



# Nursing Student Leadership Conference Program

December 1, 2023

01:00 – 03:20 PM

Castlegar Campus: Rooms S-101, S-113, S-219

*Remote Attendance Available Via Zoom*

# Message from the Chair of Health and Human Services

## Welcome to the seventeenth annual Nursing Student Leadership Conference!

As 4<sup>th</sup> year Nursing students approach their final semester at Selkirk College, they have the opportunity to present their Leadership Projects to peers, field guides, faculty and the broader community. Nursing scholarship is an important facet of the nursing profession, helping to meet the needs of the dynamic and ever-changing healthcare environment that these students will be entering.

The leadership conference showcases student work across three integrated courses – Nursing Research, Leadership in Nursing, and Nursing Practice. These projects represent current and critical issues, and provide the foundation for ongoing program development and service provision in a variety of practice areas.

The faculty and staff in the School of Health & Human Services are extremely proud of the commitment and hard work that these students have poured into these projects.

On behalf of the Nursing Faculty, thank you for joining this special event and celebrating student achievement.



**Jocelyn Schroeder, RN, BSN, MSN**  
*Chair of Health and Human Services*

*The year four fall teaching team and the nursing students would like to thank all of the field guides, practice partners, community organizations and Selkirk College for their ongoing support of our nursing program and this nursing conference. It is amazing what we can accomplish together!*

**SUSAN BURR, JULIA LANGHAM & SHANNON SHAH**

SESSIONS	S-101	S-113	S-219
<b>Session One</b> 1:00 – 1:30 pm	<b>Enhancing Fire Fighter's Skills to Facilitate Mutual Trust With Marginalized Groups</b>  <i>Abigayle Murphy &amp; Alyssa Welychko</i>  <a href="#">Join Via Zoom</a>	<b>Workplace Health Promotion: Enhancing Outcomes Through Innovative Strategies and Recommendations</b>  <i>Brooke Beetlestone &amp; Katrina Bird</i>  <a href="#">Join Via Zoom</a>	<b>A Step Toward Paid Practicums: Cost Analysis and Program Structures</b>  <i>Matthew Newton &amp; Zavier Vaillancourt</i>  <a href="#">Join Via Zoom</a>
<b>Session Two</b> 1:35 – 2:05 pm	<b>Exploring Research with the Yaqan Nukiy and Lower Kootenay Health Centre</b>  <i>Holly Hagerman</i>  <a href="#">Join Via Zoom</a>	<b>Let's Talk About Sex: Fostering a Partnership Between Nursing Students and Schools to Support Adolescent Sexual Health Education</b>  <i>Meghan Goertzen, Amanda Hoodikoff &amp; Amy Stewart</i>  <a href="#">Join Via Zoom</a>	<b>Reframing Research: Participatory Narrative Inquiry and the West Kootenays Unhoused Communities</b>  <i>Audrey Berry &amp; Alexis Craig</i>  <a href="#">Join Via Zoom</a>
<b>Session Three</b> 2:10 – 2:40 pm	<b>Weighed Down: Unlearning Anti-Fat Bias in Healthcare</b>  <i>Jamie Davies &amp; Thea Whelan</i>  <a href="#">Join Via Zoom</a>	<b>Elevating Simulation: A Facilitator's Guide to Best Practice</b>  <i>Lainey Dopp &amp; Olivia Nelson</i>  <a href="#">Join Via Zoom</a>	<b>Bridging the Gap Between the Indigenous Population and Access to Healthcare</b>  <i>Kathleen Cure &amp; Kailey Taks</i>  <a href="#">Join Via Zoom</a>
<b>Session Four</b> 2:45 – 3:15 pm		<b>Lived Experience Circle of Homelessness</b>  <i>Celeste Hart &amp; Haeleigh Martin</i>  <a href="#">Join Via Zoom</a>	<b>Enhanced Outreach Space in Trail Selkirk Campus</b>  <i>Pier Briggeman &amp; Erika Couling</i>  <a href="#">Join Via Zoom</a>



**S-101: 1:00 - 1:30 pm PST**

# Enhancing Fire Fighter's Skills to Facilitate Mutual Trust with Marginalized Groups

Abigail Murphy & Alyssa Welychko

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Amidst the opioid crisis and workplace burnout, a project of remarkable relevance takes center stage. This leadership project surfaces a mission that equips first responders, particularly firefighters, to become further endowed with the knowledge and skills to navigate aspects of crisis with confidence. Embark on a journey into the heart of Castlegar's community, where an innovative collaboration unfolds. This multidisciplinary approach leverages the experience and insights of Castlegar Fire Department's Fire Chaplain, Gerry Rempel, and Selkirk College nursing students to create a tailored educational session to engage and educate first responders on critical topics such as the opioid crisis, harm reduction, stigma reduction, burnout prevention, patient considerations, and cultural humility. Uncover the development process of this engaging presentation, emphasizing trust, empathy and trauma informed approaches. These principles encompass an interprofessional perspective, benefiting both the first responders and the community they serve.

*Keywords: opioid crisis, first responders, firefighters, multidisciplinary approach, mutual trust*

**S-113: 1:00 – 1:30 pm PST**

# Workplace Health Promotion: Enhancing Outcomes Through Innovative Strategies and Recommendations

Brooke Beetlestone & Katrina Bird

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The world of health promotion is changing; strategies that inspire intrinsic motivation are increasingly recognized as more effective than traditional approaches (Baum & Fisher, 2014; Lubman et al., 2012; Feldman, 2022). Additionally, growing awareness of the health impacts of workplace culture has led to a rise in workplace health promotion (Basińska-Zych & Springer, 2021). For these reasons, we have partnered with Teck Resources and Interior Health to revive an annual wellness event for Teck employees, with the aim to replace the behavioral methods of previous years with motivational interviewing techniques. Our role involved direct participation, in-depth research, and the analysis of employee participation and feedback via two surveys. Our findings identified a few key issues: Skewed blood pressure readings; the use of potentially stigmatizing screening questions; and concerns about BMI / weight measurements. Our recommendations include: Implementing strategies for accurate blood pressure readings; offering a list of screening options in advance; shifting away from weight measurements; and incorporating more strengths-based approaches. These innovative strategies have the potential to reshape Teck health promotion events for the benefit of their employees - and may have broader implications for the future of health promotion in general.

**S-219: 1:00 -1:30 pm PST**

# A Step Toward Paid Practicums: Cost Analysis and Program Structures

Matthew Newton & Zavier Vaillancourt

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Nursing students endure lengthy, unpaid practicums integral to skill development, accumulating several hundred hours throughout their education. Balancing school, practicums, and part-time work creates financial and emotional stress. This project examines the potential costs of paid practicums and explores options for various program structures. This initiative could contribute to student wellbeing, equity in nursing programs, and the current nursing shortage. The project features significant stakeholder collaboration and to inform this project, research extended to financial aid programs in engineering, medicine, HCAP, and trades. We investigated potential program structures, funding sources, and alignment with existing nursing schools and Employed Student Nursing (ESN) frameworks. A cost estimate for various program structures and their corresponding funding sources was established through meetings with educational institutions and the British Columbia Nurses Union (BCNU). Future research recommended includes further exploration of hidden costs, examination of implications for other health professionals, and expanded collaboration with Provincial stakeholders, health authorities, and BC nursing students. By addressing these aspects, we aim to enhance the financial stability of students and ensuring their dedication to education and practice is recognized while facilitating a novel solution to improve nursing ratios.

**S-101: 1:35 – 2:05 pm PST**

# Exploring Research with the Yaqan Nukiy and the Lower Kootenay Health Centre

Holly Hagerman

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This presentation is a story about a fourth-year BScN student who was introduced to a leadership project in partnership with the Yaqan Nukiy, Lower Kootenay Band Health Centre. The story follows the process of situating, changing the research lens, and adjusting the framework of research practices through the use of a research guide. The guide has been created over the past three months but is based on the experiences of Indigenous communities since time immemorial.

The guide is founded on historical influence, community interest, and respectful partnerships. By using this guide, participants can gain insight into understanding the impact of research on Indigenous healthcare and feel comfortable questioning their role in changing it.

Get a head start on your own nursing research story. Join Holly for an opportunity to confront what you know about research and what it can do for the communities you work with.

**S-113: 1:35 – 2:05 pm PST**

# Let's Talk About Sex: Fostering a Partnership Between Nursing Students and Schools to Support Adolescent Sexual Health Education

Meghan Goertzen, Amanda Hoodikoff & Amy Stewart

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Think about your sex education in school - was it comprehensive and empowering? If not, you are not alone - many individuals share this dissatisfaction, revealing a critical gap in the delivery of comprehensive sexual health education (CSE). Sexual health is a fundamental human right, yet inconsistent delivery, a lack of standardized curriculum in Canada, and limited resources leaves adolescents without the vital knowledge required for healthy relationships, both with themselves and with others. To be effective, sexual health education must be comprehensive and equitably delivered to all adolescents. As nursing students who have previously supported CSE in this area, we witnessed these gaps firsthand. In response, we committed our leadership project to decreasing the barriers of access to CSE, by forming sustainable partnerships between Selkirk Nursing students and School District 20 high schools. Our mission is to normalize the conversation around sexual health and ensure this human right is prioritized. Our nursing commitment is to promote the sexual health of adolescents through knowledge, positivity and empowerment. We invite you to join the conversation and get excited about sexual health promotion. Want to hear more? Join us, and let's talk about sex.



**S-219: 1:35 – 2:05 pm PST**

# Reframing Research: Participatory Narrative Inquiry and the West Kootenays Unhoused Communities

Audrey Berry & Alexis Craig

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Selkirk College's Bridging Rural Homelessness Program has been working on improving the health and well-being of our unhoused communities in the West Kootenays. As the three-year program is meeting its halfway point, what's next? Qualitative research is becoming increasingly more valued, and when utilized when working with unhoused communities the project is hoping to influence increased community connectedness, increased understanding, and decreased societal stigma. This leadership project looked into how Participatory Narrative Inquiry (PNI) as a qualitative research methodology can be used to better assess the needs of our unhoused communities here in the West Kootenays. PNI as a form of qualitative research using one's oral history as raw data. We completed a grant application in hopes of receiving further funding, as well as budgeting for this grant and projecting the future steps of this project and research. The future trajectory of this leadership project is the launching of a PNI research project with our local unhoused community in order to better support and understand this vulnerable population. We hope to see our fellow future fourth-year nursing students involved in carrying out this project and building community connections.

**S-101: 2:10 – 2:40 pm PST**

# Weighed Down: Unlearning Anti-Fat Bias in Healthcare

Jamie Davies & Thea Whelan

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Our project was aimed at faculty within the field of health sciences. The objective for this project was to develop a tool and framework to empower facilitators in initiating discussions around anti-fat bias in healthcare. In turn, this workshop will inspire and support future nurse leaders to critically examine the pervasive challenges of anti-fat bias in healthcare and healthism. Through this, we hope to aid in shifting these systems that are rooted in oppression.

Our project synthesized into the development of an anti-fat bias workshop, including preparation materials and a facilitator's guide. This presentation will explore the journey undertaken in crafting the workshop and guide. Our hope is for the workshop to be implemented into the Selkirk nursing curriculum to deepen understanding of the stigma and barriers faced by our patients in larger bodies. Ultimately, our goal is to contribute to the creation of a more inclusive and patient-centered healthcare system—one that values individuals for who they are and addresses their unique needs. By sharing the insights, strategies, and best practices gleaned from our project, we call on students, educators, healthcare professionals, and advocates to take up the vital work of dismantling anti-fat bias in healthcare.

*Keywords: anti-fat bias, health equity, advocacy, client-centered care, trauma-informed practice, workshop development, oppression, healthism, facilitation, education*

**S-113: 2:10 – 2:40 pm PST**

# Elevating Simulation: A Facilitator's Guide to Best Practice

Lainey Dopp & Olivia Nelson

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Simulation is an experiential form of learning where theory transforms into reality, and patient care thrives. With the right approach, simulation can enhance the competence and confidence of nursing students. It serves as a tool to bridge the theory to practice gap that hinders many new graduates. Simulation-based education enhances the development of cognitive, affective, and psychomotor domains of learning by providing an engaging environment for students to apply knowledge, cultivate relational practice, and refine clinical skills. The key to successful learning lies in the hands of skilled facilitators versed in simulation pedagogy. Research suggests that inadequate simulation practices not only discourage participant engagement but also obstruct the path to meaningful learning outcomes. Using this knowledge, we have developed an online, pedagogical document that seeks to empower facilitators to transform student learning through immersive education in a safe learning container. Join our leadership project, as we embark on a mission to elevate the Selkirk College nursing community. Let's discuss the best practices in healthcare simulation that will enrich education and craft nurses who feel prepared to enter clinical practice.

Keywords: *simulation, best practice, education, teaching, learning, clinical competence*

**S-219: 2:10 – 2:40 pm PST**

# Bridging the Gap Between the Indigenous Population and Access to Healthcare

Kathleen Cure & Kailey Taks

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According to the findings in the 2020 Kootenay Boundary Health and Wellness Needs Assessment, 15% of attached Aboriginal patients and 20% of non-attached Aboriginal patients self-reported experiencing instances of discrimination in the healthcare system (Kootenay Boundary Aboriginal Services Collaborative, 2020). Our project focused on advancing a proposal to establish a treatment room at the Circle of Indigenous Nations Society (COINS) in Castlegar to increase access to primary health care for Indigenous people in a culturally safe environment. The goal of this project is to increase health equity through the provision of culturally safe care. We have worked in partnership with COINS, the Kootenay Boundary Aboriginal Services Collaborative, the Primary Care Network, and through our own research, we have made exciting progress toward the realization of establishing a treatment room at COINS. We invite you to join us to hear how our leadership project has advanced the project concept and sparked real interest among health care providers and the Indigenous community. Our project will provide future recommendations for the use of the space to enhance the health and well-being of Indigenous peoples.

Keywords: *Indigenous, cultural safety, health equity.*

**S-113: 2:45 – 3:15 pm PST**

# Lived Experience Circle of Homelessness

Celeste Hart & Haeleigh Martin

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The pervasive issue of homelessness in the West Kootenays ignites deep-seated debates, yet tangible solutions remain elusive. This project, in partnership with Bridging Rural Homelessness and Well-being: A Sustainable and Collaborative Regional Response (BRHW), embarks on a transformative journey by centering the voices of individuals with lived experience of homelessness. Focused on creating a sustainable and ethical approach to incorporate these perspectives into research and policy development, the project leverages toolkits from organizations pioneering lived experience groups (LEG). Collaborating with BRHW and lived-experience co-researchers, an organized lived experience group is in the making. The project illuminates the invaluable contributions of lived-experience perspectives, showcasing the benefits uncovered during the group's formation. Expressions of interest from unhoused individuals fuel the momentum, with a long-term funding application for the group already underway. Those eager to participate emphasize the profound impact of having their voices heard and contributing to enduring change. This initiative aspires to dismantle stigmas surrounding marginalized populations and foster robust community bonds across diverse demographics. Join us in exploring the potential of this influential project, where lived experiences converge to shape sustainable solutions and cultivate inclusive communities.

**S-219: 2:45 – 3:15 pm PST**

# Enhanced Outreach Space in Trail Selkirk Campus

Pier Briggeman & Erika Couling

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Unhoused individuals and those who use substances suffer from significant health inequities and have a shorter life expectancy. Stigma, discrimination, trauma, poor previous healthcare experiences, and distance to accessing care facilities all significantly affect an individuals' overall health and well-being. We will explore the facilitators and barriers to accessing healthcare services for this population. Our project focused on working with Selkirk to acquire a larger outreach space on the Trail campus that can be utilized by nursing students to deliver services. Our hope is that with the acquisition of this space, other Health and Human Service programs can expand practical placement opportunities, thereby learning to build therapeutic relationships with this population while utilizing a trauma-informed approach to enhance students' relational practice skills. This project will help bridge the gap in accessibility to healthcare services for Trail's unhoused population, which will work towards health promotion and equity for this marginalized community. Additionally, we hope that this project will build knowledge, empathy and community capacity for this vulnerable population. Our pipe dream is that this space could be utilized by community partners, including Interior Health, REDUN, ANKORS, and ministry services, similar to the model of the coordinated access HUB in Nelson, BC.