



Newsletter

Fall Edition / September 2009

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As I look forward to the coming year, I realize that it will be the last year that I am president. I wonder where the time went as I review what have we have been able to accomplish as an organization. The year was one of getting things organized to function as a stand-alone Association. Many of you out there in the chapters may not be aware of how much paper work there actually was to change. Thanks to all the executive and the directors who participated in this rather long and tedious process. I believe we are finished with that process.

Now it is time for each chapter to rejuvenate chapter information manuals by getting rid of all the old GNGBC stuff and replacing it with new copies of the GNABC 2008 Bylaws, new promotional information, new membership applications and new information on how to process your membership for the business office including where to send the cheques. As I have attended some of the chapter meetings throughout the province, I have realized that some of you are flying by the seat of your pants and are not always sure how things work. I hope this updated information will help. If this package of information has not reached chapter presidents as yet I will make sure it comes your way soon.

It is my wish that each chapter executive and members will devote one meeting to review what the provincial organization has worked through all year. The information has been updated to reflect the new association and hopefully make things clearer. It is important stuff that everyone in the chapter needs to understand. If all the information is available to everyone, no one will be afraid of being part of the executive because it is all spelled out as easy as 1 2 3. We also have (available on request) a list of speakers that are available for chapter education sessions throughout the province.

It is common practice for chapters to have education sessions monthly or as often as possible in northern areas where the weather isn't always cooperative. It is my hope that each education session is preceded by a

PRESIDENT'S MESSAGE



brief business meeting to tell the members what is happening locally, provincially, and nationally. We all know how busy everyone is and not everyone takes the time to read the newsletters or visit the new website. It is good if the president or someone else is designated to keep up-to-date and report at the meetings. Some people don't have internet and they are at a real disadvantage now that the CGNA, the GNABC and soon the CRNBC send out the newsletters and magazines electronically. Although I have become very computer literate in the 21st century I am, to some extent, of the old school and I will miss getting the Nursing BC magazine in the mail to read at my leisure.

How many of our members applied for GNABC Education Award this year? There were only three applications and we have over 200 members. The GNABC scholarship award winner will be announced at the September Conference in Nanaimo.

There are also scholarships available from the CGNA. It was wonderful to hear at the Banff conference that Yvonne Haney of the Fraser Valley Chapter received \$5000 from the Anne Beckingham Memorial Scholarship of the CGNA, towards funding her Master's Degree. Congratulations to Yvonne and thanks to her for her past participation locally, provincially and nationally in the promotion of better health care for the Older Adult.

I hope this newsletter finds you all enjoying the end of a warm summer. Some places are warmer than others but this is the time to get out and experience beautiful BC. I am looking forward to seeing you all in Nanaimo Sept 17 and 18 for the provincial conference and AGM

Respectfully submitted,
Heather Hutchinson, BSN
GNABC President

GNABC EXECUTIVE 2009-10

PAST PRESIDENT – Catherine Marsden
email: marsden_catherine@hotmail.com

PRESIDENT – Heather Hutchinson
email: hhutchinson@telus.net

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NEWSLETTER LAYOUT – Intelliga Productions

Contributions Welcome

This quarterly newsletter is produced by the Gerontological Nurses Association of B.C., a society affiliated with the Canadian Gerontological Nurses Association. It is designed to provide information and support for Gerontological nurses.

Everyone is welcome to contribute. We would like your articles, viewpoints, letters, book reviews, news about workshops, jokes, anecdotes, pictures or whatever you wish to share with your gerontological nursing peers.

The newsletter is produced by our members, and is posted on our website in March, June, September and December. The cost of membership is for RNs \$65/year and includes GNABC membership, CGNA membership, and the CGNA newsletter. RPNs and LPNs membership is \$45/year for full GNABC membership.

Our new Mailing Address (from Dec. 1, 2008) is: GNABC, c/o Brent Oxenbury, Oxy's PC Services, 2366 Bonny Road, Quesnel, B.C. V2J 7G6

Please send written contributions to the Newsletter Editor's email address in Word format.

Sheila Clark
Email: sheilac@telus.net

2009-10 Newsletter Deadlines

Nov. 13, 2009	Apr. 30, 2010
Feb. 12, 2010	July 30, 2010

Advertising rates are: 1/4 page, \$75; 1/2 page, \$100; full page, \$150. (Please send ad enquiries to the editor.)

Correction: In our last issue, on Page 5, we misspelled Lilian MacTaggart's name in the heading of her member profile. We apologize for any confusion this created.

Editor's Note

In this issue, Heather Hutchinson reports on the Canadian Gerontological Nurses Association conference in Banff. We have included an article about Irritable Bowel Syndrome, an often undertreated, self-managed and poorly understood condition that can impact our Elders' continence as they cope with life and health changes. In Chapter Reports, we have news of changes in some of our meeting places and executive. (See our updated listing of Chapter presidents on this page also.)

This is the last newsletter issue for me as editor, as I turn my attention to other important commitments. It has been an enjoyable and challenging experience receiving and encouraging submissions, and working with Alison, our gifted layout designer, to see that it all fits. Our newsletter team supplied great ideas and content, and our meetings were nourishing and inspiring.

Shelagh Brennan is leaving her post as Provincial Membership and Local Group Development Chair in September. We all appreciate her enthusiasm and hard work. Our GNABC conference in Nanaimo on September 18th will include six dynamic speakers and topics, exhibits, and networking opportunities. Not to be missed.

Farewell, and see you at the conference.
Sheila Clark, RN, BSN, GNC (c)

CGNA Biennial Conference Banff 2009 "Making Moments Matter"

Reflections by Heather Hutchinson

The CGNA conference was held at the Banff Centre. It is just east of downtown Banff and looks over at the fabulous Banff Springs Hotel which is also nestled between the majestic Rocky Mountains. Even though the site was under construction, it was still a spectacular setting and the evidence-based education was exceptional.

The Centre was formerly the Banff Centre of Fine Arts and is really a campus with many different buildings. I stayed in the newest of the 'dorms' which is like a hotel, while others stayed in older buildings with larger suite-like apartments that have not yet been renovated. There were students on the campus as the Centre is used all year round for a great variety of educational pursuits.

The opening ceremonies and the presentations for some keynote speakers were held in the Eric Harvey Theatre. The only negative comment I heard about the conference was that when they turned out the lights the

comfortable seating was conducive to shutting ones' eyes even though the speaker was very inspiring.

I was thrilled to be a flag bearer for the opening ceremony as all the flags of CGNA were carried in by someone from the area, country or province. I understand this is a tradition although I don't remember it happening in Winnipeg. I am sure it made a more lasting impression this time because I was physically involved.

The weather was very cooperative with hardly a cloud in the sky every day. We got to enjoy it, too, because we traveled between buildings for concurrent sessions and were able to take our meals outside as most were in brown

bags. A great idea in this setting. We were surrounded by the spectacular Rockies and one afternoon a deer joined us on the lawn. These times of networking were the best. It was a great opportunity to meet people from all over the country and exchange our successes and frustrations about our practice in the provisions of health care for the older adult.

I found the terrain rather challenging when traveling up and down hills to the different venues and I think of myself as just a "little out of shape". I wasn't the only one that was somewhat out of breath. It's another reason for

me to keep going to the gym. For others who had some real ambulation problems there was a small bus to transport people here and there. CGNA President, Bev Laurila had knee surgery in January with serious complications but she inspired me by walking everywhere with a cane.

Please read more about the conference on the CGNA website. There were over 140 presenters for

concurrent sessions, including many of our GNABC members. I tried to attend all of these sessions but I unfortunately missed the one by Jessie Mantle. I did have the pleasure of enjoying her company one evening. Jessie brought the medal for the Centennial Award she received from the CNA. It is a beautiful design and Jessie explained the meaning to us all. Jessie's life long commitment and ongoing passion for Gerontological Nursing is an inspiration to all.

The next CGNA biennial conference will be in Ontario in 2011. In 2013 we hope to be the host province for that conference. I plan to attend both of these conferences.



GNABC

Chapter Reports

of ongoing interest and commitment.

Respectfully submitted,
Donna MacDonald
Prince George Chapter Correspondent

CENTRAL OKANAGAN

The Central Okanagan has been busy with many changes since the last newsletter. At our April meeting we thanked Adrien Vaughan for her 4 years as President and President-Elect as she stepped down and made room for me as new President. Her shoes will indeed be hard to fill. We also welcomed a new President-Elect, Shannon Paul-Jost, and Education Chair, Linda Scharf.

Based on member feedback, we will continue to meet at 1630 instead of 1830. Our attendance also indicates that this is the best time for the meetings to occur. We have also moved the meeting location to the newly refurbished Cottonwoods Care Centre lobby meeting room. The room has an overhead projection unit with surround sound, leather chairs and plants which create an inviting atmosphere.

Phyllis Dyck from the Alzheimer Society gave a presentation on Mild Cognitive Impairment and Brain Health at our April meeting. We celebrated Nurse's week with a dinner meeting at a local golf course and shared nursing stories. Those who attended had a great time. June was very busy with two events. Our regular meeting was held at our new location and featured a diabetes update by Cathy Wilson, Diabetes Educator.

On June 17 we were fortunate to have Lundbeck sponsor an event that featured Dr. Carol Ward, geriatric psychiatrist, who presented The Behavioural Symptoms of Dementia: Appropriate Use of Antipsychotics. We were able to videotape the presentation and will be offering the

PRINCE GEORGE

Since our last newsletter submission, the Prince George chapter has met twice with dinner meetings that were well attended. We have approximately 20 active members in our chapter and will continue recruiting to increase membership. The meetings are filled with energy, enthusiasm and plenty of discussion.

In March, we welcomed Loretta Jackson to our meeting. She is the Facilities Program Manager for the Northern Health Authority, and discussed the new Gateway Complex that will open this fall. Phase I of this facility offers 94 Complex Care beds as well as approximately 80 Assisted Living and Independent Living units. Future plans for Phase II and Phase III include the addition of more Complex Care beds and Assisted Living and Residential Units.

The Prince George chapter held their annual general meeting in May. We are pleased to announce our executive as follows:

President: Carol Mooring

Vice-President: Beverley Larsen

Secretary: Lynn Whitefield and Elizabeth Mooring will share this position

Treasurer: Arlene Dreher

Committees:

Education: Bonnie Lambkin and Beverley Larsen

Membership and Recruitment:
Donna MacDonald

Carol Mooring and Elizabeth Mooring attended the Gerontological Nurses Association in Banff. They shared the highlights of the

conference and each provided summaries of the presentations they attended.

In our May meeting, we continued ongoing discussions regarding the anticipated opening of the Gateway Complex. We look forward to seeing how the opening affects the growing number of older adults in our community who require care or assistance. The opening of this complex will cause shuffling throughout acute care, complex care and the community.

The Prince George Council of Seniors has created a group which advocates for seniors working their way through the health care system. They are looking for volunteers to provide guidance and assistance for the seniors. As well, seniors can go to this group if they have concerns about their own care or the care of a loved one. Gerontological Nurses would be excellent candidates for volunteering.

We are pleased to announce that Beverly Larsen and Donna MacDonald passed the Canadian Nurses Association (CNA) national exam for Gerontology Nursing. As well, Carol Mooring and Judy Lett renewed their Gerontology Nursing certification. Judy Lett was also successful in obtaining her CNA Palliative Care certification.

This fall we will resume our bi-monthly dinner meetings. We look forward to welcoming Dr. Candida Graham to our next meeting. Dr. Graham is a geriatric psychiatrist who is new to our community. The Prince George Chapter continues to inform and educate local gerontology nurses, and we look forward to another year

Chapter Reports

...continued from previous page

DVDs for sale to anyone interested.

We are taking time off over the summer to enjoy the glorious weather and beaches that the Okanagan is famous for. You are welcome to come and visit!

Respectfully submitted,
Sheila Farrell, Chapter President

VANCOUVER

We are very pleased with our **new meeting place at Vancouver Community College**, 1155 East Broadway in Vancouver, Health Sciences Building B: Room 1227 (on the first floor). The entrance is off of 7th and Glen. The time is still the 4th Monday of the month from 7- 9 pm.

This site is on the Broadway bus route and the Windsor bikeway. There is ample free parking.

Our executive will hold a planning meeting on August 31, 2009 in North Vancouver, as Barbara Palmer will be out of province for the majority of the fall, and would like to step down as president if possible.

The 2009-2010 executive includes:
President: Barbara Palmer
Secretary: Sheila Clark
Treasurer: Lori Wotherspoon
Membership: Lorna Willis
Education: Cheryl Irwin
Member-at-Large: Mari Lyn Kelly

Our last meeting at VCC on May 25th had 23 nurses in attendance, with Shirley Clarke presenting about Geriatric Assessments with clarity and humour. We are having a good response and increased interest from LPN's.

Thank you to our executive for all

their efforts in 2008-2009.

Barbara Palmer-Scantland BScN, RN

SIMON FRASER

Our last meeting was May 26, 2009. We finished electing our slate of officers for the 2009/10 executive. We are looking for a second education coordinator to share the role.

PAST PRESIDENT

Kim Martin

PRESIDENT

Li MacTaggart

PRESIDENT ELECT

Hersey Yu

SECRETARY

Barb Gardiner

EDUCATION COORDINATOR

Evelyn Coxan

TREASURER and MEMBERSHIP

Rea Braithwaite

MEMBERS AT LARGE:

REFRESHMENTS

Aruna Dholakia

REGISTRATION

Patricia Roy

NEWSLETTER

Rea Braithwaite

After the summer break we will convene on Tuesday September 29. Come early and enjoy the refreshments. It is a great time to catch up on what has been happening and start your networking for the coming year. The guest speaker will be announced later.

Hope to see everyone there. Your membership is due and may be paid at the meeting.

Date: Last Tuesday of every month

Time: 1845Hrs.

Place: New Vista Care Centre

7550 Rosewood

Burnaby BC

Membership is \$65.00

Drop in fee \$10.00

REA BRAITHWAITE

NEWSLETTER CORRESPONDENT

Coming soon...

Fall 2009 Telehealth Conference

Standardized Mini-Mental Status Exams

By

Marcia Carr, RN, BN, MS, GNC(C),NCA
Clinical Nurse Specialist - Acute Geriatrics, Geropsychiatry,
Nurse Continence Advisor,
Fraser Health - Burnaby Hospital,
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604-434-4211 local 3446
E-mail: Marcia.Carr@fraserhealth.ca

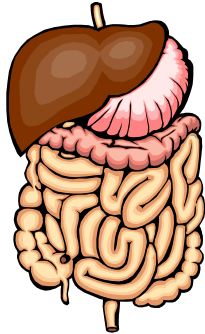
When? ...to be announced...

What do YOU want to learn next? Marcia welcomes all queries and topic suggestions. Please send your ideas to her now.

Irritable Bowel Syndrome (IBS)

by Becky Lynn Brechin, RN, BScN

Irritable Bowel Syndrome (IBS), familiar to persons young and old alike, is a common condition reported in 1818 by Powell. It is one of the most commonly diagnosed conditions seen and treated by gastroenterologists, making up approximately 50% of their patient referrals. Family doctors report seeing 12% of persons in their offices who indicate IBS symptoms, and researchers estimate between 13-20% of Canadians have this condition; other countries reporting as high as 30% of their population have it (Gray, 2008).



In Canada and western countries women are twice as likely to have it, however in other countries such as India, it occurs more often in men. Approximately 15% - 20% of adults have the condition, but only 20% who have it seek treatment.

Irritable Bowel Syndrome can begin in childhood or adolescence, stabilize, and then recur unexpectedly throughout adulthood. Persons who suffer with the condition require much patience, as the symptoms of the condition change daily, and therefore treatment strategies need to adequately treat the symptoms as they arise.

What is Irritable Bowel Syndrome?

Irritable Bowel Syndrome is defined as continuous recurrent symptoms for more than three months of abdominal pain, disordered defecation, altered stool frequency, altered stool form, altered stool passage, mucus, usually accompanied with bloating and distension. In IBS there is no inflammatory event, which makes it different from other bowel conditions. Simply put, symptoms include:

A – Abdominal pain

B – Bloating (often have gas and gurgling sounds)

C – Constipation

D – Diarrhea (Canadian Society of intestinal Research, 2009)

IBS is very challenging to treat because it commonly fluctuates between the extremes of constipation and diarrhea. The exact causes of IBS are yet to be determined, however it is thought to be a “functional disorder with altered patterns of intestinal muscle contractions”. The

series of contractions and relation of intestinal muscles that propels digested food along the intestinal canal is called peristalsis. Usually a meal is passed through the digestive system in 24 - 40 hours.

Contributing Factors include: Dietary issues such as food allergies or sensitivities (spices, lactose, beans, some fruits and vegetables, artificial sweeteners, MSG, caffeine nicotine, alcohol, etc.)

Neurological hypersensitivity within Gastrointestinal nerves

Physical and emotional stress

Antibiotic use, and gastrointestinal infection

Bile acid malabsorption

Amount of physical exercise (usually too little)

Chronic alcohol abuse

Female hormone imbalances

Abnormalities in peristalsis and or secretions in intestine

Acute enteritis or Traveller’s diarrhea

Each person who has IBS has their own story of contributing factors, and many have multiple symptoms. Because of over-sensitivity and over-reactivity of the bowel, the bowel responds differently to normal gut stimuli. Persons with IBS may have much difficulty passing stools, or at other times have urgent need to eliminate stool. Abdominal cramping may be extremely painful and persons may experience relief of pain on moving bowels or passing gas. Sometimes one part of the bowel can pass too slowly, and another part of the bowel too quickly. Bowels of persons with IBS often are spastic and tender. Persons are often stressed by their condition, and stress also may worsen it. Other conditions persons with IBS may experience include sleep problems, Fibromyalgia, back pain, chronic pelvic pain, Post traumatic stress syndrome, migraine headaches, interstitial cystitis, temporomandibular joint disorder, etc.

Treatments

Dr. James Gray (2008), a gastroenterologist at Vancouver General Hospital, discussed that Dicetel, a calcium channel blocker medication, relaxes intestinal smooth muscle.

He recommends 150mg to 300mg daily for IBS. He also recommends the following treatments for IBS:

Fibre (25-30 grams per day, although bran fibre may trigger it)

Antidiarrheal medication (Immodium, lomotil, but are helpful short term only)

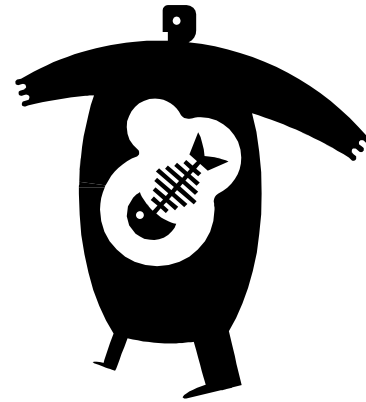
Antispasmodic medications (eg. Modulon if bowel spasms)

occur)
Motility regulators
Peppermint oils
Cholestyramine (lowers cholesterol, as high cholesterol can contribute to diarrhea)
Antidepressant medications
Antibiotics
Psychotherapy, Hypnotherapy, behavior modification may help some persons with IBS
Probiotics may help
Regular Exercise and rest to help reduce stress
Other Treatment Ideas
Beano, Digesta and Ovol may reduce gas
Avoid gum chewing
Have well fitted dentures

About Probiotics: Probiotics are substances found in yogurt and in pill forms that rebalance the gut's natural flora, which is its natural bacteria that can be destroyed by antibiotics. Yogurts in U.S. and Canada are fermented with at least lactobacillus bulgaridis and streptococcus thermophilus. Activia yogurt contains Bifidobacterium animalis (trademark Bifidus regularis) and makes claim that this bacteria survives in the gut and increases speed at which food moves through the intestine and helps with regularity. Danactive yogurt has lactobacillus casei. Two


probiotic pills include Florastor (which has Saccharomyces boulardi) and Tuzen, and can be bought over the counter at the Pharmacy.

If you have suspect you have IBS, do check out the symptoms with your family doctor or other health professional. Help is available to control symptoms and help improve quality of life for those with this condition. A great resource to check out is The Canadian Society for Intestinal Research (SIR) website at www.badgut.com. Support groups are also available. You may contact SIR at 604-875-4875, or toll free at 1-866-600-4875 if you have any questions.



Delirium in the Older Person: Web Resources

WorkSafeBC's Health Care Update of June 29, 2009, announced that Vancouver Island Health Authority's (VIHA) award-winning video "Delirium in the Older Person: Family Guide" (<http://cp20.com/Tracking/t.c?6qMC-4PYD-9JO115>) is now available for viewing in 3 parts. The longer training video for professionals "Delirium in the Older Person: a Medical Emergency" can be ordered on the VIHA website. VIHA has also developed resources for families and health care professionals (<http://cp20.com/Tracking/t.c?6qMC-4PYE-9JO116>) to go along with the videos. If these links are unsuccessful, search "Delirium in the Older Person" on either <http://video.google.com> or www.youtube.com.



Place: Coast Bastion Hotel
11 Bastion Street
Nanaimo, B.C.

Date:
Thursday Sept 17, 2009
Wine & Cheese Networking

Sept. 18, 2009
0800-1600

Education/Conference/AGM
Key note speaker: Dr Kim King

Into the future: Innovations for Senior's Health

Sponsored by the
Central/North Island GNABC
Chapter

For more information contact:

Catrin Brodie RN, BSN, GNC
President Central/North Island Chapter
E-mail: Catrin.Brodie@viha.ca
Phone : 250-739-5939

**It's not too
late to
register!
See the
attached
brochure.**



Into the Future: **Innovations for Seniors' Health**

GERONTOLOGICAL NURSES
ASSOCIATION *of* BRITISH COLUMBIA

Annual General Meeting & Provincial Conference

September 17-18, 2009

Coast Bastion Inn–Nanaimo

Equivalent to 6 hrs of Gerontological
Nursing content for GNA certification.

Register by July 17th for Early Bird Draw!

Name

Address

City

PC

Work Place

Daytime Phone

E-mail

Member of GNABC? Yes No

Pre-Conference Event: Will you be attending the
'Innovative Introduction' event on Thursday,
September 17th, 1800-2200 hrs? Yes No

Conference Fee: (non-refundable) Regular \$125
Early (postmark July 17) \$115 Student \$105
Includes 'Innovative Introduction' (Wine & Cheese),
Continental Breakfast, Refreshment & Buffet Lunch

Make cheque payable to: GNABC Victoria Chapter

Mail cheque and registration to: Karen Rosson,
1523 Prairie St, Victoria BC V8N 4P4

E-mail confirmation of registration? Yes No

Details and updates: www.gnabc.com

Coast Bastion Inn

11 Bastion St., Nanaimo, BC V9R 6E4
Telephone: 250-753-6601 Fax: 250-753-6601

Book Early

100% Block Release by August 17
(For best room choice, book before Release Date.)

Room Rates

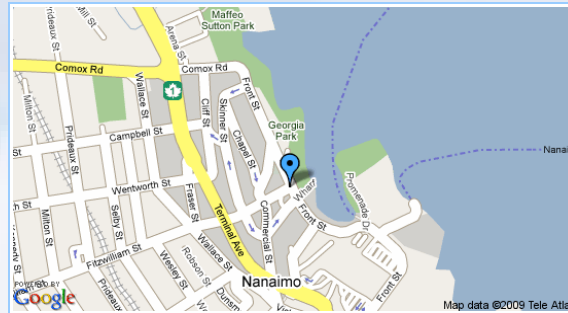
Starting at \$125 up to \$185 per night

Guest Room Reservations

Group Code: GNABC
Reservations Telephone: 1-800-716-6199
Reserve On-line: www.coasthotels.com/rates

Travelling to Nanaimo

Easy access by car, bus, ferry, airplane and seaplane.
On the east coast of Vancouver Island, follow Island
Highway #19. Take BC Ferries from Horseshoe Bay to
Departure Bay or Tsawassen to Duke Point. Seaplanes
fly harbour to harbour between Vancouver and
Nanaimo. The Nanaimo Airport (YCD) is just 20
minutes from downtown. For detailed travel
information and links to carriers, go to:
www.gonaimo.com



The Coast Bastion Inn is located in the heart of
Nanaimo, just a minute or two from the harbour.

Travel Times:

Victoria - 1.25 hrs
Parksville – 15 minutes
Courtney – 1 hour
Campbell River – 2 hrs
Vancouver (via Horseshoe Bay) -1.5 hrs.
Port Alberni – 1.5 hrs

Into the Future: **Innovations for Seniors' Health**

GERONTOLOGICAL NURSES
ASSOCIATION *of* BRITISH COLUMBIA



Annual General Meeting & Provincial Conference

September 17-18, 2009

Coast Bastion Inn – Nanaimo

Into the Future: **Innovations for Seniors' Health**

GERONTOLOGICAL NURSES
ASSOCIATION *of* BRITISH COLUMBIA

Annual General Meeting & Provincial Conference

September 17-18, 2009
Coast Bastion Inn – Nanaimo

Thursday, September 17th
1800-2200

Innovative Introduction

Enjoy Wine and Cheese while getting to know one another in the relaxing atmosphere of the Coast Bastion Inn Ballroom.

Welcome & Early Registration

Catrin Brodie, President, and Members of the Central/North Island Chapter will welcome you.

Pick up your registration package and get oriented.

Friday, September 18th
0730-0815

Continental Breakfast

Enjoy a complimentary continental breakfast.

Registration & Exhibits

Please take some time to view the exhibits of our many wonderful sponsors! If you didn't register Thursday evening, please do so now.

0815-0900

Welcome and Opening Remarks

Convene in the Coast Bastion Inn Ballroom for a warm welcome and opening remarks from Catrin Brodie, President of the Central/North Island Chapter of GNABC; Diana Johnstone, Councillor, City of Nanaimo; Dr. Marianne McLennan, Director, Seniors' Health; and Heather Hutchinson, President of GNABC

Friday, September 18th

0900-0945

Dr. Parton, Neurologist
New Approaches to Spasticity
Management of the Older Adult

0945-1015

Refreshments & Exhibits

1015-1100

Dr. Kim King, Geriatrician
Dizziness and the Older Adult:
Cause, Prevention and Treatment

1100-1145

Dr. Jane Saunders
Successful Aging: Quality of Life and
Society's Values

1145-1315

Buffet Lunch & **Annual General Meeting**

1315-1400

Fabio Feldman, PhD
The Serious Side of Gravity:
Prevention of Falls and Hip Fractures

1400-1445

Lori Amdam, RN, MSN
Optimizing the Acute Care Experience
for Elders with Dementia — the
N.R.G.H. Initiative

1445-1530

David Forbes, Pharmacist
The 'Drugectomy' of the Older Adult:
A 'How To' Guide

1530-1600

Refreshments & Exhibits

1600-1630

Evaluations, 50/50 & Prizes, Farewells



**GERONTOLOGICAL NURSES
ASSOCIATION *of* BRITISH COLUMBIA**

**“Advocating Quality Health Care
for Older Adults since 1981”**

MISSION STATEMENT

The Gerontological Nurses Association of British Columbia (GNABC) is a professional organization that supports and advances the professional interests of its members by promoting a social, economic and political climate in which nurses and other healthcare providers that care for the older adult can provide accessible, efficient healthcare that meets the highest professional standards of practice.

HISTORY

The Gerontological Nurses Association of British Columbia was founded in Victoria in 1981. It became a Registered Nurses Association of British Columbia (RNABC) professional Practice Group in 1986.

Local GNABC chapters began forming in other communities in 1990. Conjoint membership in the Canadian Gerontological Nurses Association (CGNA) was offered to GNABC in 1997.

The Canadian Nursing Association recognized Gerontology as a Specialty and the first national certification exam for Gerontology was written in 1999.

Although fairly new as a Specialty, Gerontology has the highest membership nationally, with BC the leader.

CHAPTERS

Currently, the Gerontological Nurses Association of British Columbia has eight chapters. Always looking to expand its membership — especially in areas of the province that are far from an existing chapter — all that is required is five people, dedicated to the care of the older adult, willing to make up a Chapter Executive.

The Local Group Development Chair (and the rest of the provincial GNABC Executive!) will assist and guide you on your way.