



CACCN Board of Director Nominee Western Region

**Vininder Kour Bains, MSN, RN, CNCC(C)
Clinical Nurse Specialist
Providence Health Care**

Nominated by Emily Boorman

Personal Statement

I have been an ICU nurse and CACCN member since 1999. Most of my career has been spent at the bedside nurse, although I have done some clinical teaching. My career began at Vancouver Hospital's ICU where I learned how to care for BC's sickest patients from some of the best nurses, doctors, respiratory therapists, social workers, physiotherapists and pharmacists Canada has to offer. 2016 was transitional year: I completed my MSN, accepted a position as a clinical nurse specialist (CNS) for critical care for Providence Health Care, and became the BC chapter president. These transitions brought new opportunities to connect with critical care nurses across BC and Canada. I came to more fully appreciate how incredibly common my ICU experience was. In BC, as in every corner of Canada, we do not lack in dedicated critical care nurses that inspire, lead innovation and enhance patient care, but we do sometimes lack an awareness of each others' contributions to critical care in Canada.

In 2016, our chapter chose to focus on breaking down those isolated silos of care and create opportunities to showcase the work ICU nurses were leading. Moreover, we realized we could support professional development by creating opportunities to learn from one another. To accomplish this however, we had to do things differently. Over the past 3 years our team has leveraged tools such as: online meeting technologies, social media platforms, and web-based event management tools. Every event we've held has showcased novel projects led by ICU nurses, and we have made those presentations accessible anywhere through web-based platforms. (See www.cacnbc.ca). As a result, we have witnessed great ideas spread across BC, enhancing the care critically ill patients and their families receive. I am regularly inspired by the people I work with and the nurses I get to connect with because of the CACCN.

What I hope to bring to the role of Western Director at the CACCN is the lessons we have learned in BC. Our greatest strength is each other, and the Achille's heel of ICU nurses is we don't always realize this or leverage it. The CACCN has always played a critical role to be the platform that showcases the ground-breaking work ICU nurses are doing to enhance the science, policies, and practice of critical care nursing in Canada. What has been accomplished to date, with only 10% of Canada's critical care nurses as CACCN members, one employee, and the volunteerism of our membership, is nothing short of impressive, but there is much more yet to do. We face significant challenges ahead: an evolving workforce and work

environment, ever-advancing technologies, resource constraints, increasing population needs, and all the complex ethical dilemmas that brings. I believe ICU nurses either, already have the solutions, or we're actively inventing them. Therefore, our task as the CACCN is not to solve these problems, but rather, to make the work of ICU nurses more visible to each other, to our interdisciplinary critical care communities, and to all Canadians.

Tell us why you are seeking a Board of Director position

What I hope to bring to the role of Western Director is the lessons we have learned in BC. Our greatest strength is each other, and our Achilles' heel is we don't always realize this. The CACCN has always played a critical role to be the platform that showcases the ground-breaking work ICU nurses are doing to enhance the science, policies, and practice of critical care nursing in Canada. What has been accomplished to date, with only 10% of Canada's critical care nurses as CACCN members, one employee, and the volunteerism of our membership, is nothing short of impressive, but there is much more yet to do. We face significant challenges ahead: an evolving workforce and work environment, ever-advancing technologies, resource constraints, increasing population needs, and all the complex ethical dilemmas that brings. I believe ICU nurses either, already have the solutions, or we're actively inventing them. Therefore, our task as the CACCN is not to solve these problems, but rather, to make the work of ICU nurses more visible to each other, to our interdisciplinary critical care communities, and to all Canadians as a whole. Also, with the World Critical Care Conference coming to Vancouver's doorstep in 2021, we will soon have a unique opportunity to share the accomplishments of Canadian ICU nurses on a global stage. To take advantage of this chance, our task is to be significantly more effective as the platform for ICU nurses in the next 2 years than we have in the past.

CACCN Involvement

In 2013, I became the BC Chapter Secretary. In 2014, I temporarily withdrew from participation in the chapter to pursue my master's in nursing (MSN). In 2016, with my MSN near completion, I was elected as the BC Chapter President, along with Crystal White as Regional Rep for Interior BC, and Lynne James as Member-at-Large. We identified four objectives: (1) build our leadership team; (2) be highly accessible and transparent with our membership; (3) be the platform that both showcased the innovative work that is being lead by BC ICU nurses and supported networking; and (4) support education and professional development opportunities that are accessible, and low cost. To achieve those goals, we initiated a number of logistic changes. First, we moved all of our chapter meetings and many of our events online via GoToMeeting. We opted to use our webpages as a repository of chapter minutes and reports. Not only did this enhance transparency with our members but it also served to both recruit and orient new chapter leaders to our team. We continue to generate host of resources for critical care nurses to support their professional development. Our ongoing social media presence and activities have led to: event sponsorship; and building partnerships with other organizations such as the Critical Care Working Group (CCWG) at the BC Patient Safety and Quality Council (BCPSQC); and continue to inform, showcase and more importantly, connect critical care nurses in BC.

Volunteer Experience (outside of CACCN)

I believe in the importance of volunteerism. It is an opportunity to not only make positive contributions to our communities, but also to learn, meet interesting people and do meaningful

work. I have gotten more out of volunteering than I have ever given. The one community I have recently volunteered for is the Parent Advisory Council at my children's school (Samuel Brighthouse Elementary School). I have served first as secretary (2011-12), then chair (2012-13) and finally treasurer (2016-18). Our primary focus over the years I volunteered on the PAC executive was to enable parent engagement. We developed the Brighthouse PAC website. Since we had a significant immigrant community, we decided it was important that language should not be a barrier to parent participation in the school. Our website was translated into 2 of the most common languages spoken at our school (English & Chinese). We ensured bilingual parents were available to help translate for newcomers to our school. We organized school activities that made it easy for parents to participate in any way they wished. Unlike other PACs, what we chose not to do was focus on fundraising. Surprisingly, even though fundraising was a not our priority, we successfully and consistently raised over \$8000 per year in all the years I participated. We found when you built good partnerships with our community, and focused on making fundraising activities easy, and fun, money was not difficult to raise. As a result, my family enjoys a welcoming community and lifelong friendships.