



# PHC NEW NURSING GRADUATE EDUCATION WORKSHOPS

## HOW TO REGISTER:



1. If you are already scheduled to work on the day of a workshop and want to attend, you must obtain approval from your Operations Leader (OL) before you register or swap your shift.
2. If the workshop is scheduled on your day off, you can register on CCRS and do not need to obtain approval from your OL.
3. The first time you register online, you will need to create an account as a PHC Employee, a user ID and password. Be prepared with your employee number and a valid email address. Any previous accounts (i.e. student account) will not work as they do not have permissions to register for these workshops.
4. Go to <http://ccrs.vch.ca> to register online.
5. If you need to cancel a registration go back to <http://ccrs.vch.ca>, log in, and use the 'Cancel' button.

For more information please contact:

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# PHC NEW NURSING GRADUATE EDUCATION WORKSHOPS

<http://ccrs.vch.ca>

## NEW GRAD ORIENTATION Open to RNs, LPNs, RPNs, IENs

This session provides an opportunity to ask any question, to hear from an Operations Leader (OL), to understand our patient population and meet other new Grads. Useful tips are provided to help you integrate in your new role.

Other topics include:

- Competencies required of New Grads
- Preparing for unit-based orientation
- Getting the most out of buddy shifts
- New Grad workshop series
- Creating a learning plan
- Resources... and *more*



## 3 MONTH SEMINAR

The first three months of your nursing career is often a difficult time as you transition from student to qualified nurse. This 3 Month Seminar provides you with an opportunity to connect with other New Graduate Nurses and the program Educators, in a safe environment.

Here you can share and discuss / debrief positive and negative experiences that have had an impact on you. Sharing your experiences with other new grads helps each other to realize that you are not alone on this amazing journey.

By attending this seminar, you will develop an understanding of the stage that you are at and how you have a right to be there. This can help to change your focus, develop your professional learning goals and to see the future.

(This seminar does not replace any of the 3 month check-ins that occurs with your unit Educator).

## NAVIGATING THE FINAL JOURNEY

This interactive workshop is designed to increase the New Graduate Nurses' knowledge and skills about what signs and symptoms to expect when a patient is nearing the end of life. You will learn how to effectively manage these symptoms and provide comfort to the patient, care for the patient's family members and for yourself.

The workshop helps to dispel myths and uncertainties surrounding death and dying, explores aspects of palliative care philosophy and introduces you to the Palliative Outreach Care Team and Pastoral Care Services. Care of the deceased patient and information on resources for the bereaved will also be presented.

## RESPONDING TO EMERGENCIES & MOCK CODE BLUE

This session examines how to prepare for and respond to common emergency situations in the acute care setting. Responding to a "Code Blue" is discussed in detail using a mock arrest case study. Psychological/ emotional impact on family and staff are explored.

## ROAD TRIPS – "MY PATIENT IS GOING FOR A WHAT?"

### What do I need to know about tests and procedures?

Various diagnostic tests and procedures are done in departments away from the nursing unit. For example, Radiological test which require patient preparation and patient teaching.

Too shy to ask? "What is a PTC? ERCP? Upper GI Series?" These and other tests will be defined, to assist you to better prepare and teach your patient.

## RN EXAM PREPARATION

Free tutoring available for those who are taking the RN exam.

Topics to be reviewed:

- Fluid and electrolyte balance
- Pediatrics
- Maternity
- Types of shock
- Psychiatry

Tutoring provided by Kathy Fukuyama, VCC Nursing Instructor & Professional Tutor.

Attend one or all three sessions.

## INTERPRETING LAB VALUES

How low is 'low' and how high is 'high'? In this session normal reference values for PHC will be discussed. Using clinical case studies we will review how lab results and their associated clinical signs and symptoms can direct nursing care and patient teaching. We will also discuss when to call the Doctor and consult with the interdisciplinary team to ensure that the patient receives the best care possible.

## OPERATION LEADERS & STAFFING Cost Center Instructions

**New Grads:** Workshop time should be charged to cost centre **78603000**

**PHC Nurses (RN/RPN/LPN):** Workshop time is considered education time and should be charged to **unit cost centre**.

**ESNs:** Are welcome to register (space permitting), however, priority will be given to 1. New Grads and 2) PHC nurses. Time should be charged to cost centre **7860300** and counts towards their hours. ESNs can also choose to attend workshops unpaid if they would prefer to not use hours.

