

October 20, 2025 9am to 4pm Canad Inns Polo Park

For more information visit: arnm.ca

Agenda

| 8:00-8:45 | Participant sign-in and light breakfast |
|-------------|--|
| 8:45-9:00 | Official Opening and Welcome: ARNM President Jacob Ahiaegbe |
| 9:00-10:00 | Keynote: Partnerships Between Nurses & Government - Minister of Health, Seniors and Long-term Care Uzoma Asagwara; Premier's Advisor on Nursing Culture & Safety Carla Compton |
| 10:00-10:15 | COFFEE BREAK |
| 10:15-11:15 | Session 1 and Session 2 |
| 11:15-12:15 | Session 3 and Session 4 |
| 12:15-13:00 | LUNCH BREAK |
| 13:00-14:30 | Session 5 |
| 14:30-15:00 | COFFEE BREAK |
| 15:00-16:00 | Session 6 |
| 16:00-16:15 | Closing remarks |

Agenda subject to change

Change Starts Here: The Power of Partnerships

www.arnm.ca



Message from the President of ARNM

Welcome to the 2025 ARNM Conference: Change Starts Here: The Power of Partnerships.

This year's theme reflects the strength we find when we come together across roles, experiences, and perspectives - to create meaningful change in nursing and health care.

Partnership is at the heart of everything we do.

Whether it's collaborating with colleagues, learning from our peers or mentoring the next generation of nurse leaders, our shared commitment makes our profession stronger.

Today is an opportunity to celebrate those partnerships, spark new ideas, and build the connections that will carry us forward.

As you move through today's sessions, I encourage you to engage deeply: share your insights, listen with curiosity, and embrace the relationships that make our work possible. Each conversation you have contributes to the momentum we need to strengthen nursing in Manitoba.

On behalf of ARNM, our Board of Directors, and our staff, thank you for being here. Your presence and participation are what make this conference a success - and together, we are shaping the future of nursing in Manitoba.

> -Jacob Ahiaegbe, RN MBA President 2



Message from the Executive Director of ARNM

Welcome to those nurses who have been able to join us at the conference today!

We anticipate that we will all learn a lot from the work of Manitoba nurses in partnership with each other, patients and other health providers

I encourage you to renew your ARNM membership, if you have not already. It supports the advocacy work we do with politicians, government departments, regulatory and educational institutions and the public. There are good things happening in the nursing profession, and we need to share those as widely as we share the negatives. We have many exciting benefits, including, educational discounts from Canadian Health Care Education Network, and discounts on travel, holiday shopping, a discount for CNPS (RNs only) and many other purchases.

ARNM has also heard from others who would have loved to be here, but cannot. Our Professional Development Committee will consider your suggestions for future conferences. If you have suggestions for ARNM, please let us know.

-Joyce Kristjansson, RN MBA Executive Director

ARNM Membership Perks & Benefits

Being part of ARNM means more than carrying a membership - it's about belonging to a strong, connected nursing community that's shaping the future of healthcare in Manitoba.

As a member, you'll enjoy:

- Monthly professional development sessions
- Discounts on our annual province-wide conference and CHEN courses
- Education bursaries and new scholarships launching in 2026
- Access to mentorship, networking, and career support
- Opportunities to nominate or be recognized with our Awards of Excellence
- Grants to help you advance your education and career goals
- Exclusive savings with Manitoba businesses and Perks for Nurses
- Advocacy at the highest levels your voice heard and amplified with politicians and government

Our message is simple: we support, empower, and celebrate nurses as the powerful health leaders you are. And together, we ensure that nursing in Manitoba has a strong, united voice.

📩 Ready to join or renew? Contact us anytime at info@arnm.ca

Belair Direct: Presenting Sponsor of the 2025 ARNM Conference



We are proud to welcome Belair Direct as the Presenting Sponsor of the 2025 ARNM Conference.

Their support helps make this event possible and offers a valuable opportunity for ARNM members to access exclusive benefits through the Perks for Nurses program.

Belair Direct provides tailored travel and health insurance solutions designed with your lifestyle in mind. Whether you're planning a weekend getaway or multiple trips each year, their annual travel insurance offers protection for unlimited trips often at a lower cost than single-trip plans - so you can travel with confidence. Benefits for ARNM members include:

- Affordable annual travel coverage protecting you no matter how many trips you take each year.
- Extended Health Care (EHC) Plan flexible coverage that complements or replaces your current group plan and includes travel benefits.
- Easy transitions join within 60 days of ending previous group coverage to skip medical proof of insurability.
- Generous coverage limits up to \$20,000 annually per insured person with 80% coverage for eligible expenses.

Learn more and explore your options here: https://www.arnm.ca/perks-nurses/belairdirect

Sessions 1 & 2

Room A — Session 1: Partnering in Clinical Care

| Time | Presentation Title | Presenter(s) |
|---------------|--|--------------------------------------|
| 10:15 - 10:45 | Integrating Bariatric Surgery, Medications and Mental Health Management: A Comprehensive Approach to Sustainable Weight Loss | Cindy Sanchez & Valerie Krysanski |
| 10:45 - 11:15 | Early Recognition of Resident Decline to Reduce ER Transfers from Misericordia Place | Sarah Brown |

Room B — Session 2: Partnering in Education

| Time | Presentation Title | Presenter(s) |
|---------------|---|---|
| 10:15 - 10:45 | Stories and Strategies of the Barriers and Successes of Incorporating Interprofessional Education into a Nursing Program with Both an Urban | Laura Van Mulligen, Michelle Lowe-Puhach Catherine Baxter |
| 10:45 - 11:15 | and Rural Focus Climate-Resilient Nursing: Building | Sophie R. Walker |
| | Student Capacity in Healthcare Settings | |

Sessions 3 & 4

Room A — Session 3: Partnering in Research

| Time | Presentation Title | Presenter(s) |
|---------------|---|----------------|
| 11:15 - 11:45 | Building Performance Evaluations for New and Existing Long-Term Care Homes – A Pilot Project | Jennifer Morin |
| 11:45 - 12:15 | Do You Know Me? Can You See Me? Do You Care for Me?: A Pilot Study on Fostering Nurses' Worklife, Mental Health, and Wellbeing | Sonia Udod |

Room B — Session 4: Partnering in Research

| Time | Presentation Title | Presenter(s) |
|---------------|---|---|
| 11:15 - 11:45 | Promoting Empathy and Understanding the Lived Experience of Sexual Violence Through a Graphic Novel: Implications for Nursing and Psychiatric Nursing Education | Candice Waddell- Henowitch & Laura Van Mulligen |
| 11:45 - 12:15 | Understanding the Impact of Experiences of Adult Sexual Violence on the Birthing and Transition to Parenthood Experience | Megan Van De Spiegle, Krista Murray, Andrea Thomson, Candice Waddell-Henowitch |

Session 5

Room A — Session 5: Partnering to Support Nurses

| Time | Presentation Title | Presenter(s) |
|-------------|--|---|
| 13:00-13:30 | A Supportive Manager Makes a Difference: The Perspective of Mental Health Nurses with Disabilities | Andrea Thomson & Joanne Winsor Murray |
| 13:30-14:00 | How to Strengthen Nursing Through Collaboration | Kelly Hallock |
| 14:00-14:30 | Reasonable Accommodations in Nursing Practice: A Scoping Review | Andrea Thomson, Joanne Winsor Murray & Laura Van Mulligen |

Session 6

Room A — Session 6: Partnering to End Racism

| Time | Presentation Title | Presenter(s) |
|-------------|--|--|
| 14:30-15:30 | Partnering to End Racism (Panel Discussion) | Moderated by Pamela Scheveck with panellists Dr. A Pereira, M Monkman, S Jones-Hall |

ARNM Conference Goals & Objectives

Change Starts Here: The Power of Partnerships

The 2025 ARNM Conference brings together nurses, students, and internationally educated colleagues to celebrate collaboration, spark ideas, and explore how strong partnerships drive change in nursing and health care.

Throughout the day, you'll see how connecting across roles, experiences, and perspectives can strengthen our profession and create lasting impact in Manitoba's health system.

Because lasting change doesn't happen alone - it happens together.

Say hello to belairdirect group benefits and travel insurance.

ARNM members have access to:

- Extended Health Care
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First Lake solutions

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Progressive Conservative Caucus

WELCOME PARTICIPANTS!

Association of Regulated Nurses of Manitoba NURSING CONFERENCE

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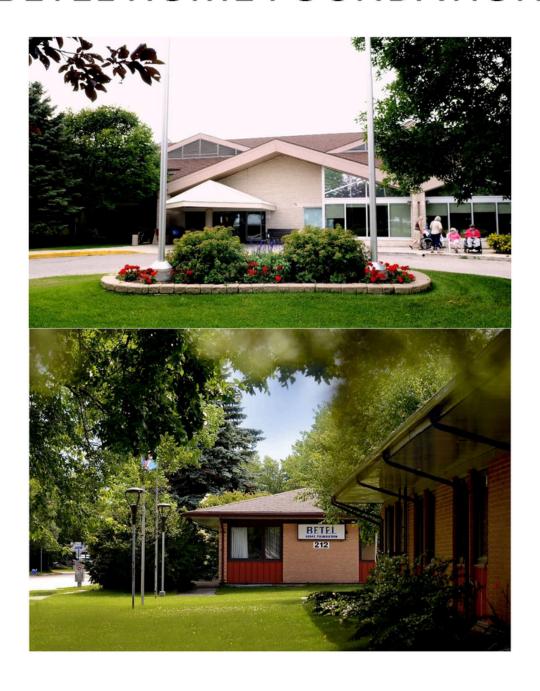
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Graduate students benefit from the Manitoba Centre for Nursing and Health Research (MCNHR)

- Over 200 members including research, professional and graduate student affiliates.
- Membership is open to all graduate students in the College of Nursing.
- Access to various research support services and funding opportunities.

College of Nursing

Continue your Nursing Education

Graduate programs

The College of Nursing has a proud history of providing top-notch nursing education, supporting student success, and advancing research and scholarship.

Our Master of Nursing programs will provide you with the tools needed to excel in leadership roles across practice, education and administration.

We also offer a doctoral program designed to nurture exceptional scholars and leaders and promote emerging health research.

Master of Nursing:

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- Clinical stream
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- PhD in Nursing
 - In person and virtual



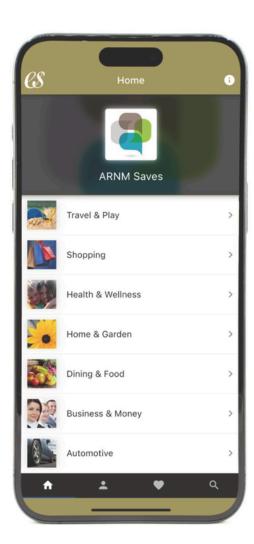








Discounts on Your Smartphone for ARNM Members



Download the ARNM version of the ES App to save on everyday purchases from hundreds of businesses including national chain retailers, service and travel providers.

To get the ES App, go to your app store (Google or Apple). When you first download the ES App, you will be asked for the "organization code" for ARNM. It's: **arnm**

For complete details, view the ARNM Welcome Letter

Supporting Nursing, Supporting the Conference



GoodLife Fitness is dedicated to helping everyone in Canada enhance their quality of life and overall well-being. We are very proud to support Manitoba's nursing community by supporting the conference and partnering with ARNM to provide our corporate program. To learn more about corporate membership options and the discounted rates available to ARNM members, please visit corporate.goodlifefitness.com.

First Lake solutions

First Lake Solutions is a boutique government relations firm headquartered in Ottawa. Our team is proud to work with the Association of Regulated Nurses of Manitoba to advance patient care and nurse wellbeing in the province, and across Canada. Since 2022 we have helped clients secure over \$3 billion in government funding for important causes. Learn more about our team of thoughtful, strategic consultants at www.thisisfirstlake.ca.



Betel Home Foundation operates not-for-profit Personal Care Homes in both Gimli and Selkirk - providing exceptional care in our communities since 1915. At Betel Home Foundation we know that great care begins with great nurses. Our team is the heart of everything we do — providing compassionate, resident-centered care that makes a difference every day. We're proud to support Manitoba's nurses and celebrate the dedication, empathy, and skill they bring to our community. www.betelhomefoundation.ca



Thank you to all our members, speakers, and sponsors for joining us today!

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