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Kirsten Pinksen – Kirsten is a student in the 2nd. entry baccalaureate program at the University of Toronto and she completed a Bachelor of Science in Human Kinetics (Honours) in 2003. Kirsten is involved in a number of professional and volunteer activities, including membership in RNAO Interest Groups and she is a student member of Region 7 executive. Her long-term career goal is to pursue graduate level education and “to make a contribution to nursing practice in the field of labour and delivery.”

Ontario Association of Rehabilitation Nurses Award (\$1000.00)

Linda Kelloway – Linda was also awarded the *Jan Metcalfe Award* and her commitment and contribution to the nursing profession through the Ontario Stroke System is described above.

Ontario Nursing Informatics Group Scholarship (2 recipients – \$750.00)

Cheryl Reid-Haughian – Cheryl is pursuing her Master of Health Sciences (Nursing) at Charles Sturt University. Her long-term goal includes focusing on “nursing leadership in organizational design and organizational development where the ultimate goal will be to influence and shape health policy and healthy workplaces for nurses.” Cheryl is described as showing “keen interest in nursing informatics and its impact on the nursing profession.”

Kristine Newman – Kristine continues to demonstrate academic excellence and this is her second

consecutive year of being awarded the *ONIG Scholarship*. Kristine is completing her Master of Science (Nursing) at Queen's University. Her focus of study is in informatics involving student's attitudes towards Personal Digital Assistants (PDA) for patient care documentation and computerized documentation. Kristine is committed to using her work in informatics and technology to influence patient care positively and to advance the nursing profession.

Three Awards not disbursed in 2005:

- Miriam Bracken Award (\$500.00)
- Mary Ann Murphy Memorial Diabetes Award (\$1000.00) – DNIG
- Prenatal & Parenthood Education Services: Research Award (\$1500.00)

SARS Memorial Fund for Infection Control

2005 was the first year in which the SARS Memorial Fund was administered. This fund, supported by the Ministry of Health and Long-Term Care, provides grants to nurses and other health care professionals to support continuing education, certification/recertification and professional development to enable them to advance their knowledge and lead Infection Control practices within their health care settings. The first six recipients were presented with their reimbursement awards at the Gala. Applications are reviewed quarterly. For further information about eligibility criteria and the application process, visit www.rnfoo.org.



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RNFOO NEWSLETTER

FALL 2005

Kathleen MacMillan, Honourary Life Member



The RNFOO Honourary Life Membership is meant to honour and thank an individual who has made a significant contribution to the Foundation's work over time. At the Gala in May 2005, Dr. Kathleen MacMillan was presented with this award to thank her for her long-standing commitment to the Registered Nurses' Foundation of Ontario.

Kathleen has been a strong supporter of advanced education for nurses and the work of the Foundation for more than two decades. She has given her time and expert knowledge in numerous ways and demonstrated a sincere dedication to the cause. For many years

Kathleen faithfully brought the Awards and Scholarship Committee together to review the numerous applications and, using rigorous selection criteria, carefully select the award winners.

During her tenure as Ontario's Provincial Chief Nursing Officer, Kathleen actively supported the Foundation's work and donated her speaker's honouraria to the Foundation's scholarship programs.

Kathleen has a long and active career in nursing education, administration and service.

Today Kathleen is Dean of the School of Health Sciences at Humber Institute of Technology and Advanced Learning. Kathleen is a longstanding and active supporter of baccalaureate education for nurses, and is very involved in ensuring the success of collaborative university education for nurses in the province.

On its 30th anniversary in 2002, the RNFOO presented the first

Honourary Life Membership to Laura Barr, an original founder of the Foundation. The next year the honour was given to Sue Williams who was instrumental in re-incarnating the Foundation when it was experiencing transitional difficulties in the 1990s. Last year Kay Arpin was awarded the Honourary Life Membership for her longstanding commitment and leadership in revitalizing the Foundation and invigorating the fundraising Gala.

As a result of the dedication and sense of volunteerism of these leaders and the many generous donations received from donors, the RNFOO is able to provide more and better scholarships to the many Ontarian women and men who are advancing their nursing education each year.

We thank Dr. Kathleen MacMillan, the latest Honourary Life Member, for her commitment to an important cause, that of supporting nurses to continue their education... education that ultimately makes such a difference to the delivery of high quality health care in Canada.

President's Message



My recent experience as a guest speaker at an educational session for Post-RNs reinforced the importance of RNFOO's mission of raising funds for awards and scholarships for nurses.

On a Friday evening in October, I had the opportunity to speak to 30 nurses who were gathered together to study about nursing as a profession in the 21st. century. The session was part of the professionalism course in their baccalaureate program held weekly at their workplace. Some of those attending were young nurses with less than 5 years of experience while others were seasoned practitioners with greater than 20 years of nursing experience in caring for people. It was evident that all were there on a Friday evening *investing in themselves and in nursing*. I came away envisioning that scenes similar to the one I had just witnessed were replicated across our province. On any given day, evening or weekend, Registered Nurses across this Province are engaged in undergraduate studies. Many other nurses are preparing themselves for specialized nursing with their masters or doctoral programs. And, added to these scenes are Registered Practical Nurses (RPNs) enrolled in baccalaureate programs - programs that will enable them to practice as Registered Nurses in the future. I came away from that evening recommitted to RNFOO and with a greater sense of urgency in raising

funds to support nurses' education.

Discussions at our recent RNFOO Planning Day had a similar effect. In 2004, RNFOO granted \$45,000 to 4 nursing students and 26 Registered Nurses. In 2005, we increased our monies awarded to \$62,000; however, there were fewer recipients - 5 nursing students and 23 Registered Nurses. And, for the 2006 Program, funds have decreased to \$55,000 with a number of gaps identified. Only 2 scholarships exist to support a total of 5 nursing students in either their 3rd. and 4th. year of their baccalaureate studies. Only one award supports nursing research. No scholarships exist for either 1st. or 2nd. year nursing students. Essentially, our money for Post-RN and graduate studies remains unchanged. And, for the first time in RNFOO's history we are accepting applications for one of our scholarships from RPNs pursuing university nursing degrees.

2006 is a critical time in RNFOO's history. Your donations in support of RNFOO are greatly needed if we are to increase the funding available for nurses' education and to successfully close the current gaps. As the calendar year comes to a close, I hope that you will take an opportunity to donate to RNFOO and help us to expand our Awards and Scholarship Program - your monies will go towards *investing in nurses and nursing*.

Donate today. New way to donate!

RNFOO supporters can now make donations online. Simply visit www.canadahelps.ca or link through www.rnfoo.org to make your donation by Visa or Mastercard. Click on "Make a Donation" and follow the instructions.

Web Facts!

We're proud of our great RNFOO Web Site! Here are some quick facts to let you know how people are using this important communication vehicle.

In the past year we had a total of 13,263 visitors to the web site... Five times more than last year!

The top pages people are searching for are the Awards and Scholarship information.

Most contacts to the web are direct without any referral. From October 2004 to September 2005 that was 9,463 contacts! Search engines like Google and Yahoo help get people to us too with 1,665 and 209 contacts respectively.

The average length of time for a web visit is 2.5 minutes! This is skewed by many people who reach us but spend less than 10 seconds on the site because it's not really where they wanted to go. We had almost 3000 visitors to the site who stayed between 1 to more than 30 minutes.

her Bachelor of Science in Nursing at the University of Toronto, and she is a founding member of the International Nursing Student's Interest Group. Anita travelled to Ecuador and worked in makeshift health clinics, assisting an outreach worker who specialized in maternal-child health and her "meticulous planning and successful implementation of this project provided a legacy for subsequent students." Anita's long term goal is to specialize in women and children's health in rural Northern Ontario to develop her skills in promoting healthy communities.

Staff Nurse Interest Group Award (\$1500.00)

Lauren Duff – Lauren is completing her post-RN Bachelor of Science in Nursing degree at Ryerson University. She is a staff nurse and preceptor at the Hospital for Sick Children and she is committed to providing family centred care for patients and families with cardiac disease. Her long-term career goals involve participating in life long learning and teaching at an academic setting to contribute to nursing students' knowledge development in a similar fashion of the nursing professors that helped shaped her nursing career.

GRADUATE LEVEL

Margaret Myers Diabetes Clinical Practice Award (\$1000.00) – Awarded by DNIG and sponsored by the Murphy-Myers family.

Kathleen Kot – Kathleen is pursuing a Master of Public Health (Health Studies) at Lakehead University. Her colleague describes Kathleen's "compassion for nursing, genuine

caring nature and wonderful refreshing sense of humour are of benefit to the team, those we serve and to nursing in general". Kathleen is a Diabetes Educator and Foot Care Nurse and she has been instrumental in integrating this expertise on the Geriatric Psychiatry unit at Royal Ottawa Hospital.

Provincial Nurse Educators Interest Group Award (3 recipients – \$2000.00)

Nancy Lada – Nancy is pursuing a Master of Science in Nursing degree at the University of Ottawa. Nancy has contributed to nursing education by participation on the *RNAO Best Practice Guidelines Education Implementation Project*, as well as other clinically relevant nursing education initiatives. Nancy's long-term goal is to pursue a Nurse Educator role in an academic or clinical setting.

Lynn McEwen – Lynn is completing a Master of Nursing at the University of Windsor. Lynn "is respected as a leader amongst her peer group of Nurse Educators and gives of her time and talents generously to further nursing education." Lynn's long-term goal is to pursue doctoral studies and "to become a leader to help 'those thinking, those entering, those working and those who choose' a nursing career."

Beverley Tezak – Beverley is pursuing her Master of Health Science (Health Administration) at the University of Toronto. This graduate degree builds upon her Master of Arts (Adult Education) thesis entitled, *Nurse Expert to Nurse Educator: Leadership Qualities*

Required for Transition. Beverley is described as having "a positive attitude, a dedication to excellence in nursing practice and a zest for quality in health care" and her long-term career goal is "to continue to advance nursing within all levels of health care, utilizing research initiatives to promote best practice."

Dr. Hildegard E. Peplau Award (\$1000.00)

Celia Li – Celia is pursuing a Master of Science in Nursing at the University of Ottawa. Her long-term career goal is "to help advance the delivery of quality psychiatric and mental health care to persons and families living with mental illness." Celia is a champion and leader of the implementation of the *Tidal Model © of Psychiatric and Mental Health Nursing* at Royal Ottawa Hospital and she plans to "become a strong voice and effective advocate for the vulnerable, stigmatized and marginalized groups of persons in mental health care."

ALL EDUCATION LEVELS

Childbirth Nurses Interest Group Scholarship (2 recipients – \$1000.00)

Melissa Furfaro – Melissa was also awarded the *RNFOO Gala Scholarship* and her commitment to perinatal, neonatal, mother, baby and parenting issues is described above.

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study. Joanne's primary professional goal is to broaden her scope of practice to include advanced clinical decision making skills related to advanced assessment and her secondary goal is to strengthen her leadership as a change agent within the profession. Joanne was described by a faculty member as a, "highly knowledgeable clinician who is committed to the highest standards of evidence-based practice."

Linda Kelloway – Linda is completing her Master of Nursing at the University of Toronto. She is the Regional Stroke Education Consultant for the West GTA Stroke Network and she has demonstrated leadership in the *RNAO Nursing Best Practice Guidelines* projects, including the development of a *Stroke Best Practices Workshop*. "Linda is seen across Ontario as a key resource person because of her extensive experience in stroke care, her in-depth knowledge of the literature and her approachable, confident style."

Prenatal & Parenthood Education Services Award (2 recipients – \$2000.00)

Lisa Chadwick – Lisa continues to demonstrate academic excellence as last year, she was awarded the *Childbirth Nurses Interest Group Scholarship*. Lisa is currently enrolled in the Masters of Science in Nursing at McMaster University. Lisa is involved in a number of professional activities, including membership in several RNAO Interest Groups and she is an executive member of the RNAO Hamilton Chapter. Her career goal is to engage in research and teaching

at an academic setting and to promote the healthy development of maternal-child nursing as a profession.

Sheri Douglas – Sheri is completing her Master of Nursing (Women's Health) at the University of Toronto. Sheri has practiced for six years at Grand River Hospital, Waterloo Health Centre Childbirth Program and her career goal involves becoming a Clinical Nurse Specialist within the perinatal program. She is described as "an excellent nurse with the capacity to be a strong leader in the field of perinatal nursing."

RNFOO Gala Scholarship (2 recipients – \$2500.00)

Melissa Furfaro – Melissa has been accepted into the Master of Science program at McMaster University for September 2005. She provides nursing care to mothers and babies with compromised maternal or fetal health on the High Risk Ante/Postpartum Unit at Mount Sinai Hospital. "Melissa wishes to continue with research and development around perinatal/postpartum mental health and hopes to educate communities, students and caregivers about such topics, thus reducing the stigma attached to postpartum depression."

Samantha Mayo – Samantha is pursuing a Master of Nursing (Critical or Persistent Illness – Adults) at the University of Toronto. Her long-term career goal is "to engage in research that will improve the supportive care provided to hematology oncology patients, with a particular focus on bone marrow transplantation." Samantha is described as "the next generation

of nurse leaders in Ontario who will shape health care in the province."

RNAO INTEREST GROUP RECIPIENTS

CONTINUING EDUCATION

Ernie "Aieh" Jacobs Memorial Award (\$2000.00) – Awarded by **Diabetes Nursing Interest Group (DNIG)** and sponsored by **Smith & Nephew**.

Nancy Muller – Nancy is completing a Bachelor of Health Science (Nursing) at Charles Sturt University. She travels at least once weekly to one of five remote Aboriginal communities and her "passion is developing and sustaining programs for the Keewaytinook Okimakanak remote communities that meet the Canadian Diabetes Association's Clinical Practice Guidelines." Furthermore, her Red Lake District supervisor reveals that Nancy "has successfully researched/developed/delivered/evaluated a number of community research projects related to the field of diabetes care."

UNDERGRADUATE LEVEL

Childbirth Nurses Interest Group Scholarship
(2 recipients – \$1000.00)

Catharine Lowes – Catharine was also awarded the *Dorothy Ferguson Scholarship* and she has completed a project called *Birth & Beyond*, a local infant and parent consulting service to meet the needs of Niagara families. See detailed summary above.

Anita Weadge – Anita is completing

Death and taxes - both are an inevitable part of our life experience. With forethought, the amount of annual tax one pays can be minimized and one's estate value can be protected and enhanced if leaving a legacy is a priority.

Year-End Tax Planning Tips

As we approach year-end and the busy holiday season, tax planning becomes essential. There are a number of steps that can be taken to help reduce your taxes including realizing capital losses in taxable investment accounts, deferring income, making an RRSP contribution, tabulating investment fees, other deductions, and medical expenses and, last but not least, making charitable donations. The first \$200 of total donations is eligible for a 17% federal tax credit and all donations over \$200 are eligible for an enhanced tax credit of 29%. Knowing this, it is smart to retain all donation tax credits until the \$200 threshold is reached before deducting them on one's tax return. Secondly, for those who are married, it is most advantageous for donations to be claimed by the higher income earner.

Protecting and Enhancing Your Estate

Most people spend a lifetime of hard work accumulating assets - savings both inside and outside of an RRSP, contributing to an employer-

sponsored pension, owning a home, and perhaps a vacation property, artwork, etc. What most people don't know, however, is that Revenue Canada is their silent partner when it comes time to distribute their estate to their heirs and beneficiaries. At death, all property is deemed disposed of for tax purposes. That means that RRSP's are fully taxable in an estate; any investments with unrealized gains are taxable; a vacation property and other assets may be partially or fully taxable, and probate, legal and executor fees will be deducted from the estate.

For married couples, upon the death of the first spouse, many assets can be transferred tax-free from one spouse to another. On the death of the second spouse, however, taxes become inevitable. Without proper advance planning, the impact on the estate could either be small or devastating. The goal of estate planning is to organize one's affairs so that assets are conserved and distributed in the most cost effective and tax efficient manner to maximize the benefits for ones' intended beneficiaries.

Giving to charity is a good way to leave a lasting legacy. Several strategies can help maximize your support for your chosen organization and the tax benefits for you and your estate. **Gifts during your lifetime** is one such strategy. Transferring ownership of assets such as cash, stocks or bonds, real estate or art to a registered charity, you'll get a charitable tax receipt equal to the asset's fair market value. Special rules reduce by 50% any taxable gains triggered by the transfer of certain publicly traded

securities.

Bequests in your will allow your executor to claim a charitable tax credit, thereby reducing the final taxes owing. During your lifetime, a **gift annuity**, whereby you transfer cash, securities, or real estate to a charity in return for the income it generates, provides tax-advantaged income until your death, at which point the assets go to the charity. Ownership of a **life insurance** policy can be transferred to your charity or a new one can be taken out, naming the charity as the beneficiary. Depending on how it is set up, you would receive a donation receipt for the cash value at the time of transfer and on future premium payments or as a death benefit.

The strategies noted above can be extremely effective in reducing overall taxation and maximizing estate values. However, professional advice should be sought before final decisions are made as individual circumstances vary.

Submitted by Beverley Moir, MHSA, FCSI, CIMA. Investment Executive, ScotiaMcLeod head office Branch. www.advisors.scotiacleod.com/bmoir

Help us reduce our mailing costs. Receive your *RNFOO Newsletter* electronically. Please send us your email address via our website www.rmfoo.org/Subscribe.htm or email info@rmfoo.org

2005 Awards & Scholarships

The Awards and Scholarships Program celebrated another successful year in 2005. \$62,500 (of an available \$65,000) was granted as 31 awards to 28 recipients. Of these, 17 were RNFOO awards and scholarships and 14 were made available by RNAO Interest Groups and administered by RNFOO.

Fourteen of the 28 recipients were able to accept the invitation to attend the 2005 Gala to be individually recognized throughout the evening. This edition of the newsletter profiles all 28 awards and scholarships recipients.

New this year was a \$5000 RNFOO scholarship made possible through the generous sponsorship of Dr. Gail Donner and Mary Wheeler. The *donnerwheeler* Nursing Career Scholarship provides an opportunity to a final year baccalaureate nursing student with high academic standing who is an active participant in community and professional activities.

RNFOO is pleased to announce that there are 29 awards and scholarships available in 2006. Visit the RNFOO website at www.rnfoo.org for descriptions of all awards and scholarships and the application details. **The application deadline is Tuesday February 28, 2006 at 4:30 pm!**

RNFOO RECIPIENTS

UNDERGRADUATE LEVEL

Regina Borowska Scholarship (\$1000.00)

Louise Rudden – Louise is a post-RN student completing her Bachelor of Science in Nursing at Ryerson University. As well as studying full-time, Louise manages a full-time position at the Hospital for Sick Children on a busy orthopaedic surgical unit. Upon completion of her undergraduate degree, Louise plans to pursue a Master of Nursing degree and Nurse Practitioner role and she will continue to practice within the paediatric surgical population.

Dorothy Ferguson Scholarship (\$1000.00)

Catharine Lowes – Catharine is a post-RN student completing her Bachelor of Nursing Science at Brock University. Catharine is described as having transformational leadership skills within the hospital and community. As a lactation consultant, she established a breast feeding clinic and was active in nursing policy development in her organization. Catherine's long term goal is to pursue graduate level education to attain a university teaching position and she plans to work in the area of women's health.

Jennifer Award (4 recipients – \$4000.00)

Cara-Lee Coghil – Cara-Lee is completing her Bachelor of Science in Nursing at the University of Toronto and she completed an Honours Bachelor of Kinesiology in 2003. She has been an involved in

several professional, volunteer and community activities which include presenting seminars that highlight health inequities in Canada and internationally, and volunteering in Brazil and rural Cambodia. Her long term goal is to complete a Master of Nursing degree in order to pursue her two areas of interest: environmental and international health and to contribute to the advancement of the nursing profession.

Kathryn Connolly – Katie is an undergraduate student in the 2nd. entry program at the University of Toronto and she completed a Bachelor of Physical Education and Health degree in 2001. Katie has taught English as a second language to students in Vietnam and as an active member of International Student Interest Group, Katie plans to travel to Africa this summer. Upon completion of her BScN, she plans to pursue graduate studies and to work as a public health nurse to aid in contributing to healthy communities.

Kathleen Leslie – Kathleen is completing her Bachelor of Science in Nursing at the University of Western Ontario (UWO) and she has maintained the highest academic standing in her nursing class. Kathleen is a research assistant at UWO and she has been active in a number of volunteer activities, and has assumed leadership roles within academic and community settings. Kathleen is described by a faculty member as, "the sort of person we want to mentor for leadership in our profession".

Lisa Simpson – Lisa continues to demonstrate academic excellence and this is her second consecutive year of being awarded the Jennifer Award. Lisa is completing her final year of the Bachelor of Science in Nursing at Ryerson University. She is actively involved in a research project, *Dispelling the Myths of Ageing: Seniors mentoring students* which examines "whether early participation in a student/senior dyad relationship using the Internet will influence the student's perception of aging and the elderly." Lisa's long term career goals involve examining nursing leadership in relation to expanding the role of the advanced practice nurse and becoming politically active through strategic partnerships with key stakeholders to promote healthy communities.

RNFOO Gala Scholarship (\$2500.00)

Leanne Michalofsky – Leanne continues to demonstrate academic excellence as last year, she was awarded the *Dorothy Ferguson Scholarship*. Leanne is a post-RN student completing her Bachelor of Science in Nursing at Ryerson University. In support of her leadership abilities, Leanne is described as having displayed highly developed critical thinking and problem solving skills and is recognized as an organizational change agent. Leanne's long term goal is to become a nurse practitioner and maintain her commitment to life long learning, evidence based practice and most importantly, patient and family-centred care.

The donnerwheeler Nursing Career Scholarship (\$5000.00)

provides an opportunity to a final year baccalaureate nursing student with high academic standing who is an active participant in community and professional activities. This \$5000.00 scholarship is made possible through the generous sponsorship of Dr. Gail Donner and Mary Wheeler.

Catriona Mill – Catriona is in her final year of the Bachelor of Science in Nursing (2nd. entry program) at the University of Toronto and she completed her Master of Health Science degree in Health Promotion in 2003. She has been an involved in several professional, volunteer and community activities including RNAO Student member; Co-chair, World AIDS Day Planning Committee; Coordinator, International Nursing Student Interest Group; and volunteer student nurse in Cambodia. Her future career goals involve working as a public health nurse, pursuing doctoral studies, and "to work in partnership with disadvantaged community groups to develop innovative health promotion strategies."

GRADUATE LEVEL

Margaret Avery Memorial Scholarship (\$2000.00)

Sheila O'Keefe-McCarthy – Sheila is completing her Master of Nursing (Critical or Persistent Illness – Adults) at the University of Toronto. Her career goals are twofold and include conducting research on the professional journey of the nurses' practice and advancing her nursing education scholarship to increase the breadth and depth of collabora-

tive emancipatory-partnered learning. Sheila's long-term career goal is to foster excellence and visionary leadership in nursing education.

Isabel Black Scholarship (\$2000.00)

Lee Mantini – Lee is completing her Master of Health Science Nursing at Charles Sturt University. Lee has been an active member in a broad range of professional organizations with particular foci on international and community health. Lee's long term career goal is to, "use my clinical, managerial and academic expertise to empower nurses and develop partnerships at the local, national, and international levels in the pursuit of improved health and positive health system change."

Kathleen Howe Mitchell Scholarship (\$4000.00)

Claire Nguyen – Claire is completing her Master of Public Health at John Hopkins University. Claire completed both her Master of Science (Nursing) and Bachelor of Law degrees in 2004 and for the past six years, she has provided psychiatric nursing care on the Psychiatry Unit at Mount Sinai Hospital. Her long-term career goal "is to assist in the development of a public health infrastructure in Canada that can address the needs of all persons, especially susceptible persons such as those with mental health illnesses."

Jan Metcalfe Award (2 recipients – \$1000.00)

Joanne Andrews – Joanne is pursuing her Master of Nursing at the University of Toronto in the Acute Care Nurse Practitioner field of