

# nursing newsletter



## A WORD FROM THE DIRECTOR

Dear colleagues,

As always, our work environment continues to evolve. These changes, while they may sometimes disrupt our routines, all have a purpose: to improve the quality of care we provide and make our daily work easier.

Change is inevitable. It comes with the development of knowledge, technological advances, and the changing needs of our field. Sometimes we look forward to it; other times, it takes us by surprise. But in any case, it invites us to reflect on our practices.

This week, I had a fruitful discussion with a nurse about clinical documentation. We explored ways to reduce duplicate documentation and make better use of electronic tools. Concrete projects in this area will be launched in the coming months.

To successfully implement these transformations, it is essential that we work together to develop our expertise in change management. This requires listening, collaboration and commitment from everyone. By cultivating this collective skill, we will be better prepared to meet the challenges ahead – and turn them into opportunities for growth.

We all stand to benefit from this.

Alain

## RESEARCH & QI

Pediatrics

### Two studies exploring the future of pediatric intensive care

Just ahead of her retirement, Janet Rennick has published two rigorously conducted studies that reflect the depth of her expertise and lifelong commitment to pediatric critical care. **One study** follows children for three years after a PICU stay, revealing the emotional complexity of recovery and the importance of including children's voices in follow-up care.

**The other** examines the transformation of PICU care for children with medical complexity—highlighting how parents have evolved to being expert caregivers and emphasizing the need for collaborative care partnerships between families and PICU staff. Together, these studies offer practical tools and lasting insights to reshape the future of the PICU.

For more information, [read the full article](#).



Janet Rennick – Nurse Scientist at the Montreal Children's Hospital, Clinician Scientist at the Research Institute of the MUHC, and Associate Professor at McGill University's Ingram School of Nursing

By Amanda Vitaro, Communications Agent, Communications

## Career Pathway: building skills, reaching your potential



The **Career Pathway program** fosters the professional development of **nurses with more than two years' experience** who wish to explore various roles within the nursing profession.

Defined by **10 different career pathways**, the program aims to :

- Reinforce nurses' **competencies** (knowledge, skills and clinical judgment);
- Develop nurses' **autonomy, commitment** and sense of **accomplishment** in clinical settings.

By offering participants the opportunity to develop professionally, make innovative contributions to their work environment and explore career opportunities within the MUHC, the program aims to **build confidence** in their clinical practice, develop a sense of **personal accomplishment** and increase **job satisfaction**.

**We highlight the contributions of the team mentors, clinical experts, and nurse managers to the success of the program:**

Jocelyne Blondeau, Danielle Bouffard, Kiesha Dhaliwal, Elissa Remmer, Josée Lizotte, Christine Lefebvre, Sophia Kapellas, Vicki Tan, Connie Patterson, Julia Csender, Magdalena Ariciszewska, Melyssa De Simona, Carissa Wong, Katherine Mohsen, Jasmine Lee Hill, Loredana Tatos, Maryl Alix, Millie Firmin, Julie Mathieu, Noel Dowell, Aparna Bhattacharjee, Caroline Jean, Oliver Cachero, Paule Jubinville, Jerrica McKinnon, Marie-Eve Dagneau, Malisa Khongkham, Emily Ireland, Nancy Branco, Jennifer Pepin, Maria Kozma

 **Congratulations to the 17 participants who have already completed the program, including:**



**Rachel Dragan**  
Soutien Clinique MCH  
*Education*



**Lorie Lemieux**  
MGH-16-ERAS  
*Education*



**Jayme Rothstein**  
RVH-D10  
*Education*



**Olivia Jenne**  
RVH-D10  
*Vascular Access*



**Sandy Long**  
Psychiatry-MCH  
*Emerging Leader*



**Hanween Yang**  
RVH-D8 ICU  
*Advanced practice nurse*



**Loica Duchaine**  
Products-Clinical  
*Advanced practice nurse*



**Jane Shuster**  
RVH-Ante & Post Partum Unit  
*Lactation Champion*



**The application period for the next cohort of the Career Pathway program will be launching soon.**

By Emma Monaco, Coordinator-Training and Standards of Practice and Josée Larocque, Nursing Manager: Evaluation, continuous competence and specialization

# Welcome to the DSI sustainable development committee

Our mission is to unify and support MUHC nurses in recognizing, understanding and feeling empowered to take action to address planetary health challenges and improve the global environment.

## Did You Know?

Clean Air Day is the **first Wednesday in June** since 1999 in Canada.



Heat waves related to climate change create **drier vegetation**. This can increase the risk and intensity of wildfires.

As of June 25, 2025, there have been **144** wildland fires in Quebec.

Wildfires especially impact **high risk groups** such as:

- the older population
- children
- pregnant women
- those with history of respiratory or cardiac illnesses

These include many of the **populations we work with** at the MUHC.

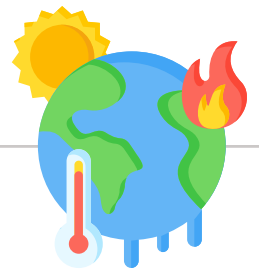
Exposure to wildfire smoke is associated with:

- mortality
- acute bronchitis
- exacerbation of asthma
- COPD
- low birth weight
- preterm birth
- increased hospitalisations

Some acute sign and symptoms related to wildfire smoke exposure:

- rhinitis
- nonproductive cough
- throat irritation
- skin irritations

## What is Our Role?



### Education

Teach patients about risks and prevention, such as air quality, outdoor activities, especially to **high-risk groups**.

Examples of teaching points when the air quality is affected:

- Check out the Quebec Air Quality Index
- Reduce outdoor activities; Avoid strenuous activities
- Use a portable air cleaner with HEPA filter- economical do it yourself options exist
- Wear appropriate masks (N95) when going outside
- Keep windows closed

### Assessment

**Patient risk** assessment during wildfires, such as symptoms, medications, mental health, financial and social support systems and proximity to fires. Be aware of potential impacts on **mental health** and **trauma**.

### Organization

Participate in activities or associations that promote sustainability and reduce air pollution and carbon emissions that cause climate change.

### Raising awareness

Increase self-awareness and knowledge of impacts related to wildfires, and how to prevent them.

By Carissa Wong, Nursing Practice Consultant (Interim)

## A Voice from the Royal Victoria for Latin American Nurses

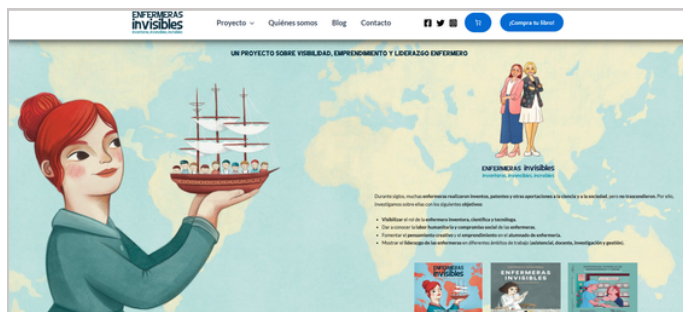
Follow the inspiring journey of a MUHC nurse who co-authored a book in Spain that highlights the work of often-overlooked nurses across Latin America.

From her roots in Peru to her role at the Royal Victoria Hospital, **Paola Acuna** is using her voice to shine a spotlight on innovation, education, and the real power of nursing.

Read [the full article](#) on the intranet.

By Kelly Lapare, Communications Agent, Communications

Visit the project website:



## Smoking cessation support program for MUHC employees



**Need a little help to quit smoking?**

The **Smoking Cessation Program** is offered free of charge to MUHC employees, with no referral needed.



To learn more, visit the [Smoking Cessation Program's](#) intranet page.

**Get in touch by phone or email, or simply walk into the clinic!**



**Montreal Chest Institute (Glen site)  
room D RC.3314**

514-934-1934 ext. 32503  
[smokingcessationtabagique@muhc.mcgill.ca](mailto:smokingcessationtabagique@muhc.mcgill.ca)

## Library: we welcome your suggestions!



At the library, we love receiving **recommendations** of new books to add to our collection. With **Koha**, our new catalogue, you can even submit your suggestions online.

**Don't have a Koha account yet?**

Come to the library or send us an [email](#). We'll be happy to help you get started!

By Lindsay Hales, Librarian

### CO-EDITORS OF THIS NEWSLETTER:

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Please submit your articles for the next newsletter before **August 6**.