

Presented with the comparisons in treatment, you question treatment efficacy and related patient outcome. You start to question the degree to which you have personally incorporated evidence-based nursing in your practice. You realize its value, and you look into initiating it to validate your current practice and guiding policies, to provide informed nursing care, to provide ethical care, and to promote excellence in nursing.

Professional growth and advancement of professional practice therefore occur as registered nurses increase accountability within their practice. Professional growth is also evident when registered nurses participate in the advancement of quality pediatric care within a department. Within the Starship CED, nurses are involved in many aspects of departmental development. The nursing quality group, to give a few examples, initiates audits of department charts (triage assessment sheets, transfer

documentation), develops patient advice sheets (fever, measles, head injuries, crying babies, chickenpox, etc), develops recommended best practice protocols (on conditions like burns, head injuries), and audits application of these protocols. Members within the team are also involved in disaster planning (implementing mock scenarios), research projects (securing peripheral IV cannulas), and coordination of monthly nursing case reviews. Professional practice is visible as these nurses forward the department's quality of care. Professional growth is also encouraged within CED by investment in nursing education. The department provides a comprehensive education program. One of the program's education days is on wound management. In-depth education on wound management has empowered me to make decisions optimizing patient care. When children return to the emergency department for post-burn or fingertip partial avulsion injuries for

instance, nurses direct dressing choice. Based on knowledge of the anatomy and physiology of wound healing, the advantages and disadvantages of dressing types, and assessment of the particular wound and its phase of healing, nurses manage wounds. The above education directs decision between a semi-permeable type dressing like OpSite, a silicone selective adherent one like Mepitel, a hydrocolloid like Comfeel, or hydrogel like Duoderm. Good wound management directly affects wound healing.

It is amazing to look back on a year and see the change - and the growth in one's practice. It is amazing to be able to grow into a new team - to be welcomed and encouraged. Working abroad really has changed the face of nursing for me - it is a profession of new depth, breadth and opportunity. 🇨🇦

**Noho ora mai, (I am well, hope you are well), Michelle**

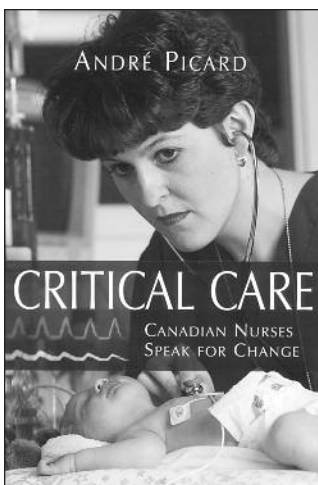
## Outlook

### Book Reviews

#### Critical Care: Canadian Nurses Speak for a Change

By André Picard  
HarperCollins Publishers  
Toronto, Ontario

Through nurses' stories of their daily work and challenges, André Picard, a Canadian author, aspires to give nurses a voice and more visibility. From a



nurse pioneer's to nurse clinicians' to a nurse politician's narratives, the reader will appreciate the multifaceted role and significance of the nursing profession. I would highly recommend this book for all nurses for its easiness to read, realistic view and uplifting quality. 🇨🇦

**Reviewed by Donna Cousineau, RN, ENC(C)**

*For more information about André Picard visit his website at: [www.andrepicard.com](http://www.andrepicard.com)*

#### Brain Attack: Danger, Chaos, Opportunity, Empowerment

By Paulina Perez  
Cutting Edge Press  
Johnson, Vermont

This is a wonderful book that tells the story of a 54-year-old nurse who survives a stroke. We follow Paulina's journey from onset of the symptoms to recovery.

What makes this book so easy to read is its diary format. A second item that made reading Paulina's story a pleasure is the encouraging quotes and proverbs which are found throughout the book. As nurses, the more we understand our patients' perspective of the events unfolding in their lives, the better equipped we are to care for them. 🇨🇦

**Reviewed by Jo-Anne O'Brien, RN, BScN, ENC(C)**

