



**Canadian Association of Nephrology Social Workers  
33<sup>rd</sup> Annual Conference**

**Staying Afloat in a Rising Tide:  
Navigating the Nephrology Journey**



Credit: NovaScotia.com

**September 29<sup>th</sup> to October 1<sup>st</sup>, 2011  
Citadel Hotel, Halifax, NS  
CANADA**



## **Canadian Association of Nephrology Social Workers (CANSW)**

For 33 years, CANSW has been the only national professional association for social workers specializing in the exciting and demanding field of nephrology. Committed to the highest standards of social work practice, CANSW prides itself on “giving back” to its members by annually presenting low cost, high quality conferences drawing on top speakers from across North America. In recent years, CANSW members have also benefited from a very active exclusive email list server allowing instant consultation and “brain storming” with over one hundred of their peers across the country. In addition, there is a members-only section of the website, listing useful resources and templates. For further information about the benefits of becoming a CANSW member please visit our website [www.cansw.org](http://www.cansw.org).

### **Our Conference Theme: Staying Afloat in a Rising Tide: Navigating the Nephrology Journey**

As Nephrology Social Workers, we help our patients navigate the rough waters of Chronic Kidney Disease. Together we face many challenges and hazards along the way. Our patients struggle to adapt to ever-changing conditions. As their Social Workers, we provide support and offer tools to help ease their journey. Increasingly, we do this in the context of a health care system coping with an aging population, increased rates of diabetes, chronic illness and obesity, and a rising tide of individuals with kidney disease. These challenges are exacerbated by limited resources and an aging workforce.

This year's CANSW Conference, *Staying Afloat in a Rising Tide: Navigating the Nephrology Journey*, set in the beautiful, historic city of Halifax, Nova Scotia, will provide you with tools that will both enrich your practice and promote renewal and resilience. It will feature Gary Petingola, distinguished CANSW member, as keynote speaker. Gary will lead us in a full day session designed to teach relaxation methods that foster resilience in Nephrology Social Work practice. In addition to this keynote presentation, we are also delighted to provide sessions on a range of topics that will increase our knowledge about emerging research that celebrates the work of other CANSW members and features local presenters with specialized knowledge that directly relates to our frontline work with patients and interdisciplinary teams. Join us! We look forward to the opportunity to provide CANSW colleagues some Maritime hospitality!



### **Continuing Education**

Up to 15 hours of Continuing Education Units for this conference as per your Professional College.

## Accommodation:

We have secured the services of the **Citadel Hotel** for our conference (1960 Brunswick Street, Halifax, Nova Scotia B3J 2G7). A block of rooms have been reserved at a reduced rate until August 29<sup>th</sup>. (Please include the 2% HRM Marketing Levy and 15% HST to the appropriate room rate). Parking is complimentary. Smoking rooms are an additional \$10.00/day and are subject to availability.

### Room Rates (Single or Double Occupancy)

Standard Non Smoking Queen or 2 Doubles	\$129
Deluxe Non Smoking 2 Doubles	\$139
Business Non Smoking King	\$159
Junior Suites Non Smoking	\$179

To reserve your room, call no later than **August 29<sup>th</sup>** at 902.422.1391 or toll free at 1.800.565.7162. **Please ASK for the Canadian Association of Nephrology Social Workers rates. \*\*Note a credit card number or cash deposit is required at check in to be used for any incidental costs.** For more information, please go to the website [www.citadelhalifax.com](http://www.citadelhalifax.com). Please note that we are attempting to secure reduced rates for car rentals for CANSW members. Further information will be sent out on the CANSW listserver.

### CANSW members and Financial Assistance to attend Annual General Meeting

CANSW recognizes that it may be financially difficult at times for CANSW members to attend the conference and AGM. The Association would like to support members when fiscally able. Please contact the CANSW President, Dianne Kurina at [dianne.kurina@calgaryhealthregion.ca](mailto:dianne.kurina@calgaryhealthregion.ca) for further information.

### Halifax, NS Conference Planning Committee

Anna Deveaux, Sydney, NS  
Cathy Gillis, Halifax, NS (Chair) [Cathy.Gillis@cdha.nshealth.ca](mailto:Cathy.Gillis@cdha.nshealth.ca)  
Michelle Jensen, Halifax, NS  
Barb Nickerson, Halifax, NS  
Shirley Pulkkinen, Sault Ste. Marie, ON

## CONFERENCE AT A GLANCE

Thursday, September 29	Friday, September 30	Saturday, October 1
<p><b>1:00-2:00 pm</b> Registration Citadel Hotel Lobby Halifax, NS</p> <p><b>3:00- 4:30 pm</b> CANSW Annual General Meeting ** Queen Elizabeth II Health Sciences Centre 1276 South Park Street, Halifax, NS</p> <p>*this will be broadcast via Telehealth to predetermined sites in other provinces</p> <p>**Note: Executive will send out AGM package prior to meeting with instructions on how to get to the Hospital</p> <p><b>Dinner on your own. Options will be provided.</b></p> <p><b>6:00 – 9 pm</b> Registration Citadel Hotel Lobby</p> <p><b>8:00 – 11 pm</b> Hospitality Suite Citadel Hotel</p>	<p><b>7:00 – 8:30 am</b> Breakfast &amp; Registration Breakfast courtesy of CANSW</p> <p><b>8:30 – 8:45 am</b> Welcome</p> <p><b>8:45 – 10:15 am</b> Merlinda Weinberg, PhD,MSW, BA Ethical Practice and Social Justice for Patient-Centred Care on the Interdisciplinary Team.</p> <p><b>10:15– 10:30 am</b> Break</p> <p><b>10:30 – 12:00 pm</b> Merlinda Weinberg, PhD,MSW, BA</p> <p><b>12:00 – 1:00 pm</b> Lunch Courtesy of CANSW</p> <p><b>1:00 – 1:45 pm</b> Paula Mossop, RN, CNeph Dialysis Access – What are the Options?</p> <p><b>1:45 – 2:30 pm</b> Nina Papazian, MSW, RSW Companion Animals and Quality of Life for Dialysis Patients</p> <p><b>2:30- 2:45 pm</b> Break</p> <p><b>2:45 – 3:30pm</b> Andrew Mantulak, MSW, RSW The Lived Experience of Mothers of Children who have Undergone Kidney Transplantation</p> <p><b>3:30 – 4:15 pm</b> Neil Thompson, MSW, RSW Navigating Renal Disease at End of Life: Decisions Along the Journey. (DVD Presentation)</p> <p><b>4:15 pm</b> – Wrap up for the Day</p> <p><b>6:30 pm</b> – Meet in Lobby to walk to Ferry for dinner</p> <p><b>7:00 pm</b> Dinner courtesy of CANSW MacAskill's Restaurant</p>	<p><b>7:00 – 7:45am</b> Breakfast</p> <p><b>7:45 – 10:35 am</b> Welcome and Introduction</p> <p><b>Gary Petingola, BSW, RSW</b></p> <p>A Citadel in Turbulent Times: Relaxation Methods that Foster Resilience in Nephrology Social Work Practice</p> <p>** This is a day long workshop. Presentation content will build on the evidence supporting relaxation practice and expand on the use of additional relaxation therapeutic interventions. Please see broader description on page 6. A commitment to attend for the full day is encouraged.</p> <p><b>10:35 - 10:50 am</b> Nutrition Break</p> <p><b>10:50 – 12:15 am</b> Continuation of Workshop</p> <p><b>12:15-1:00 pm</b> Lunch in Silence</p> <p><b>1:00 – 2:30 pm</b> Continuation of Workshop</p> <p><b>2:30-2:45 pm</b> Nutrition Break</p> <p><b>2:45 – 4:00 pm</b> Continuation of Workshop</p> <p><b>4:00 - 4:15 pm</b> Evaluations/Close</p> <p>The 2011 CANSW Conference was made possible by the following corporate sponsors:</p> <p style="text-align: center;"><b>AMGEN</b> <b>JANSSEN-ORTHO</b></p>



## **Keynote Speaker Dr. Merlinda Weinberg, PhD, MSW, BA**

### **Ethical Practice and Social Justice for Patient-Centred Care on the Interdisciplinary Team.**

Are you challenged when trying to balance health care policies with your personal ethics? Wondering how to provide ethical care in times of resource constraints? Using case vignettes, Dr. Weinberg will share some thoughts on how to effectively work on interdisciplinary teams while being consistent with your personal and professional values. The session will be interactive. She will lead the group in a discussion about some of the challenges and will provide some new theoretical concepts to help you think about the situations that arise in new and helpful ways. Despite the challenges in the present political and economic climate, the workshop will leave you feeling heartened by offering some down-to-earth practical strategies and by eliciting your ideas for success.

Currently Dr. Merlinda Weinberg is a tenured professor in the School of Social Work at Dalhousie University. Dr. Weinberg received her MSW from Smith College and for over 25 years practiced social work in Canada and the United States as a clinician, manager, and consultant. Much of her work occurred on interdisciplinary teams. She was granted her Ph.D. at the University of Toronto in 2004. Research interests include ethics in the social sciences, practice from a critical perspective, and feminist post-structural theory. She recently received a Social Sciences and Humanities Research Council grant to study ethics in social work practice and was nominated as the top new researcher in Canada. She has published in a range of scholarly publications including but not limited to *Families and Society*, *Ethics and Behavior*, *Critical Social Work*, and *the Journal of Progressive Human Services*.



## Keynote Speaker Gary Petingola, BSW, RSW

### **A Citadel in Turbulent Times: Relaxation Methods that Foster Resilience in Nephrology Social Work Practice**

His workshop will examine relaxation interventions used in psychosocial nephrology practice using interventions such as mindfulness meditation, the use of labyrinth, music and art. Body scan, progressive muscle relaxation, safe place visualization, autogenics and guided imagery tools will be included in this presentation. This is an opportunity for CANSW members to interact, experience and begin to develop or further expand these therapeutic approaches. A primary goal is for members to understand the power of relaxation methods as a mechanism for self care, resilience and joy in the practice of nephrology social work amidst the myriad of demands and expectations of health care systems.

Gary Petingola is a registered social worker and holds the position of Nephrology Social Worker at the Hôpital régional de Sudbury Regional Hospital in Sudbury, ON. He has made many valuable contributions to the field of Psychosocial Nephrology and is currently completing his Masters Degree in Social Work at Laurentian University in Sudbury, ON.

Gary has done extensive presentations on relaxation to hospital colleagues including at the Laurentian University School of Social Work and at the American National Kidney Foundation. He has numerous prestigious awards, has been involved in many projects, initiatives and organizations and is currently the Canadian representative on the *Kidney Community Emergency Response Coalition USA* overseeing the Provision of Dialysis in Pandemic and Disaster.

He also recently authored an article entitled “*Mindfulness Awareness and Its Influence on the Health Care Professional in a Nephrology Setting*” in the Journal of Nephrology Social Work.

Gary is also a Previous CANSW President and Vice President and is currently CANSW’s web manager.

Gary is married to an Oncology Social Worker and is the father of 2 daughters “brown eyes and blue eyes”, all who fuel his passion. Gary has completed 13 full marathons, is a water colour painter and has promoted journaling and dignity therapy through arts to the hospital system.

## Conference Speakers:

### **Dialysis Access – What are the Options?**

**Paula Mossop, RN, CNeph**

In preparation for our Saturday presentation which includes needle desensitization, it is important for Nephrology Social Workers to have a better understanding of the physiology and biology related to hemodialysis access in order to better assist with the psychology and emotions which challenge our patients. Each person responds differently to making the decision regarding the best access choice. Paula will review the pros and cons of an arterio-venous fistula (AVF), arterio-venous graft (AVG) and central venous catheter (CVC), the lifestyle impacts of each option and will propose some strategies to assist patients in dealing with these decisions and challenges.

Paula Mossop has been in nursing since 1980 in various areas, and joined the QEII Hospital Nephrology Dialysis Program in 1996. She has been a Vascular Access Nurse since 2005 and also received her certification in Nephrology Nursing (CNeph) the same year.



### **Companion Animals and Quality of Life for Dialysis Patients**

**Nina Papazian, MSW, RSW**

Clinical social workers do not often integrate questions about companion animals in their psychosocial assessments or treatment plans of patients, nor do they routinely consider human-animal bond attachments and the associated protective factors.

In the interests of expanding the understanding of the physical, social and emotional benefits of bonds with companion animals, this session will focus specifically on the experiences of dialysis patients with companion animals. The goal is to enhance awareness and attention in the practice of nephrology social work to this important aspect of many of our patients' lives.

Nina Papazian is a registered social worker with over 23 years of clinical experience with children, families and adult clients. Nina is currently employed as nephrology social worker with the Regional Renal Program, Peterborough Regional Health Centre, Peterborough, Ontario.

Nina is sensitive to the unique bond between humans and companion animals and has a specialized practice in veterinary social work, providing services to individuals and veterinary teams. Nina has a counsellor certificate from the Association of Pet Loss & Bereavement (APLB) and has been a presenter at several of the Association of Pet Loss and Bereavement conferences in New York City. Nina also attended the 1<sup>st</sup> International Veterinary Social Work Summit, University of Tennessee, 2008. Nina has been published in the APLB Newsletter, The Animal Wellness Magazine and in "The Early Years" column of the Peterborough Examiner daily newspaper. Nina has certificates in Bereavement Education as well as Grief Counselling and Therapy, from the Canadian Centre for Bereavement Education and Grief Counselling. Nina is a member of the Association of Pet Loss & Bereavement, and Elderdog Canada.



## **The Lived Experience of Mothers of Children Who Have Undergone Kidney Transplantation**

Andrew Mantulak, MSW, RSW (C)

Research has often neglected the voices of mothers as caregivers when a child has undergone a kidney transplant. We understand the medical process of the days, weeks, months following transplant for a child but understand little from a mother's point of view. This study set out to explore the lived experience of mothers of children with end stage renal disease (ESRD) who have undergone kidney transplantation. In turn to provide direction to health care providers relative to the information and support needs of maternal caregivers in the context of pediatric kidney transplantation. Utilizing a phenomenological research design, the research process aimed to elicit the narratives of mothers of children with pediatric kidney disease relative to their personal experience of the transplant process from their location as caregiver. Providing mothers with an opportunity to be heard in this way offers a unique perspective while leading to a more in-depth understanding of the salient elements of this experience not addressed in the current literature.

Andrew Mantulak MSW RSW (C) is a PhD candidate in the Faculty of Social Work at Wilfrid Laurier University and has 17 years experience as clinical social worker in the Pediatric Nephrology service at The Children's Hospital at London Health Sciences Centre in London Ontario. Andrew is a sessional instructor in the Faculty of Social Work at King's University College at the University of Western Ontario where he teaches an introductory course in Social Work and Social Welfare as well as teaching theory integration to students on placement in the field. Andrew's doctoral studies have been supported by an Allied Health Doctoral Fellowship through the Kidney Foundation of Canada (KFOC) as well he is part of a current KFOC funded multi centre study examining the transition issues of pediatric CKD patients transferring to adult programs. Andrew is scheduled to defend his dissertation in the fall 2011 with a view to continuing his research in the quality of life issues associated with the pediatric Nephrology population.



## **Navigating Renal Disease at End of Life: Decisions Along the Journey (DVD Presentation)**

**Neil Thompson, MSW, RSW**

Neil is a Nephrology Social Worker with the Southern Alberta Renal Program (SARP). He works with Hemodialysis Patients in two of the community units and with the Home/Nocturnal Hemodialysis program in Calgary.

Neil holds a BA in Religion & Culture from Wilfrid Laurier University; a BSW from Ryerson Polytechnic University and an MSW from the University of Toronto. In addition, he has completed two years intensive extern training in Brief/Narrative Therapy for individuals, couples and families through the Hincks/Dellcrest with a joint certification from the University of Toronto. He has recently been appointed to the Discipline Committee for the Alberta College of Social Workers.

Over the past 25 years, Neil has worked in the areas of addictions, community outreach, AIDS/HIV policy and services, community care case management and clinical service provision, hospice/palliative care and bereavement support, as well as emergency medical social work.

He is presenting a DVD production by SARP on End of Life and Bereavement in the Renal Population which is in the final stages of editing. CANSW will get a sneak peek at this DVD before it has its official launch at the CANNT conference in October.

## Registration Form

# 33<sup>rd</sup> Annual CANSW Conference Staying Afloat in a Rising Tide: Navigating the Nephrology Journey

September 29 - October 1, 2011

Halifax, NS

**\*\*Please note AGM is on Sept 29<sup>th</sup> and conference begins on Sept 30<sup>th</sup>**

**\*\* Registration must be received by Friday, September 2nd \*\* or late dues apply**

**\*\* Please book your accommodations directly with the hotel - see page 3**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

- Please check if attending Friday Evening dinner (cost included in your registration).
- Additional dinner tickets, please include \$35.00 per ticket TOTAL TICKETS \_\_\_\_\_

Please note any dietary preferences \_\_\_\_\_

<b>ENTIRE CONFERENCE</b>	<b>ONE DAY ONLY</b>
<b>CANSW Members:</b>  <input type="checkbox"/> Before September 2nd - \$200 <input type="checkbox"/> After September 2nd- \$225	<b>CANSW Members:</b> One Day Only – Friday or Saturday (please circle one)  <input type="checkbox"/> Before September 2nd- \$125 <input type="checkbox"/> After September 2nd - \$150
<b>NON CANSW Members:</b>  <input type="checkbox"/> Before - \$400 <input type="checkbox"/> After - \$450	<b>Non CANSW Members</b> One Day Only – Friday or Saturday (please circle one)  <input type="checkbox"/> Before September 10th \$225 <input type="checkbox"/> After September 10th - \$250
<input type="checkbox"/> <u>Students</u> - \$125.00	<b>**CANSW Memberships can still be purchased via website <a href="http://www.cansw.org">www.cansw.org</a> to get the Member rate</b>

**TOTAL AMOUNT SUBMITTED**  
\$ \_\_\_\_\_

FOR MORE INFORMATION ON THIS CONFERENCE  
YOU MAY CONTACT Cathy Gillis at (902) 473-4087 or  
email at [Cathy.Gillis@cdha.nshealth.ca](mailto:Cathy.Gillis@cdha.nshealth.ca)

Please send this Registration Form along with a cheque payable to **CANSW** and mail to:

**Julie MacDonald**  
**2938 Pettigrew Crescent**  
**Mississauga, ON**  
**L5L 4X1**