



*Our mission is to educate, support and strengthen the image for nurses by speaking out for nursing and speaking out for health.*

*We respect human dignity and are committed to diversity, inclusively and democracy. Our mission is to show leadership through working with our communities, the general public, nurses, other health care providers, nursing organizations and groups to advance the profession of nursing.*

## A message from MINIG

Members of MINIG,

The MINIG Executive would like to thank you for your membership with us this past year. Your continued support, interest, and feedback are important in helping us to achieve our mission.

We thank all those who completed our MINIG survey. We value your input and will implement several of your suggestions and will plan to increase our communication with you.

We all hope you will rejoin MINIG and share your knowledge and ideas and participate in the many new initiatives we are planning for the coming year.

The MINIG is one of the quickest growing interest groups. Our goal is to make the 2013/14 membership year the most interactive and productive one yet!

Your MINIG Executive,  
Darrell, David, Dayo, Francis, Franklin, Philip, and Stanley

**DO YOU HAVE A QUESTION OR  
WOULD LIKE TO GET MORE  
INVOLVED? CHECK OUT OUR  
WEBSITE, FACEBOOK PAGE, OR  
SEND US AN EMAIL**

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## RNAO and MINIG Membership Renewal

It's that time of year again to renew your RNAO and MINIG memberships! To renew online, please visit this link:  
<https://joinrnao.org/app/>

Also, are you a new grad or do you know some new grads? If so, be sure to check out RNAO's Complementary RNAO Membership for New Grads initiative to receive your 2013/14 for FREE!  
<http://rnao.ca/content/complimentary-rnao-membership-new-graduates>

Who qualifies? Any person who has graduated from an undergraduate nursing program within the last 12 months, and who is eligible to write the exam to become an RN in Ontario or who is already a RN in the temporary or general class.

Darrell Jutzi



This year, MINIG will be participating in the Movember campaign. This campaign raises funds and awareness for men's health issues such as prostate cancer, testicular cancer, and mental health challenges.

**If you would like to support this initiative, please join our Movember team called "Mo's In Nursing" at <http://ca.movember.com/team/1025241>.**

You can show your support by wearing your moustache at your workplace for the entire month of November and by helping to raise funds for the team. Our goal this year is to raise \$500 towards this initiative. Please help us change the face of men's health!

Philip Wong

## Why Nursing?

Count the number of times you say to yourself “*What a day?*”, “*It seems like it never ends!*”, “*I don’t know how I’m going to do all of this!*” Far too often are we inundated with many factors that sometimes just make our days, weeks, and even months seem unbearable, and at times, even impossible. There are times when all we want to do is go home and barricade ourselves from the world. Nursing schools have taught us to utilize reflective practice. Yet, there are times when reflection just doesn’t seem enough.

The basis of reflection affords us the opportunity to look back at a particular situation, learn from it, and use that new learning towards practice. This process engages us to dig deep and critically analyze. The following is a real excerpt from a discussion with a nursing student. The initial intent of the interview was to explore the ‘Nursing Student’s experience in a nursing school’. As you read on, look back at your motivation, the burning reason, and essence for selecting your chosen field.



### **FGIV:**

*Tell me about your experience as a nursing student in nursing school*

### **Nursing student:**

*As a 3<sup>rd</sup> year nursing student attending the University of New Brunswick at Humber College, nursing has provided me with the opportunity to work with so many different and unique people not only in a hospital setting but in the community, private service, as well as in the homes of clients. However, there are challenges as a male nursing student. Comfortably fitting uniforms (“scrubs”) are tough to come by, hospital bathrooms and bed areas are not always ergonomically set to serve taller males and people in the community sometimes have preconceived notions about having a male nurse aid them. For example, once during a maternity placement rotation where an expectant mother was reluctant to have me in the room, while the nurse I was shadowing assessed her wounds. In this example, culture played a major role in this discretion because of her more traditional cultural customs and values. That being said, incidents such as that have been very rare for me, and for the most part, I have found that both male and female clients I have worked with have been more than supportive and embracing of my role as a male nursing student.*

### **FGIV:**

*So why did you enroll in nursing*

### **Nursing student:**

*I have always been passionate about adopting a life of service. And since a young age, I have remained involved in the field of healthcare. Thus, it didn’t take long for me to realize that Nursing was a path to which I could combine my passion for service within a healthcare field. Since I made that decision I haven’t looked back but strive to catapult myself forward into a profession, which I was born to excel.*

*Overall, I feel that I have benefitted in so many ways since becoming a nursing student such as being able to interact and support clients, advocating for social equalities, supporting youth within the local community; and knowing that I am providing a male role model for other young men that may want to join our profession. I look forward to what the future holds for not only me but for future nurses across the province. The field of nursing has become so dynamic and by embracing male nurses we are sending a positive message to the community.*

Dayo Atilola, Francis Cacao, & Franklin F. Gorospe IV

## Men's Health – Did You Know?

Based in YOUR feedback from our survey, we learned that MINIG members would like more information on men's health. In the next Volume of MINIG newsletters, we'll be including updated healthy information on this important issue – stay tuned!

This month, we turn to the purpose of the Movember Campaign – to raise awareness for men's health.

- The average life expectancy for men is four to five years less than women.
- 1 in 7 men will be diagnosed with prostate cancer in their lifetime.
- In 2012, 26,500 new cases of prostate cancer will be diagnosed in men and 4,000 will lose their battle.
- Testicular cancer is the most common cancer in Canadian men between the ages of 15 and 29.
- 1 in every 11 men will develop lung cancer.
- While not as common, men can get breast cancer. About 200 new cases of breast cancer will be diagnosed among men and about 55 men will die from the disease.
- An estimated 6.6% of the population over the age of 20 has diabetes in Canada.
- Four times as many men commit suicide compared with women.

Source: Movember Canada. (2013). *Health checklist*. Retrieved from <http://ca.movember.com/mens-health/>

Stanley Chung

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