

THE PULSE

UM Nursing Students' Association Newsletter

September/ October 2021

Welcome (Back) Nurse Colleagues!

By Rikka Yambao

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"It was very meaningful to meet the new students through an online platform! It's great to not only get a perspective from them, but (to) hear and address their concerns,

especially during this difficult time we are in," says Gieselle Ortilla, NSA Vice Stick, when asked about her New Student Orientation

experience. From August 31 to September 1, the College of Nursing welcomed 120 new

Laniga adds, *"I really appreciate getting any opportunity that I can to reassure students that although their studies will be busy, they will still have time for other things in their life; it is all about finding their groove and seeing what works for them!"*



students for the Fall 2021 intake. Due to the current COVID-19 restrictions, the NSA hosted a virtual orientation day for our new nurse colleagues for the second time. NSA Senior Stick Gillian

The NSA's introduction video can be viewed at:

<https://www.youtube.com/watch?v=I4CKJJeB7bo&feature=youtu.be>

Featuring

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Nursing students share experiences in COVID-19 Immunization Clinics

By Rikka Yambao

Almost two years since the global pandemic that challenged everyone's idea of a "normal" daily living, nurses, physicians, respiratory therapists, and many others

including healthcare students had been working nonstop in the front lines. A number of individuals from the University of Manitoba's College of Nursing had also

chosen to join the ranks by working in the province's vaccine clinics.

Kandy Umeohabike, a Year 3 Term 1 student, had decided to work in

(Cont'd) Nursing students share experiences in COVID-19 Immunization Clinics

the immunization clinics in hopes of helping our community increase its vaccination percentage. Umeohabike says, *“working as an Immunizer provides me with vast knowledge in my field and helps me practice therapeutic communication.”* She also shares having the opportunity to work at the Supersites and with the Focused Immunization Teams (FIT) using VEMA, a mobile clinic that goes into communities with poor accessibility to the vaccines. *“I have had days where I wished to stay longer than an 8-hour shift just because I had so much joy.”* Umeohabike tells The Pulse. *“I have worked with different groups of people and honestly, it is so hard to pick a (single) memorable experience.”*

RJ Canlas, also a Year 3 Term 1 student, works as a Clinic Navigator and had been assigned some of its sub-roles including Screener, Registration Desk Navigator, Flow Organizer, Trunk Navigator, and Immunization Recorder. Canlas shares that the latter has been his favourite

role as he got to work very closely with the Immunization team and also interact with various medical professionals and students. *“The most memorable part of working at the clinic is meeting and getting to know other nursing students*

grounds as well as advocating for their comfort and safety.”

Mohit Kaushal, a Year 4 Term 1 student states, *“As nursing students, we have a role to help out because we are future healthcare providers,”* Kaushal shares being

COVID-19 vaccine clinic— a skill that he, unfortunately, did not get the chance to practice during his previous clinical rotations.

Grace Gao, also a Year 3 Term 1 student says, *“I wanted to help re-open up the province and contribute with what I can.”* Gao shares that her takeaway from this experience is having a better sense of professionalism and being able to view herself more as a healthcare professional. When asked about her favourite moments as an Immunizer, Gao exclaims, *“I worked a shift with Denise from Skills Lab! I had her (as an instructor) before but working with her more closely was a fun experience. She was*



(Top row L-R): Gillian Laninga, Parth Khanna, Charity Marschischuk, Ankit Raturi, and Vivian K. Umeohabike (Front row L-R): Tina Nguyen, Gurman Dhanoa, Haley Johnson, Chimdinma Nijinjaka, Maira Ashraf, Colleen Soriano, and Lyciah Guilpa

from the College of Nursing... getting to listen to their individual experiences...as well as (receiving) some really helpful tips as to how I can survive the rest of my nursing student career. Although I am not directly involved with the clinical side of the vaccination campaign, working at the clinics will definitely affect my future nursing practice... (it) improved my ability to interact with clients from different back-

assigned in all the Immunizer sub-roles such as observing people for adverse reactions, pre-drawing up vaccines, immunizing, and addressing the clients' concerns about the vaccines. “I really liked (working in) the trunks because I get to immunize and (it) keeps me in touch with my nursing skills.” Kaushal also mentions having the opportunity to administer his very first intramuscular injection at the

“With all these experiences combined and many more, I recall telling my mom after my first day that, ‘If this is what nursing is, I love every part of it.’”

(Story Continued)

knowledgeable and it was great conversing with her.”

Lyciah Guilipa, a Year 4 Term 2 student, had worked both as an Immunizer and Navigator in the clinics. Since January 2021, Guilipa had been in the Notre Dame pop-up site and vaccine supersites such as RBC and Leila. According to her, this experience has been “an amazing opportunity to strengthen (her) nursing skills relevant to (her) future practice. It was also an opportunity to work with

very experienced and dedicated nurses and other health professionals who are very encouraging and pleasant to be colleagues with.” When asked which of the two positions she prefers more, Guilipa replies, “every role is (just) as important... but being the Immunizer is what I find the most fulfilling because I know that when I immunize the clients in my trunk, they will be leaving with not just a smile on their face but also an extra protection that will keep them and everyone who is important to them safe.”

Hussein Albairmani, a Year 4 Term 1 student states that he enjoys the Observer sub-role as he gets to apply his nursing skills while working with a team who manages immunization-related complications such as fainting, allergic reactions, needle phobia, any others. The fourth-year student also reminisces, “I was immunizing one client and after getting their shot, they started crying. Initially, I thought it was their nerves and anxiety catching up to them but after I



(Standing L-R): Faith Sumayod, Airah Ramos, Jonas De Ocampo, Francesca Gonzales, Jasmin Quijano, and Patricia Catalla
(Sitting L-R:) Rikka Yambao and Frances Hernandez

talked with the person, they told me that getting the vaccine meant so much to them and those were tears of joy as they’ll be able to see their grandchildren in person after a full year of not seeing them.”

Meanwhile, **Frances Hernandez**, a Year 4 Term 2 student favours the Immunizer position’s sub-role in Informed Consent more. “To be in this role, you must be updated with the research articles, fact-sheets, and the (guidelines) as educating clients is the second big part of being in (in this role). When the Pfizer and the Moderna vaccines were first announced as interchangeable, I did a lot of educating with all the clients who are asking which

vaccine is better. The answer: the best vaccine is the vaccine you can get as soon as possible.” Hernandez also mentions that working in the clinics had played a role in her character growth. “All of the touching memories with my coworkers and clients, the networking opportunities, (and) the ever-so-often changing information has played a part in building my confidence in tackling unforeseeable circumstances and adjusting to new environment... With all these experiences combined and many more, I recall telling my mom after my first day that, “If this is what nursing is, I love every part of it.”



NSA CHP Chair Lynette Trinidad and Vice Stick Gieselle Ortega



Orange Shirt Day 2021

By Gillian Laninga and Winter Traverse

In order to maintain everyone's safety in the midst of the pandemic, the NSA and the College of Nursing (CON) had opted to hold a virtual event this year instead of the traditional *Orange Shirt Day* walk from the Helen Glass Building to the National Centre for Truth and Reconciliation. Hosted by Deanna Garand, a Year 2 Faculty of Science and Pathway to Indigenous Nursing Education (PINE) student and the Knowledge Keeper for the CON Leslie Spillett, the event started off with a beautiful opening prayer.

Virtual guests including B'yauling Toni of Saskatchewan shared how he has been an ally to Indigenous peoples by cycling around his province to each federally funded residential school. Along the way, he has been raising money for the *Orange Shirt Society* and also dropping off handmade moccasins to the different communities *en route*. Two other guest speakers, Jasmine La-

vallee and Virgil Moar from Moose Jaw, Saskatchewan shared their journey from Win-



"The Great Reunion" by Brandon Jacko

nipeg to Kamloops, British Columbia as they raise awareness about the residential schools. Learn more about their story at <https://www.gofundme.com/f/215plus-i-wanna-come-home>.

A video performance also featured drumming and dancing in honour of residential school survivors and for those who did not make it home. Jonathan Wilson, Digital Content Creator from

the Rady Faculty of Health Sciences, also helped us create a powerful video featuring children who shared what "Orange Shirt Day" means to them and featured creations of individuals who used art as an outlet for their grief over the past year. This can be viewed at <https://www.youtube.com/watch?v=N9N-i02HQVo>

We, along with the entire NSA would like to thank everyone who attended this virtual event to honour those affected by residential schools, and for those who were unable to attend, a recording of the event will be released soon for viewing.



NURSE CREATIVE



AYESHA ANWAR

"ROAD TRIP TO THE SUNSET"

THIS PIECE WAS INSPIRED BY WHAT I ENVISIONED SUNSETS TO LOOK LIKE IF THEY WERE A PLACE.



"ACCIDENTAL SCENIC ROUTE"

THIS PIECE WAS INSPIRED BY THE VAST PRAIRIES IN MANITOBA THAT I SPENT A LOT OF TIME DRIVING THROUGH AND APPRECIATING.

"DREAD"

THIS PIECE WAS INSPIRED BY MY COMPLETE DISTASTE FOR WINTER AND THE LACK OF SUNLIGHT



WANT TO BE OUR NEXT NURSE CREATIVE? SHARE US YOUR ARTWORK, CREATIVE WRITING, PHOTOGRAPHS, MUSIC, AND MORE!

CONTACT US AT [YAMBAOR@MYUMANITOBA.CA](mailto:yambaor@myumanitoba.ca)





UMSNs Run for Breast Cancer Awareness

By Leah O' Hara



Sunday, October 3rd was Winnipeg's annual CIBC Run for the Cure. Students from the College of Nursing participated, forming a team called *The Student RNER's*, with a total of four students running and fundraising for breast cancer research. The team raised a total of \$676.70. They also participated in the virtual run, coordinating their start times and running a total distance of 25km. The weather was perfect for running, and much warmer than previous years. If any readers have interest in joining the student RNERs for the 2022 season, please contact any NSA representative.

MEME CORNER

When its your first day at clinical rotations



CIBC RUN FOR THE CURE



Canadian Cancer Society



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<https://umanitobansa.weebly.com/online-store.html>

 **AGAPE TABLE**



TURKEY DRIVE
OUR GOAL IS 200 TURKEYS

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CALL 204-783-639

.....

FOR MONETARY DONATIONS E-TRANSFER TO
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Show off your (or your pets') spooky costumes this Halloween! Join us on Instagram and get a chance to win a \$10 e-gift card from Timmies. Contest runs from October 25th to 30th. Follow us @umanitobansa for more details!

NSA PRESENTS

HALLOWEEN PHOTO CONTEST

Enter for a chance to win a \$10 Tim Hortons e-gift card!

Instructions:

1. Must be following @umanitobansa
2. Use #SpookyNSA21 and @umanitobansa on your post
3. Share this post to your story

Editor's Note

Hello fellow student nurses!

Welcome to the new school year. I hope you enjoyed this issue of our newsletter and gained some valuable insights. As we continue to live in a world stricken by various illnesses and diseases, I believe most of us appreciate now more than ever, how important our chosen profession is. Nursing school can be so busy and overwhelming. My advice: it's okay to take breaks. Take care of your mental health. Do something outside of nursing school that makes you happy. To the new intakes, you may feel lost right now and that's okay! We are all here to find our own paths. Take your time. It will all be worth it.



I would also like to say 'thank you' to the CON staff for helping us to continue to grow into the nurses our community needs. See y'all in the next issue of *The Pulse*!

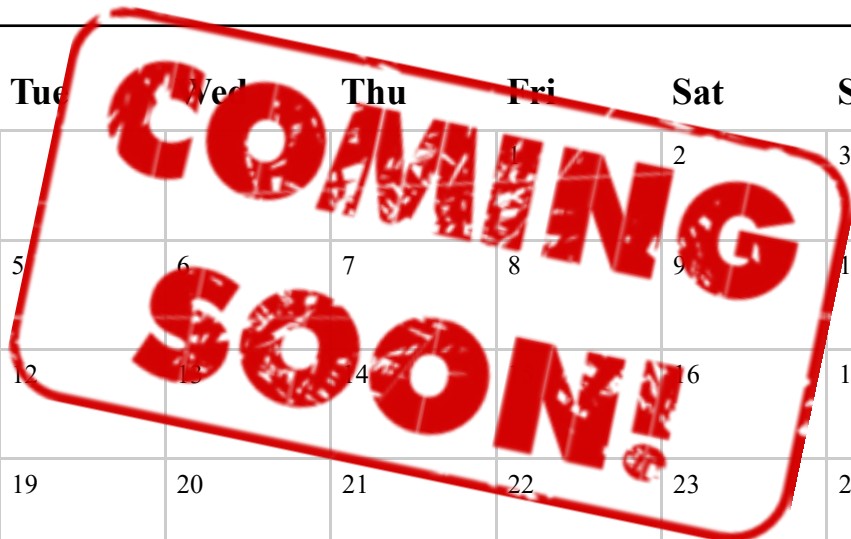
Kikka

NSA Virtual Office Hours

October
2021

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
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