

# OOHNA Xpress

Volume 15, Issue 5 Nov/Dec 2008

## OOHNA BOARD OF DIRECTORS

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Marlene Demko, RN, DOHN, COHN(C)

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## Ontario Occupational Health Nurses Association

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### Mission Statement

*To foster a climate of excellence, innovation  
and partnership enabling Ontario Occupational Health  
Nurses to achieve positive workplace health  
and safety objectives*

PM 40026127

## BOARD OF DIRECTORS' REPORT

*Marlene Demko, RN, DOHN, COHN(C)*  
OOHNA President

### Greetings from your Board of Directors.

Nominations are underway for the 2009-2011 OOHNA Board of Directors. Nomination forms have been sent out and I encourage all members to consider running and making a difference.

From their comments at the 2008 conference and in the spring 2008 Journal article, "35 Years Strong", OOHNA's past-presidents made it abundantly clear that they counted their volunteer time with OOHNA as one of the most rewarding and memorable commitments of their lives. If you want to forge new friendships, strengthen your leadership skills, challenge your expertise and creativity, I hope you will consider running for the OOHNA board.

Being on the board of directors is not arduous and does not mean a lot of time away from work. The board meets four times a year, including conference, and once or twice by conference call.

I hope we continue to have representation from candidates across Ontario. If you have any questions, please contact me or Brian Verrall or visit the OOHNA website.

I attended the Ontario Hospital Association Annual Conference this month. OOHNA developed and co-chaired a session with Inez Landry, Infection Control Ontario, entitled, "Infection Control and Occupational Health Nurses". OOHNA member, Jane Sloggett, Director of OH & S, University Health Network was one of the speakers. The session was well-attended – approximately 65 people were updated on a number of very interesting and varied topics, including Indoor Air Quality, Pregnant workers in the Hospital Setting and Collaborative Approaches to Workplace Infection Control and Occupational Health issues.

Still on the topic of education, the fall OOHNA workshops presented by Patricia Kent and Jane Lemke in Oakville and London were well attended. Jane and Pat will be presenting a full day session on Respiratory Protective Equipment at the 2009 OOHNA conference.

I would also like to thank board members Lina Di Carlo and Karen Watson who worked with Jane Lemke to revise the Scope of Practice and Standards of Practice for OHNs. Jane identified the need to revise and update these key documents and tackled the job with Lina and Karen. Jane is attending the December board meeting to discuss the changes and has written an article for the winter OOHNA Journal – be sure to read it. Once finalized, the documents will be on our website and a link will be e-mailed to all members.

On behalf of your Board of Directors, I would like to wish everyone a happy and healthy holiday season.

EXECUTIVE DIRECTOR'S REPORT

Brian Verrall, MSc, DOHS, RN, COHN(C), COHN-S/CM, FAAOHN

Summer is over – there's snow just north of Toronto. We are into another season: the season of membership renewal, nominations for OOHNA's board of directors, renewal of our local associations.

In regard to the above, and in OOHNA's attempt to revive or keep the local associations healthy, I visited the Barrie Occupational Health Nurses Association. Barrie is a small group of nurses from Ontario's near north (Barrie to Parry Sound to Huntsville). They meet twice a year and have no membership fees. At the meeting, we discussed OHN legal and insurance issues and reviewed ways OOHNA can help them to survive and thrive. This makes a total of three area associations that either Zareena Khan and I or I alone have visited in 2008. I look forward to being invited to other local groups in 2009 to see how OOHNA can help.

The office continues to receive a variety of phone calls. The latest was the odd way in which the MOHLTC organized the distribution of 2008 Flu vaccine. Many nurses were left out of the loop and were left scrambling.

Another issue causing concern is Occupational Health Certification with CNA. There continues to be a misconception that you must be a member of RNAO to apply to write, or to apply for re-certification.

**This is not true.**

There is a "CNA rate" and a "non-CNA" rate. In order to get the "CNA rate" as a nurse in Ontario you must belong to RNAO. If you do not belong to the RNAO and pay to write at the non-CNA rate, the cost is a \$200. **Remember to apply to OOHNA for a refund of that \$200.00.**

I would also remind those who are certified that they can apply to the American Board for Occupational Health Nurses for certification in USA. This is done through a reciprocity agreement and through payment of the fee. For more information go to [www.abohn.org](http://www.abohn.org).

Keep your eye on the OOHNA website and your mail as we are sending out information regarding the up-coming elections of the board of directors. Give it some thought, and perhaps get involved.

Remember to send in your 2009 membership renewals so that they arrive at the OOHNA office by December 30, 2008 in order to maintain your membership and insurance coverage.

We are entering what experts call a period of "economic uncertainty". I suggest that this is nothing new to OHNs, as we have always worked in times of economic uncertainty either real or perceived. Having said that, we will need to be ever conscious of the costs of things and budget restraints. There will be some job losses as there are every time there is a downward "blip" in the economy. Think positively and continue on! Avoid the media's "doom and gloomers". Job offers continue to arrive at the office.

I would like to take this opportunity to wish you all "Season's Greetings" from Frances, Nellie, Carol and myself at the OOHNA office and convey our best wishes for the New Year.

OOHNA office holiday closure: December 24, 2008 to January 2, 2009 (inclusive)

**HAPPY HOLIDAYS**

**IMPORTANT:**  
 2009 OOHNA Membership

Watch for important information about your 2009 Insurance coverage being mailed to you the week of November 10<sup>th</sup>.

Memberships must be renewed no later than December 30, 2008 in order to ensure continuity of Liability Insurance coverage.



## Healthy eating for healthy blood pressure- Tips from Dietitians of Canada

High blood pressure is the number one risk factor for stroke and heart disease, but because there are no obvious symptoms, it is often called the “silent killer.”

Some healthy eating actions include:

1. Plan a healthy eating pattern using Eating Well with Canada’s Food Guide with emphasis on fruits, vegetables, lower fat milk products and fibre-rich foods.
2. Use the following strategies to reduce sodium intake to 2300 mg (100 mmol) or less per day [a teaspoon of salt contains approximately 2300 mg of sodium]:
  - a) Buy fresh, unprocessed foods
  - b) Read the Nutrition Facts panel on food labels for sodium content; choose those with the lowest % Daily Value (% DV)
  - c) Eat fewer restaurant and fast food meals. Limit use of condiments and salted, pickled, cured and “instant” foods
  - d) Enjoy more home-cooked meals using menu plans and quick recipes.
3. Achieve and maintain a healthy weight:  
A healthy body mass index (BMI) is 18-25. A BMI greater than or equal to 25 and/or waist circumference greater than or equal to 102 cm for men and 88 cm for women is considered high risk
4. Limit alcohol intake to a maximum of 2 servings per day with a weekly limit of 9 servings for women and 14 servings for men.

## INJURED REGULATED NURSE STUDY

***We want to hear from you***

Are you an Occupational Health Nurse who has worked with RN/RPNs who have been injured, disabled or become ill as a result of nursing work? If you are, a researcher from the University of Toronto Faculty of Nursing would be interested in speaking with you.

Participation in this study is voluntary and anonymous. Any information shared will be kept confidential.

To find out more about and/or participate in this study please contact Laurie Clune at [laurie.clune@utoronto.ca](mailto:laurie.clune@utoronto.ca) or call 905 903-3623.

### **Paying your 2009 OOHNA Membership and need a receipt immediately?**

Just attach a note with your payment asking the OOHNA office to fax your receipt immediately upon processing. No waiting for Canada Post.



ELECTION  
OOHNA BOARD OF DIRECTORS  
**September 1, 2009 – August 31, 2011**  
**CALL FOR NOMINATIONS**

In accordance with the By-laws of the Ontario Occupational Health Nurses Association the affairs of the Association shall be managed by its Board of Directors. The number of Directors shall be seven (7). Directors shall be eligible for re-election upon completion of their terms. The board member occupying the position of Vice President at the time the election is held shall, if available to serve, be a member ex-officio of the new board. In this event, the members of the Association shall elect only six of the seven Directors.

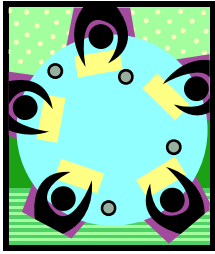
**THE NOMINEE:**

1. Shall be a current regular member of OOHNA.
2. Shall acknowledge the acceptance of the nomination in writing.

**THE NOMINATION:**

1. Shall be accompanied by the OOHNA Registration Number, printed name, signature and mailing address of both nominators and nominee.
2. Shall be accompanied by nominee's typed half page biographical sketch which shall include:
  - education
  - professional experience
  - professional and community involvement
  - statement of purposeThis information will be published and circulated to the voting membership.
3. Shall be postmarked no later than **December 31, 2008**. It shall be mailed to:

**The Nominations Committee**  
**The Ontario Occupational Health Nurses Association**  
**Suite 605, 302 The East Mall**  
**Toronto, Ontario M9B 6C7**



Information For OOHNA members Interested in Running  
for  
THE OOHNA BOARD OF DIRECTORS

- a) Six nominees, with the highest votes, are elected, by OOHNA members, to a two-year term of office.
- b) Nominees are encouraged to obtain the support of their employer. The work on the Board requires time off work. Some reimbursement for lost wages is possible through OOHNA.
- c) Four Board meetings are held throughout the year on Fridays either face-to-face in the OOHNA office or a conference call. Board meetings are scheduled at the beginning of each year and are typically in February, May, September and November. One Board meeting is in conjunction with the OOHNA conference in spring.
- d) Members of the Board are expected to make every effort to attend all Board meetings. A Board member who is absent from two consecutive Board meetings may be deemed to have resigned from the Board. In keeping with absenteeism practices, the Board member will be contacted to discuss whether ongoing attendance on the Board is intended, feasible and can be reasonably expected.
- e) Board members attend the entire Conference (Board members receive complimentary room and registration).
- f) Implementation of Policy Governance means the Board members are no longer responsible for a "portfolio". Board members may be asked to volunteer on an Ad Hoc Board Committee as necessary. Board members will actively participate in the Annual OOHNA Conference and will be asked to introduce and thank session speakers as well as any other tasks as required.
- g) The Board no longer has an executive committee; however, two Board members serve as Vice President and Secretary. Currently, these positions are elected, by vote among members of the 'incoming' Board. This election process takes place the first Board meeting following the annual conference. The Vice President, elected in this manner, assumes the position of President during the subsequent term of office.
- h) The Board has formally adopted John Carver's "Policy Governance" model for board governance. New Board members will receive an orientation on Policy Governance at the beginning of their term of office.

Briefly, the model frees the Board of involvement in details of implementation of organizational activities. The Board's role is proactive, forward thinking and focuses on the vision 'ends' & 'strategic plan' for the organization. The Board views OOHNA members as both 'owners' and 'customers'. Owners are defined as those who have entrusted the management of the organization to the Board, and, in turn, the Executive Director; and the members are 'customers.' Customers are defined as those who have expectations of what they gain from or receive as members of OOHNA.



# BULLETIN BOARD

Website for men: [www.menstuff.org](http://www.menstuff.org)

## NOVEMBER

**Osteoporosis Awareness Month** <http://www.osteoporosis.ca>

**Diabetes Awareness Month** <http://www.diabetes.ca>

**CPR Awareness Month** <http://www.heartandstroke.ca>

## DECEMBER

**World AIDS Day** [http://www.unac.org/en/news\\_events/un\\_days/aids1.asp](http://www.unac.org/en/news_events/un_days/aids1.asp) - DEC 1

**International Day Of Disabled Persons** <http://www.un.org/esa/socdev/enable/disiddp.htm> - DEC 3

**Mothers Against Drunk Drivers Red Ribbon Campaign** <http://www.madd.ca>

## Info for Adults with ADHD

Two-thirds of children with attention-deficit/hyperactivity disorder retain the condition in adulthood.

Find resources and information about adult ADHD at the **Canadian ADHD Resource Alliance:**

[www.caddra.ca](http://www.caddra.ca)



**LUNCH BAG BLUES?** For creative ideas on how to add variety to your lunches and follow *Eating Well with Canada's Food Guide* click on ([http://dietitians.ca/public/content/resource\\_centre/feature\\_groups\\_topics.asp#eatwell](http://dietitians.ca/public/content/resource_centre/feature_groups_topics.asp#eatwell)) In addition, the site has an interactive zone loaded with videoclips with quick, easy and practical ideas (interactive tools to help plan menus; games and quizzes to test your nutrition knowledge).



## THINK GREEN

### Biodegradable plant-based garbage bags

A petroleum-free alternative that breaks down in landfill and allows contents to break down as well. Available at leading grocery stores, hardware stores and specialty stores such as Lee Valley Tools. *Hint: can also be used to store produce in the fridge.*

Is yours an older home? Find out how you can get an EcoENERGY Retrofit, which helps point out energy inefficiencies in older homes. Visit the government website: [www.oee.nrcan.gc.ca](http://www.oee.nrcan.gc.ca)

***"The economy is a wholly owned subsidiary of the environment."*** Robert Kennedy Jr.

## Gathering Information to Support Return to Work

*Gowan Health Tip, October 31, 2008. Reprinted with permission.*

### Communicating with the Worker

- The individual is a worker – focus on return to work early, discuss return to work at the first opportunity after the injury and illness.
- Focus on what the individual can do at work.
- Acknowledge safety and restrictions and ensure the modified work adheres to this.
- Offer support and ergonomic suggestions at the workplace.
- Focus on the individual as a valued employee doing meaningful and productive work.
- Refer to case management those cases with “Red or Yellow flags”.

**NOTE:** How a question is asked is just as important as what is asked. Ensure that any question is asked with respect and sincere need for resolving the absences and providing support for the employee.

### DO ASK

- Reason for absences
- Is the absence work related or not work related (If work related ensure that a WSIB claim has been filed)
- If there is any way to improve the absences
- If there is any support that the company can offer to improve the absence
- If there is need for accommodation of functional disabilities
- The length that the employee expects the absence or accommodation may be required
- Duties within the workplace he/she can do. Focus on his/her abilities
- A medical note from the physician outlining the employee’s abilities and length of time the employee is expected to require accommodation

### DON'T ASK

- For a diagnosis of the employee’s medical condition
- For any personal information that will not be used in determining solutions to the absence

### Communicating with Health Care Provider:

Prior to attempting communication with the treatment team

- Inform the worker of the reason for the contact with the treatment team
- Inform the worker that the discussion is about function and work activities that meet his/her needs
- Show the worker all of the documents being sent to the treatment team
- Ask the worker if there are any concerns with the communication
- Obtain a signed consent form

### Asking the right questions of health care professionals

While an employer is entitled to medical information regarding disabled employees, it must choose the least intrusive means and only seek information that is required. The employer is not entitled to the specific diagnosis, the specific treatment or the date when the employee first visited his/her physician. Other information is allowed only if it is necessary and reasonable in the circumstances.

It is important, in complex cases, to manage the case with the correct information and functional needs of the employee. How can you expect to accommodate without the correct objective information on the abilities and restrictions for the worker? Employers do not need to know “diagnosis” but they do need to understand the functional capabilities of the worker.

### FORMULATION OF QUESTIONS:

All questions to the health care provider should be specific to the job demands. A solid physical and cognitive demands analysis will help you to formulate your questions. Remember that the physician can provide answers that are related specific to a medical impairment.

Are there risks that indicate that the disability would be medically NECESSARY?

What are the current medical contraindications to return to work?

- Is the worker contagious?
- Any risk to recovery for performing work?
- Any need for attendance at treatment during work hours?
- Any need for hospitalization?
- Any risk to commuting to and from work?

What are the current reported tolerances for work that would be DISCRETIONARY?

- Tolerances for physical movements that may require limitations due to medical diagnosis
- Tolerance for cognitive activities that may require limitations due to medical diagnosis

Any side effects of medications or treatments that might impact safety in:

- operation of a motor vehicle
- use of fire arm
- work around motorized equipment
- other

Duration of contraindications/risks:

Prognosis for recovery?

Any further barriers to return to work?

Arbitrations demonstrate that the employer has a right to ask for additional assessment if the physician's note is insufficient or lacks objective information. Ensure that you access information from the right health care professionals:

- Physiotherapist
- Psychologist
- Psychiatrist
- Occupational therapist
- Other

Once you have the information:

Match the functional capabilities to your objective job demands.

The duty to accommodate can be challenging:

- Define the essential job demands
- Determine an employee's functional abilities and limitations related to their job
- Communicate with treating health care practitioners
- Develop and implement return to work plans
- Identify accommodation requirements
- Ensure due diligence in your accommodation process

*For more information visit Gowan Health Consultants at [www.gowanhealth.com](http://www.gowanhealth.com) or call Nancy Gowan at 1-888-752-9954.*



## 10 Ways to Keep Your Edge at Any Age

*Nancy D. O'Reilly*

Is your workplace starting to leave you behind? The truth is, whether you've been working for two years or 52 years, it is easy to get into a rut and stay there. Humans are creatures of habit, and the habits that we develop over the years can be difficult to break. It's easier to stay in the same routines, activities and responsibilities that we've always done. Unfortunately, that kind of attitude in business will get you nowhere. The people who rise to the top of their careers are motivated, innovative and ready to take on new challenges.

If you are starting to experience a mental or physical slowdown in the workplace, here are some tips to get your edge back. These strategies will help you find the energy and drive to succeed, whether you are 29 or 99 years old.

**1. Get healthy.** Your number one way to age-proof your career is by taking a closer look at your physical and mental condition. The easiest way to do that? With a complete physical from your family doctor. Be honest with yourself - how long has it been since your last check-up? That little ringing in your ears could be more serious than just a little hearing loss. Make it your priority to have regular physical examinations, and check for the diseases that may affect you more as you age, such as heart disease, prostate and breast cancer.

**2. Get moving.** Are you feeling more sluggish and less energetic? It could be because you aren't getting enough exercise. Many have more sedentary lifestyles, not just at home (in front of the TV) but also at work, typing away at the computer or checking emails regularly. To keep that edge, you should be spending at least a few days each week doing some sort of physical activity. Incorporate cardio exercise (at least 30 minutes), weight training (use free or stationary weights at least three times a week) and most importantly, cross train to do different cardio exercises that challenge your body and build a healthy heart.

**3. Check your skills.** Are you staying up-to-date with the skills in your industry? What about all the technology tools out there? Are you on the leading edge or are you feeling frustrated by your lack of knowledge? Remember, it is fun to learn. Even if you don't have time for long classes or weeks of training, you can still subscribe to your industry magazine, read up on the latest trends via e-mail, or network at industry events in your city. There are usually even weekend events or retreats that will help you stay up-to-date on your job skills.

**4. Keep balanced.** Are you spending too many lunch breaks trying to catch up on paperwork? Are those office e-mails eating into your vacation time? If so, you're not alone. Many workers have a hard time separating their private lives from their work lives. We live in a 24-hour society, with easy access to the office via e-mails, Blackberries and cell phones. But that doesn't mean we should be doing things that way. Staying balanced means spending quality time with family and friends, enjoying vacation time and knowing when to un-plug the Blackberry. By keeping your life balanced, you can actually get more done at work!

**5. Learn to take a break.** Taking a vacation these days can seem like a pipe dream, but it's important to take a break every once in awhile. Some people blame the rising cost of fuel and airfare, while others simply can't find the time. Stop with the excuses! Working non-stop and even forgoing a vacation may make you feel like Superman or Superwoman in the office, but soon enough your body will protest and get burned out.

**6. Take even a small break.** If a weeklong vacation isn't in the cards for you, opt to take a personal day (or two) away from the office. Use that time to relax at the spa, visit family or friends, take the kids to the beach or even just get some housework done. If a week in Europe is out of the picture, set up a vacation at home, known as a "staycation," where you purposely stay in your own home, or at least home city, doing personal errands or just kicking up your heels on the sofa.

**7. Try something new.** When you are young, it seems so easy to pick up a new sport or hobby, without even thinking twice about whether you will be good or not. Take that same attitude and become fearless again! It's important to have that attitude in the office, too. Strive to try something new and you may surprise yourself - in a good way! For example, if you've always wanted to start golfing, why not join that group of golfers in your office during their next outing at the driving range? You could be making new connections and helping your brain stay young. Or, if your boss asks you to take on a new responsibility or task in the office, develop a positive attitude and jump right in. Sure, you can always ask for help if you need it, but you may also learn that you have natural talents in other areas.

**8. Stay connected.** Are you good at keeping in touch with your friends, co-workers and relatives? Not only is it important to stay social in business because of the contacts you make and the opportunities that you create but socializing also keeps your energy levels up. Without that social interaction, you can start to feel deflated and unmotivated. People want to work with and be with people who are fun, outgoing, happy and energized. These days, you can even re-connect or build relationships over the Internet with social networking sites.

**9. Develop an attitude of gratitude.** In other words, pass it on. You might be higher up on the pecking order at work, so wouldn't it be nice to help someone at the lower end? You can mentor someone new at the office or volunteer at a local charity or non-profit organization. Every bit of positive energy you put out will come back to you in a BIG, positive way!

**10. Think it and it will be.** The laws of attraction really do work! Your mind and your thoughts attract the people you want, the career you want, the money you want, the love you want, and life you want. So, start thinking about the things you've always wanted and start moving toward these goals with a positive attitude, your brighter future awaits.

*Nancy D. O'Reilly, PsyD, is a clinical psychologist, researcher and founder of the online resource [www.womenspeak.com](http://www.womenspeak.com).*

**You can jump-start your life  
with these simple steps. It's  
never too late to  
re-ignite your energy and  
drive, and feel great about  
YOU.**

***Did you know?***

***Rx*** 25 percent of all prescription drugs are derived from trees, shrubs or herbs.  
**And**, the word *drug* is derived from the Middle English verb *drogge* "to dry" (herbs for medicine).



2009 AWARD OF EXCELLENCE  
*and*  
*LIFETIME ACHIEVEMENT AWARD*  
  
*CALL FOR NOMINATIONS*

**Award of Excellence**

The Award of Excellence recognizes a member of the Ontario Occupational Health Nurses Association who has made a significant contribution to occupational health nursing in Ontario. In addition, this award promotes the role of the occupational health nurse.

**Lifetime Achievement Award**

The Lifetime Achievement Award recognizes a current member of OOHNA who has made an outstanding contribution, both locally and provincially, on a consistent basis, to the occupational health nursing specialty or to the professional organization.

**Nominations**

The Board of Directors invites you to submit your nominations for either or both of these awards now. The awards will be presented at the Annual Conference, "Celebrate the Past, Embrace the Future", to be held in Niagara College, Niagara-on-the-Lake, Ontario May 20 - 22, 2009.

Do not delay in taking the first step. Honour your colleague and promote your profession by making a nomination as soon as possible. ***The deadline for submission is March 1, 2009.***

To receive an application please visit the OOHNA website at [www.oohna.on.ca](http://www.oohna.on.ca) and select the "Members Only" drop-down menu then select "Awards" and download the nominations forms. Applications can also be obtained by contacting the OOHNA office at: 416-239-6462; Toll free 1-866-664-6276 or email [administration@oohna.on.ca](mailto:administration@oohna.on.ca)

## Five habits that can mess up your diet – Carol Harrison

We all want to enjoy the benefits of eating right and that includes maintaining a healthy body weight. Keeping a food journal for a few days can be a real eye opener and is well worth the small investment of your time. Try to take note of when, what, where, how much and even why you eat. Avoiding these pitfalls can help too!

**1. Skipping breakfast:** People that eat breakfast tend to have a healthier body weight and here's why – they are less likely to overindulge later in the day when their hunger takes over. Including some protein, such as cheese, eggs or peanut butter, at breakfast has been shown to help keep the weight off too.

**Try this.** Jiffy micro-waved eggs. Beat one egg and one tablespoon (15 mL) milk in a microwave-safe mug. Microwave the mug for 45-60 seconds on medium-high. Stuff the cooked egg into a whole-wheat pita. Enjoy with a piece of fruit and glass of low-fat milk.

**2. Eating off a large plate:** The bigger the plate, the more likely you are to stack it up with food. Day after day, week after week – the extra calories add up.

**Try this.** Use smaller salad plates for dinner. Best of all, you won't likely notice the difference!

**3. Eating while working or watching TV:** These distractions make it less likely for you to "feel like" you've eaten which means you may be looking to eat again sooner rather than later.

**Try this.** Sit at the table when you eat and focus on your eating – try to take notice of the smells, textures and tastes. We all work hard and deserve to take a break to enjoy a proper meal.

**4. Cleaning up your children's plates:** Yes, we all know it seems crazy – eating what our kids have left behind but so many of us still do it! All those little nibbles do add up (unfortunately!).

**Try this.** Ask your children when they are done eating to scrap their own plates into the compost or garbage. If you don't see it you won't be tempted to eat it!

**5. Eating out:** Generally eating out means more calories and fat and less vegetables, fruits and milk. Do you find you eat out, do take out or order-in mostly as a last minute bail out?

**Try this.** Meal plan – it's worth the 15 minutes before you go shopping to map out a few meals ahead. Keep healthy basics handy for whipping up a quick meal such as egg and vegetable fried rice. To save time, use frozen veggies and use up leftover rice – great for lunch boxes too!

*Carol Harrison (eatright1@gmail.com) is a registered dietitian and nutrition consultant and can help you plan your nutrition month campaign this March, 2009.*

XPRESS EDUCATION

PLEASE CHECK THE OOHNA WEBSITE ([www.oohna.on.ca](http://www.oohna.on.ca)) for a complete listing of education events.

ALBERTA OCCUPATIONAL HEALTH NURSES (AOHNA) – 2009 ANNUAL CONFERENCE

**Education, Expertise, Empowerment!** May 27 – 29 at the Greenwood Inn, Calgary, Alberta

Keynote speaker: Dr Martin Collis

For information or to register visit [www.aohna.ab.ca](http://www.aohna.ab.ca)

BC INSTITUTE OF TECHNOLOGY

**Advanced Certificate in Occupational Health Nursing** – a distance education program offered through health part-time studies. For information visit [www.bcit.ca/health/oh](http://www.bcit.ca/health/oh) or call Janet Morrison, Program Head at 800-663-6542, ext. 7082.

CCOHS – New E- Courses available in English & French

**Indoor Air Quality** in offices and other non-industrial workplaces, such as schools, public buildings and shopping malls.

This one-hour course is geared to workers, managers, supervisors, health and safety committee members, human resources specialists.

**WHMIS Refresher**, created specifically for those who have some prior training on the basic concepts of WHMIS, is intended to help participants update their knowledge and understanding of WHMIS and workplace chemical hazards.

Prior to taking this refresher course, participants should have already completed a WHMIS classroom or e-course such as WHMIS for Workers or WHMIS for Managers and Supervisors.

Information about the courses, pricing and how to register is available on the CCOHS website:

<http://www.ccohs.ca/products/courses/iaq/>.

For further information contact Eleanor Westwood at (905) 572-2981, Ext. 4408. <mailto:eleanorw@ccohs.ca>

MCGILL UNIVERSITY

**Master of Occupational Health Sciences and Disability Management course.**

McGill University offers a graduate degree in Occupational Health Sciences on campus and online.

For information and application forms, please contact: The Occupational Health Program Coordinator

1130 Pine Avenue West, Montreal, QC, H3A 1A2

Tel: (514) 398-6989; E-mail: [Kelly.Murphy@McGill.ca](mailto:Kelly.Murphy@McGill.ca) Website: [www.McGill.ca/occh/distance](http://www.McGill.ca/occh/distance)

McMASTER UNIVERSITY

Are you looking for continuing education that builds your case management skills? McMaster University's Case Management Program is the only Canadian program available fully online. Visit

[www.mcmastercce.com/cm](http://www.mcmastercce.com/cm) to view student testimonials and learn more about the Case Management Program.

IMPORTANT INFORMATION

**PLANNING TO CERTIFY OR RE-CERTIFY?**

CNA 2009 Certification Fee Schedule

OOHNA members who are not members of RNAO are paying significantly more to write their initial certification. The difference is \$199.50. OOHNA members who **renew** their certification will pay a \$65.00 more than the RNAO.

We remind OOHNA Members that the OOHNA office will reimburse this difference under the Pat Ewen Bursary Policy provided you send us a receipt of payment and a cover letter stating you are applying for the Pat Ewen Bursary Fund for the difference of the cost of your certification.

**Save Your Money – It's that Easy!**

**MOHAWK COLLEGE - Certificate in Occupational Health Nursing**

Program is now available ONLINE for RN's via distance learning with Ontario Learn. For program details and course registration see [www.mohawkcollege.ca/dept/cehs/n-occupational.html](http://www.mohawkcollege.ca/dept/cehs/n-occupational.html). For further questions, contact the Program Manager at 905-575-1212, ext 1668 or via email at [lisa.gilmour@mohawkcollege.ca](mailto:lisa.gilmour@mohawkcollege.ca)

**OCCUPATIONAL HEALTH AND SAFETY, DISABILITY MANAGEMENT / COHN (C) PREP COURSE**

Patricia Kent, RN, DOHS, COHN(C), COHN-S, CRSP, Prime Knowledge Ltd. presents a 40 hour course culminating in a certificate in "Essentials of Occupational Health, Safety and Disability Management". This course meets education criteria for attaining and maintaining your COHN(C).

**For detailed course information and to register contact** Patricia Kent at 905-257-9438 or e-mail [kentpk@sympatico.ca](mailto:kentpk@sympatico.ca)

**UNIVERSITY OF FREDERICTON – Disability Management Course (Jan 5 to April 5, 2009)**

14-week On-Line course taught by **Dianne Dyck**, RN, BN, MSc, COHN(C), COHN-S, CRSP, a leader in Disability Management training and education. For more information, detailed course outline and learning objectives and to register, visit [www.universityfredericton.ca/dwn/ads/UofF-DisabilityManagement.pdf](http://www.universityfredericton.ca/dwn/ads/UofF-DisabilityManagement.pdf) (Tel: 1-877-454-6232; E-mail: [info@universityfredericton.ca](mailto:info@universityfredericton.ca) )

Trillium Health Centre's Spine Institute  
UNDERSTANDING YOUR BACK

Wednesday,  
November 19, 2008  
6:30 – 9:00 p.m.

**FREE**

Ursaki Auditorium, Trillium West  
Toronto  
(150 Sherway Drive, off the West Mall,  
South of the Queensway and across the road  
from Sherway Gardens).

Speaker: Dr Dana Wilson,  
Orthopaedic Surgeon

Learn about the anatomy of your back  
and how to get the right care when you  
need it. Ask questions and explore  
exhibitor displays.

**To Register:** Call (416) 259-7580  
ext. 6194 or E-mail Sana at  
[squreshi@thc.on.ca](mailto:squreshi@thc.on.ca). Give your  
name, phone number and number of  
attendees.

Ontario Occupational Health Nurses Association

**LAST 2008 WORKSHOP**

**November 29<sup>th</sup>**

Cost: OOHNA Members \$100 + \$5 (5% GST) = **\$105.00**  
Non-Members \$125 + \$6.25 (5% GST) = **\$131.25**

**#8 Creating and Maintaining an Effective Health  
and Safety System**

Facilitated by experienced educators, OHNs and long-time OOHNA  
members, Patricia Kent, RN, CRSP, COHN(C), COHN-S, DOHS  
and Jane Lemke, RN, BSc(N), COHN(C), M.Ed.

**Registration forms and information including directions can be  
downloaded from the OOHNA website at [www.oohna.on.ca](http://www.oohna.on.ca)  
OR simply click on the following link:  
<http://www.oohna.on.ca/pages/resource.asp?ResourceID=19>  
Please complete the form and mail to the OOHNA office with  
your cheque. Confirmation, receipt and directions to the  
workshop will be mailed prior to the event. Workshop attendees  
will be awarded 4 CE credit hours for each workshop attended.  
Attend all eight and receive a "Certificate of Completion".**

**OAKVILLE** workshop is at the Monte Carlo Hotel, 374 South Service Rd  
East, Oakville, Tel: 905.849.9500 (Major intersection: Trafalgar Road and  
South Service Rd. Take Trafalgar exit off the QEW). Free parking.