 2019. Broaden program to include AST's in September 2019. AST's currently have a buddy program, but it is not as extensive with the application and requirements currently. Perhaps amalgamate the programs to strengthen the quality of the programs.

Date: September 2019, put out applications for this in March.

Cost: N/A.

Part 2 Goals: Hold events, such as coffee breaks, trivia, games night, etc to encourage first year students to meet with their mentors.

Date: Week 4 & 8 (weeks of Jan 11th/March 4th). Continue to hold events for mentorship program if successful in fall semester 2019.

Budget: \$50 for food and drink at events.

3. Study Hall

Goals: Host an event in 2019 around midterm time that is a safe, non-stressful space to study and learn. Idea is to promote learning by being with other student nurses studying for similar midterms.

Date: Dependent on when most midterms fall – likely somewhere between week 5-8.

Cost: 50\$ for food and drinks at event.

Location: Free classrooms or Wallace Hall on campus.

4. Events with Profs!

Goals: Host an event where students and professors can engage in a non-judgemental and stress-free environment.

Date: Later in the semester, perhaps around week 9-12.

Cost: \$50 for food or drinks at event.

Location: In the Cataraqui building – perhaps student lounge or first floor lounge.

In relation to all goals – make all events accessible and inclusive and ensure all students feel comfortable at events and in asking for accommodations if needed.

Academic and Professionalism Commissioner

Goal-Plan 2019

AWARDS

- Create polling system to vote for the awards + 2 MCs
- Review folder of award descriptions
- Use Google polls
- Posted on Facebook year group chats
 - If I'm finding that the Facebook year groups are ineffective, I will inquire about Mary Owens emailing links to the polls

STUDY BUDDIES

- Create applications for tutors and have them posted by week 2 (Jan 14)
applications close Jan 21
- Hired tutors by week 4
- Contact current study buddies and see if they want to continue tutoring
- Sessions occur: before midterms, exams, based on needs (example: big project coming up, etc.)
- First Year:
 - SEM 1: stats, biochemistry
 - Create advertisement/tips cheat sheet for how to study or PSYC 100
→ if there's a high demand for tutoring though, it will be incorporated
 - SEM 2: NURS 202 OSCE, ANAT bell ringer, MICR
- Advertise for the study session at least two weeks in advance

BUDGET

- currently tutors are paid \$20/hour
- I will keep track of the hours they are tutoring and submit it to person in charge of finances
- Budget will vary depending on the demand for each course.
 - Will be dependent on the number of tutors needed and frequency of sessions

PROFESSIONAL DEVELOPMENT

- Contact Jon Turner
 - Find out what he would like to do
 - Determine what he would like to be done on my part
 - Book rooms and venues as necessary
- Create event informing students about opportunities in Kingston after graduating

COUNCILS

- Re: Society Composition Manual, attend meetings for:
 - Undergraduate curriculum committee

- Faculty board
- Academic caucus of AMS
- School of nursing academic council

ACADEMIC LIAISONS

- Save/print/become familiar with class requirements needed for each year
- Continue board with resume-building + job opportunities
- Attach mail address to the board
- Be available in the nursing lounge at least once a week

NEW IDEA

- For Study Buddies: hire tutors to have study buddies for 2nd year courses
 - SEM 1: PHAR 230, PHGY 215, NURS 206
 - Tips + tricks for clinical (examples: time management cheat sheets, tackling nerves)
 - SEM 2: based on polls
 - Likely: PHGY216
 - poll in 2021 group chat on Facebook
- after each study buddies session, post feedback links
 - this allows tutors to improve sessions
 - allows students to voice changes they want to see

Appendix D: Health and Wellness Commissioner Goal Plan

Health and Wellness Commissioner Goal Plan 2019-2020

Fall semester 2019

1. Yoga

For my first health and wellness event I hope to organize a Yoga class at the ARC, studio 330 or see if the Queen's yoga club would be interested with combining for a date. It was mentioned in previous health and wellness manuals that the ARC has the least expensive prices to offer.

Event: Hour long yoga session

Location: the ARC

Date: aim for mid to end of September

Still need to organize:

- getting in contact with the Queen's Yoga club to see if a combined class is possible
- create a Facebook event
- compare the ARC and studio 330 prices

2. Elephant in the room

Queen's University has a new mental health club called Elephant in The Room which focuses on an anti-stigma for mental health campaign. I would love to get in touch with their executive to see if we could collaborate for a mental health talk.

Event: mental health talk

Location: Queen's campus

Date: before fall exams

Still need to organize:

- Getting in touch with Elephant in The Room
- Creating a Facebook event

Winter semester 2020

1. Blood Pressure "mini clinic"

For extra practice for all nursing students a mini clinic of taking blood pressure can be made for all students and community members visiting the ARC. This could be collaborated with Queen's First Aid, and was mentioned in a previous years goal plan of having extra medical supplies to use. Blood pressure cuffs could be supplied by nursing students.

Event: blood pressure cuff mini clinic

Location: the ARC

Date: January 2019

Still need to organize:

- Creating a Facebook event
- Getting in touch with the ARC to make sure we are able to use their space

2. A skills day

For all nursing students to either demonstrate a skill or learn a new skill from one another. In a room on Queen's campus, pre- registered nursing students who have any skill from knowing how to make a bracelet to being able to teach how to loon call, anyone can mingle around and learn whichever skill they would like to learn or teach a skill to another. In addition to networking and engaging with all years of nursing, this ideally would be a destress night after midterms.

Event: skills session

Location: Queen's campus

Date: early March 2020

Still needs to be organized:

- Getting nursing students with skills to teach
- Creating a Facebook event



Nursing Science Society

Date: January 9, 2019

Time: 7:02

Minutes Taker (Position): Azra Jeraj (Intern to Vice President, Operations)

Purpose of Meeting: NSS Assembly meeting

In Attendance:

- ✓ Julia Kruizinga (President)
- ✓ Victoria Schoular (Vice President, University Affairs)
- ✓ Deborah Wang (Vice President, Operations)
- ✓ Alex Troiani (Senator)
- ✓ Alma Ahmed (Speaker)
- ✓ Jenna Legrow (Intern to President)
- ✓ Nathaniel Gumapac (Intern to Vice President, University Affairs)
- ✓ Azra Jeraj (Intern to Vice President, Operations)
- ✓ Sabrina Smith (Events Commissioner)
- ✓ Michaela Patterson (Academic & Professional Development Commissioner)
- ✓ Marina Scott (Social Issues Commissioner)
- ✓ Jennie Riddell (Health and Wellness Commissioner)
- ✓ Mackenzie Peirce (Head Cape)
- Ali Daschko (Director of Global Health)
- ✓ Saad Ihsan (Nursing Games Captain)
- ✓ Remi Grnak (CNSA Delegate)
- ✓ Amy Rowe (CNSA Official Delegate)
- ✓ Audery Kim (Class of 2019 President)
- ✓ Caitriona Buckley (Class of 2020 Class President)
- ✓ Nicole Burgess (Class of 2021 President)
- ✓ Nathaniel Gumapac (Class of 2022 President)
- ✓ Tracey Davison (AST 2019 Class President)
- ✓ Julia Leader (AST 2020 Class President)

Meeting Minutes

- 7:02 - Meeting commences
- 7:03 - Motion #1 Carries
- 7:03 - Motion #2 Carries
- 7:04 - Welcome Address
- 7:06 - Executive Council Report
- 7:07 - Welcome Home Package
- 7:09 - Contact Information Update
- 7:11 - Meeting Dates, Locations, & Further Updates
- 7:22 - Funding Application Form Information
- 7:23 - Constitution & Hiring Policy Information
- 7:25 - Office Location & Office Hours
- 7:26 - Head Shots will take place on Wednesday, January 23rd
- 7:29 - Summary of the Format of Meetings
- 7:33 - Crest Information
- 7:38 - Introduction of new NSS members
- 7:41 - Question Period for new NSS members
- 7:43 - Motions #3, #4, #5, & #6 Carry
- 7:46 - Social Issues Commissioner Goal Plan 2019
- 7:52 - Question & feedback period regarding social issues goal plan 2019
- 8:00 - Events Commissioner Goal Plan
- 8:14 - Academic & Professionalism Commissioner Goal Plan 2019
- 8:19 - Question & feedback period regarding events goal plan 2019
- 8:29 - Health & Wellness Commissioner Goal Plan 2019
- 8:31 - Question & feedback period regarding health & wellness goal plan
- 8:34 - Holiday break brainstorming from all members present
- 8:50 - Office Hour Sign-Up
- 8:55 - Discussion Period
- 9:00 - Meeting Adjourns