

# APRIL 2005 Network Newsletter

## Provincial Coordinator Update

### HIV PEP Program in SA/DV Treatment Centres

We have been fortunate to receive a donation of 120 bottles of Kaletra from Abbot Laboratories. It's approximately a 6 month supply for our 24 participating Centres. This donation will help us continue to be able to provide HIV prophylaxis to our clients free of charge while permanent funding is secured. Our appreciation to Abbot as well as to the HIV PEP Research Team - especially Heather Humphries - for securing this donation.

### White Ribbon Campaign Donation

Carolyn Proulx, Education Officer with the White Ribbon Campaign, facilitated a donation of posters to all our Centres in Ontario. There are 4 different posters of themes opposing male violence. They are very well done and Centres can use them in their own best way. Thank you to the White Ribbon Campaign for this wonderful contribution.

### RNAO Best Practice Guidelines

The RNAO has released the Guidelines Re: Woman Abuse: Screening, Identification and Initial Response. They can be downloaded from the RNAO website at [www.rnao.org](http://www.rnao.org). Six (6) Network members were on the Development Panel. The development of the guidelines took a lot of consideration, examination of current literature, and debate among panel members.

The panel developed 12 recommendations for the Guideline in three categories: Practice, Education, and Organization & Policy. We hope nurses will incorporate the recommendations into their practice and work within health care settings to effectively implement them. While there is ongoing debate and controversy regarding the effectiveness of screening for woman abuse, it is our belief that *not* identifying women being abused may result in more dire health outcomes for women, including death.

### Maternity Leave

Our trusty Network Administrative Secretary, Janelle, will be leaving on maternity leave for a year, beginning in mid-May. I am thrilled for her and the baby but I am really going to miss her. I can't begin to describe her support and commitment to us. Janelle goes *more* than the extra mile to make sure our events are successful and everyone is satisfied. I wish her a safe (*and quick*) delivery and a wonderful year away from us. She promises to come back.

**Sheila Macdonald R.N.  
Provincial Coordinator**

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## CENTRE FOCUS... Owen Sound

It's been a busy time in Bruce and Grey counties, which began last summer with interviews for a 24/7 team of nurses. This led to the hiring of 6 nurses who are some of the most committed, caring women I have ever had the privilege of knowing. They worked through a huge learning curve and are *still* enthusiastic and dedicated and working on completion of becoming certified SANE's. We hope to create a list of core competencies that will help all of us know that we are ready and able to provide sexual assault and partner abuse care to our patients, 24/7. It's like a dream come true, having this team of women to provide Sexual Assault & Partner Abuse care 24/7 in Grey-Bruce. Fortunately, the counselling component of the program was established at the very beginning and is working at capacity. We also had some exciting coverage in the local newspaper of the changes to our program. Two (2) full page articles have really helped to get the word out. And of course we've had an increase in patients since. The articles were so respectfully done that we were very impressed. The information was double checked and we were consulted prior to publishing, ensuring that the educational component of each article was correct. This great opportunity came about when Marcia (*our previous co-ordinator*) was participating with a display at last year's ploughing match. She's so good at networking with the public and our community partners! You just never know where the networking will lead you.

Cynthia Colby of *Creative Communications* is helping us out again with another blitz of PSAs and press releases. We are the envy of our community partners to be networked with this wonderful lady and her resources and abilities.

As for our immediate challenges, they include many that are similar to other Centres:

- Getting information out to all 12 sites in Grey-Bruce requires continuous correspondence with nursing and medical staff
- Hoping that networking may help with the recruitment of new nurses
- Developing protocols, policies and procedures, medical directives, patient information...the paper work never ends!

This year, we are looking forward to creating our child sexual assault program. We've not yet begun, but appreciate the connection with Sick Kids and the presenters of the teleconferences as a gentle start - and hope to continue and expand our community education with schools and community partners. *So much to do!* But having such wonderful women to work with makes it that much easier.

**Wendy Margetts**  
**Owen Sound SA/PACC**

## 10th Anniversary ...WHITE WATER

It's been just over 3 years since I waded directly into the tumultuous waters of anti-violence work. Perhaps I should describe it more like *plunging* in. You cannot just dip your toe in, gently swirl it around, and then decide if you want to swim or not. Rather, it's more like getting ripped off the beach in ankle deep water by an undertow that takes you out to the depths before you've had a chance to take a breath. Then it's a matter of riding the swells of highs and lows and keeping your head above water. Working full-time in the anti-violence field is like this for me.

When I began here in January of 2002 change was afoot across the province. Our Centres were provided with funding to develop services for victims of domestic violence and for children who had been sexually assaulted. In addition to addressing this change in mandate, we had just completed a Program Evaluation started a

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year earlier, bringing with it recommendations to address and implement. So began 3 years of tremendous change and growth.

In these three short, challenging years, we established a 24/7 on-call team of specially trained nurses to respond to victims in the emergency department of Brockville General Hospital. We changed our name, as well as our mission and value statements to reflect the fact that we now also provide service to individuals who experience domestic violence. We have increased our counseling capacity by a full day to 3.5 days a week, to ensure that we have one full day dedicated to children. Also in this time, we had a communications plan developed and we undertook the much needed task of examining the way we deliver our group services.

These accomplishments would have been so much more difficult to achieve had it not been for the solid foundation created by my predecessor, the support of Brockville General Hospital administration, and our emergency department champion, Dr. Newbigging. I would also add that none of this could have been realized had it not been for the dedicated and, oh so resilient staff, and volunteers I am privileged to work with. Sharon, Lisa, Caroline, Sherry, our nursing team and volunteers – you have plunged into the waters with me. You are the salmon swimming against the tide. You are a brave lot. You know there is something exciting at the headwaters – a community free from violence, a community where - regardless of your sex, race, sexual orientation, age, or religious affiliation - you will be treated with dignity and respect.

One day, others will join us, believing that full equality is a right, not an ideal. Until then, swim like hell 'cause we still have an ocean to cross, consider those swimming with us lifesavers to reach out to for support when the waters become unsafe, tread water when necessary to rejuvenate the spirit, and know there is calm water ahead.

*AND.....an invitation to everyone in the Network (and friends and family!). You are all cordially invited to take part in our major 10th Anniversary event: we are hosting well known Second City veteran Deborah Kimmitt in a one-woman comedy show, 'North of Normal'. The show takes place on Thursday, May 12th at the Brockville Arts Centre (877) 342-7122. It starts at 8 pm and tickets are \$20.00. All proceeds support services and public awareness activities undertaken by our Assault Response & Care Centre.*

**Evelyn Dales, Coordinator  
Brockville ARCC**

## **Award Winner...RECOGNITION DESERVED**

Since 1994, Hamilton Health Sciences and the Hamilton Health Sciences Foundation have recognized the exemplary leadership of donors, volunteers, and staff of the three sites of Hamilton Health Sciences - with 'Cornerstone' Awards. This year our SA/DV's very own Diana Tikasz is being honoured for her strong leadership skills, dedication, and exceptional achievements and contributions to health care and the health and well-being of our community. Diana exemplifies the values of our hospital – respect, caring, innovation, and accountability - and in doing so, she helps to define the character of our organization, making her one of the Cornerstones of our hospital.

Colleagues describe Diana as a person of outstanding knowledge and great integrity. As Coordinator of the Sexual Assault/Domestic Violence Care Centre at Hamilton Health Sciences she has made major contributions to assist victims of sexual assault and domestic violence in Hamilton. Working in a highly stressful and challenging environment, Diana instills calm, order and a sense of control in clients and colleagues. Always generous with her time, she helps survivors of assault cope by providing them with crisis intervention care, psychological support, and short-term therapy. She also links clients with appropriate community resources, and serves as a strong community liaison with women's groups and police.

Diana is a model of how to put the needs of the patient first. Through her sensitive, caring, empathic manner, she is able to bridge disciplines and advocate for the needs of patients and staff. Her dedication to raising awareness of Hamilton Health Sciences' program and the many issues that surround abuse and violence against

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women is obvious and commendable. She has spearheaded many proactive events including an awareness campaign designed to increase the community's knowledge of date rape drugs.

Through her involvement with various research projects, Diana has contributed to the improvement of the services and care received by victims of abuse. Recently, Diana was involved in three studies, one involving the administration of HIV prophylactic medications to victims of sexual assault, and another examining the use of routine screening for domestic violence of women in the community. A 3rd study has Diana and other researchers exploring a more sensitive screening process for adults who suspect they've been drugged and sexually assaulted.

Diana Tikasz is committed to protecting the rights of sexual assault victims and is an active lobbyist and advocate. To support this process Diana feels that it is a priority for those involved in domestic violence cases to be part of a continual learning process. She recently helped organize a five-day Advanced Clinical Training course for social workers from all over the province. We are proud to have such a dedicated person leading our Team!

**Mary Dempsey, Nurse Facilitator**  
**Hamilton SA/DVCC**

## ZPOINT PROCESSING... A New Technique for Trauma

Several months ago, I learned of a new energy work technique called Point Processing. Simple instructions are given (*by reading them aloud*) to the subconscious mind 'installing' a cue word chosen by the client (*e.g. peace*). Statements designed to target the areas of concern are then used. Following each statement, the individual says or thinks the cue word repetitively, for 15-20 seconds. Remarkably, this deceptively simple technique provides very deep, very rapid, and very gentle healing. I have used EMDR, EFT, and numerous other energy work approaches, however I was amazed when I began using Point in my own life and with clients, and observed such powerful results.

One aspect which sets Point apart is people start by healing their concerns at a very general level. Instead of targeting a specific trigger and working to desensitize it, Point has the client begin by clearing the overall *pattern* of fear. This may take minutes, however the results affect many different areas of their life - often immediately. It's also highly unusual for people to experience distress using Point. Mild upset may be occasionally encountered, but most clients describe feeling increasingly relaxed and peaceful over the course of the session, and report life-changing shifts in their emotions, behaviours and perceptions as a result. An added bonus is that Point Processing is extremely easy for both lay people and professionals to learn to use, and appeals to a very broad spectrum of individuals.

Some of the clients I have used Point with have been interested in also working on concerns on their own in between sessions, and have been very successful with this. Point is also easily taught to children.

I was so impressed by Point that I contacted Grant Connolly, CHt – the creator of the technique – to tell him about the dramatic results I was witnessing even with survivors with severe and complex trauma histories. Grant was thrilled, as he does not have experience working with survivors of trauma and was not fully aware of the efficacy of Point with this particular group. Our conversation led to Grant and I collaboratively designing a protocol to use when targeting trauma directly, and we have now co-authored a new manual – *'The Point Process: A Transformative Guide'* - geared towards professionals and lay people alike. In March I began a year's leave of absence from the SA/DV Care Centre at Hamilton Health Sciences to write articles, teach workshops, and see private clients, to increase awareness of this extremely valuable and empowering healing tool.

If you are interested in receiving more information about Point Processing, please email me at [carolann.rowland@sympatico.ca](mailto:carolann.rowland@sympatico.ca)

You can also access this information, ask questions, or read the discussions of people from all over the world, who are using Point to heal themselves and others, by joining the free Yahoo group email discussion list

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“SharingZeroPoint”. A link to this discussion group and information about free teleconference Point training calls is found at [www.energywork.ca](http://www.energywork.ca). For information about Grant Connolly, CHt, please see [www.grantconnolly.com](http://www.grantconnolly.com).

**Carol Ann Rowland, Social Worker**  
**Hamilton SA/DVCC**

## Centre Update – Belleville

Greetings from the DV/SARP program in beautiful Hastings and Prince Edward Counties. Working in the area of domestic violence and sexual assault is challenging work. Working in this area without a permanent coordinator is even *more* challenging. Our Program Coordinator, Susan Young, has been on leave for almost a year. The staff in this program deserves a tremendous amount of credit for maintaining the services and keeping the program operational. It's amazing how our Team has pulled together and supported each other through these trying and uncertain times.

Our domestic violence portion of the program has been functioning for 2 years and though our numbers are not as high as expected, they're slowly increasing. Our community now has a team of trained nurses who deal with these women in a kind and knowledgeable manner. This can only help our community heal from the presence of violence. Our routine universal comprehensive screening program has been in place in our hospital emergency departments for almost 1-1/2 years. Our maternity/child department has also begun to ask the question regarding domestic violence, as has our Public Health Department in prenatal consultations. Our pediatric program has been up and active for a year. Once again our numbers are not as high as hoped, but clients who present can now be treated in their own community. This is a major benefit as the nearest treatment Centre is hours away. Our struggle during the absence of our Coordinator has been made less onerous by the support invoice and letter from the other programs in the Network and the provincial office. Thank-you for all of your support, it has been felt and appreciated!

**Elaine McKay, Interim Coordinator**  
**Dee Hazell, Follow-up Nurse**  
**Belleville DV/SARP**

## National Nursing Week

In honour of International Nursing week May 9-15th, and International Nursing Day on May 12th - Florence Nightingale's birthday (also recognized as Canada Health Day):

I'm '*just a nurse*' - I just make the difference between life and death.

I'm '*just a nurse*' - I just have the educated eyes that prevent medical errors, injuries and other catastrophes.

I'm '*just a nurse*' - I just make the difference between healing, coping, and despair.

I'm '*just a nurse*' - I just make the difference between pain and comfort.

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I'm '*just a nurse*' - I'm just a nurse researcher who helps nurses and doctors give better, safer and more effective care.

I'm '*just a nurse*' - I'm just a professor of nursing who educates future generations of nurses.

I'm '*just a nurse*' - I just work in a major teaching hospital managing and monitoring patients who are involved in cutting edge experimental medical research.

I'm '*just a nurse*' - I just educate patients and families about how to maintain their health.

I'm '*just a nurse*' - I'm just a geriatric nurse practitioner, I make the difference between staying in one's own home and going to a nursing home.

I'm '*just a nurse*' - I just make the difference between dying in agony and dying in comfort and with dignity.

I'm '*just a nurse*' - I'm just the real bottom-line in health care.

Don't you want to be '*just a nurse*' too?" *Suzanne Gordon*

Buresh, Bernice & Gordon, Suzanne. [From Silence to Voice](#): what nurses know and need to communicate to the public. 2000. Canadian Nurses Association [www.can-nurses.ca](http://www.can-nurses.ca)  
[www.silencetovoice.com](http://www.silencetovoice.com)

Recommended reading, and a great gift for colleagues, students, or yourself!

**Deidre Bainbridge, Coordinator**  
**Toronto, WCH**

## FOR YOUR INFORMATION

### Upcoming Events

- ◆ International Association of Forensic Nurses, Scientific Assembly  
*September 21-25, 2005*  
Arlington, Virginia.
- ◆ Sexual Assault Nurse Examiner Training  
*October 17-21, 2005*  
Toronto

### Articles/Publications

- ◆ Bonomi, A. Holt, V. Thompson, R., Martin, D.  
Ascertainment of Intimate Partner Violence in Women Seeking Legal Protection.  
[American Journal of Preventive Medicine](#) 2005; 28(1).
- ◆ [Journal of Forensic Nursing](#), Spring 2005 Volume 1/Number 1,  
International Association of Forensic Nurses