48th Annual Conference

Thursday, June 6, 2019 & Friday, June 7, 2019

THE CENTRE FOR HEALTH & SAFETY INNOVATION
5110 Creekbank Road, Mississauga, Ontario
KEEPING WORKERS WELL 2019
48th ANNUAL OOHNA CONFERENCE

June 6 – June 7
Centre for Health & Safety Innovation Mississauga, Ontario

THANK YOU SPONSORS
We couldn’t do it without you!

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Welcome from Mississauga Mayor Bonnie Crombie

On behalf of the City of Mississauga and Members of my Council, it gives me tremendous pleasure to welcome you to Mississauga for The Ontario Occupational Health Nurses Association’s 48th annual conference and exhibition at the Centre for Health & Safety Innovation.

Each year, OOHNA members provide vital professional, accessible and compassionate healthcare services for people in need. Your members are responsible for worker safety, design of workplace health and wellness programs, and environmental safety of the workplace – all things that are very important to keeping our population healthy.

Each day, thousands of people rely on quality healthcare. In Mississauga, residents continue to enjoy an unrivaled quality of life in part because of the work that occupational health and safety nurses undertake.

Thank you for all the work you do to ensure that our communities are safer, healthier, more vibrant places.

I offer my sincerest best wishes on a successful event.

Warmest Regards,
Bonnie Crombie, MBA, ICD.D
Mayor, City of Mississauga
Dear Colleagues and Professional Associates,

The OOHNA Board of Directors is pleased to welcome you to the 48th Annual OOHNA Conference. Keeping Workers Well 2019 is being held Thursday, June 6 and Friday, June 7 at the Centre for Health & Safety Innovation, Mississauga, Ontario.

I am delighted that the Ontario Ministry of Labour’s Chief Prevention Officer Ron Kelusky will open the conference to speak about the ongoing prevention initiatives undertaken by the ministry and its occupational health and safety partners to ensure healthy and safe workplaces for all Ontarians.

After every annual conference, the association surveys attendees, welcoming suggestions for future topics, speakers, exhibitors, and networking opportunities that will enrich future learning experiences for occupational health nurses. Based on 2018 feedback, we have returned to a two-day conference format with powerful keynote speakers each morning who will challenge your perceptions with their dynamic presentations guaranteed to leave you energized.

Breakout sessions are back on the first day of conference, and as so many wanted the opportunity to hear more than one speaker, the breakout sessions will be repeated in the afternoon. For conference day two, we have added two full-day workshops and a morning and afternoon half-day workshop to provide a wide selection of topics. It will be a challenge to decide which workshop you want to attend.

In place of the Welcome Reception, we are offering the Thursday, June 6th "Mix n’ Mingle” from 5:30 p.m. to 7:30 p.m. Sponsored by DriverCheck this event is a great way to network, relax with old friends and make new ones. There will be a buffet, and from 6:00 p.m. – 6:45 p.m. Dr. Melissa Snider-Adler will discuss the Canadian Cannabis Craze, so bring your questions. For attendees who travel daily to conference, the “Mix n’ Mingle” is the best way to avoid the frustration of rush-hour gridlock on the highways.

OOHNA’s ability to deliver high-quality education is due in no small measure to our sponsors and exhibitors. The Board of Directors would like to acknowledge the support of:

- ArcelorMittal Dofasco | Hamilton
- Beacon
- Bellwood
- DriverCheck Inc.
- Gowan Health
- Homewood Health
- Honeywell
- Levitt-Safety Inc.
- LifeLabs
- Parklane Systems
- Renascent
- TSI
- Vector Medical

The Board would also like to thank the OOHNA staff and volunteers for their assistance in facilitating Keeping Workers Well 2019.

Thursday, June 6th will feature the one-day exhibition – be sure to take advantage of the opportunity to network with our exhibitors to learn about their valuable services and products.

The Board of Directors extends a warm welcome to first-time conference attendees and to nursing students who represent the future of our profession. Please make them feel welcome and mentor them. Identifying them will be easy – look for their specially marked badges.

On behalf of the OOHNA Board of Directors, our sponsors and exhibitors, I welcome you to Keeping Workers Well 2019.

Karen Watson, RN, BHSc(N), COHN(C), CRSP
President
REGISTRATION CRITERIA

Early Bird Registration rates apply up to and including May 6, 2019
Onsite Registration Rates apply May 7 to June 7, 2019.

Note: Registrations will not be accepted by the OOHNA office after May 17, 2019. After May 17, 2019, please register on-site at the Conference Centre, The Centre for Health & Safety Innovation, June 6 and June 7, 2019.

STUDENT STATUS
Official proof of full-time college or university student status must be submitted with the registration form to qualify for the student conference rate.

REGISTRATION RATES
Conference Packages – Choose

<table>
<thead>
<tr>
<th>Single Day</th>
<th>2 Day Package: June 6 and June 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single Day Registration applies to each single day of conference (June 6 or June 7). Includes morning coffee, lunch and breaks.</td>
<td>Includes: morning coffee, lunch and breaks.</td>
</tr>
</tbody>
</table>

The OOHNA Annual General Meeting is being held Thursday, June 6 from 1630 – 1730 hours. There is no charge for this event. Following the AGM there is a Mix n’ Mingle until 19:30 hours. All are welcome.

June 7, 2019 Workshops
Note: Workshops will be cancelled effective April 30, 2019, if less than 10 people have registered and paid by that date.

Registration Confirmation
All registrants will receive confirmation and receipt for payment immediately upon processing of your registration. The receipt will be sent to your primary email address. Please contact the OOHNA office at 416-239-6462 or toll-free (1-866-664-6276) if you do not receive your confirmation and receipt.

OOHNA MEMBERS may register and pay on-line via the OOHNA portal. Click on the blue Member Login button on the home page of the OOHNA website (www.oohna.on.ca) to enter the portal and your personal records. Or fax or mail the completed Registration Form on pages 8 and 9 of this brochure with payment either by credit card or cheque to the OOHNA office.

NON-members may scan and email or fax the completed registration form on pages 8 and 9 of this brochure along with credit card payment information to 416-239-5462 OR mail the completed registration and a cheque made payable to OOHNA to 701 Evans Ave., Suite 504, Toronto, ON M9C 1A3.

CANCELLATION POLICY

- NSF cheques will be assessed a $16.95 processing charge.
- Refunds may be issued upon WRITTEN REQUEST up to May 15, 2019, less an administration fee of $79.10. No Refunds will be issued after this date.
- Registration transfer may be considered upon written request up to May 23, 2019, less an administration fee of $33.90.
# Conference/Workshop Registration Rates

**June 6 – June 7, 2019**

<table>
<thead>
<tr>
<th>CODE</th>
<th>OOHNA Members</th>
<th>EARLY BIRD To May 6</th>
<th>ON-SITE After May 6</th>
</tr>
</thead>
</table>
| M2D  | 2 Day Conference Only  
*Thursday AND Friday* | $550.00 + HST  
+$71.50  
*$621.50 | $650.00 + HST  
+$84.50  
*$734.50 |
| MD   | One Day Conference Rate  
*Thursday OR Friday Only* | $295.00 + HST  
+$38.35  
*$333.35 | $395.00 + HST  
+$51.35  
*$446.35 |
|      |                | **NON-MEMBER** |                             |
| N2D  | Two Day Conference Package  
*Thursday AND Friday* | $650.00 + HST  
+$84.50  
*$734.50 | $750.00 + HST  
+$97.50  
*$847.50 |
| ND   | One Day Registration  
*Thursday OR Friday only* | $395.00 + HST  
+$51.35  
*$446.35 | $495.00 + HST  
+$64.35  
*$559.35 |

Fully Retired/Full-Time Students – As defined by OOHNA Bylaws. 
Student must attach proof of full-time attendance from their educational institution.

<table>
<thead>
<tr>
<th>CODE</th>
<th>OOHNA Members</th>
<th>EARLY BIRD To May 6</th>
<th>ON-SITE After May 6</th>
</tr>
</thead>
</table>
| R2D  | Two Day Conference Package  
*Thursday AND Friday* | $145.00 + HST  
+$18.85  
*$163.85 |                             |
| RD   | One Day Conference  
*Thursday OR Friday only* | $75.00 + HST  
+$9.75  
*$84.75 |                             |

**Cancellation:** A minimum of 10 paid registrations are required by April 30, 2019 for each workshop. 
Any workshop not having 10 registrants by April 30, 2019 will be cancelled.

**CE Credit Hours Will Only Be Issued To Paid Registrants Whose Name Is Printed On The Registration Form.**

Please include HST with payment 
(HST exempt? Please include exemption form with payment)

**Any Faxed Registrations Received Without Payment Information Will Not Be Processed.**

NB: Non-Members who are members of an Occupational Health & Safety Association are eligible for $100.00 off Non-Member Rate. Proof of membership is required at the time registration takes place. 
**NSF cheques will be assessed a $16.95 processing charge**
KEEPING WORKERS WELL 2019
Registration Form

Name: _____________________________________________________________________________________________________________________
Employer: _________________________________________________________________________________________________________________
Position/Title/Department: ______________________________________________________________________________________________
Address: ____________________________________________________________________________________________________________________
City: ______________________________________________________  Prov:  _______________Postal Code:  ___________________________
Tel: (       ) _______________________________________________  Fax:   (       ) ____________________________________________________
E-mail:   ______________________________________________________________________________

First OOHNA conference?  □ Yes □ No

Are you an:  □ NP □ RN □ RPN □ Other OOHNA # __________________________

How many years have you worked as an OH Nurse? _____________________________

AREA OF SPECIALTY:  □ Disability Management □ Wellness □ Hospital □ Safety □ HR □ Other  □ OOHNA Member □ Non-Member □ Retired/Student*

*attach proof of full-time attendance from an educational institution

REGISTRATION CODE
2 Day CONFERENCE Package – Thursday and Friday Fee: $ ______________________
1 Day CONFERENCE Registration: (Indicate Day) Fee: $ ______________________

□ THURSDAY  OR  □ FRIDAY

Add 13% HST - (HST/GST #10400 1318) Plus 13% TOTAL REMITTED for all of the above:$ ______________________

METHOD OF PAYMENT – Please complete
PAID BY: □ Company Credit Card □ Personal Master Card □ Personal VISA □ Cheque Enclosed
AMOUNT Remitted $ ______________________

Master Card/VISA No.  ___________  ___________  ___________  ___________  ___________  ___________
CVC Code – last 3 digits on back of card  ___________  ___________  ___________
Expiry Date  ___________  /  ___________  ___________

Signature (for Credit Card) ____________________________________________________________________________________

NAME EXACTLY AS IT APPEARS ON CARD ____________________________  [Please PRINT]

Card Holder’s Billing Address for this Credit Card: ____________________________

Card Holder’s Billing Postal Code: ___________  Today’s Date (DD/MM/YY) ___________

IF PAYING BY CREDIT CARD, PLEASE REGISTER and PAY ON-LINE OR FAX COMPLETED REGISTRATION FORMS (2 PAGES) TO: 416-239-5462 OR SCAN AND EMAIL TO administration@oohna.on.ca

THERE WILL BE NO EXTENSION FOR THE EARLY BIRD REGISTRATION RATE.

Please include HST with payment
(HST exempt? Please include exemption form with payment. NSF cheques will be assessed a $16.95 processing charge)

FAXED REGISTRATIONS WITHOUT CREDIT CARD PAYMENT DETAILS WILL NOT BE PROCESSED.
### KEEPING WORKERS WELL 2019

**Registration Form**

**FOR CONFERENCE SESSION SELECTIONS**

Please indicate preferred choices of session selections (i.e.1,2,3)

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>0900</td>
<td>THOPEN – Welcome – President Karen Watson</td>
</tr>
<tr>
<td></td>
<td>Presentation – <strong>Chief Prevention Officer</strong></td>
</tr>
<tr>
<td></td>
<td>Ron Kelusky, Ontario Ministry of Labour</td>
</tr>
<tr>
<td>0930</td>
<td>TH Key <strong>Getting Passion out of your Profession:</strong> How to Keep Loving your Living – Nina Spencer</td>
</tr>
<tr>
<td>1030</td>
<td>Networking break with Sponsors/Exhibitors</td>
</tr>
<tr>
<td>1130</td>
<td>Breakout Sessions: Select ONE (1) ONLY</td>
</tr>
<tr>
<td>1130</td>
<td>THA <strong>Mindfulness in the Workplace</strong> – Dr. Julie Irving</td>
</tr>
<tr>
<td>1130</td>
<td>THB <strong>Developing Resiliency</strong> – Elizabeth Horvath</td>
</tr>
<tr>
<td>1130</td>
<td>THC Horizons and Reflections on Infection Prevention and Control and Occupational Health – Dr. Maureen Cividino</td>
</tr>
<tr>
<td>1245</td>
<td>Lunch and Exhibits open</td>
</tr>
<tr>
<td>1300</td>
<td><strong>Boost! The Role of Mindfulness in Fostering Recovery from Work</strong> – Dr. Jamie Gruman</td>
</tr>
<tr>
<td>1300</td>
<td>Full-Day Workshops - Select ONE</td>
</tr>
<tr>
<td>1330</td>
<td>Fit-for-Duty: Cannabis Impairment Solutions – Aaron North</td>
</tr>
<tr>
<td>1330</td>
<td>Half-day Afternoon Workshop</td>
</tr>
<tr>
<td>1330</td>
<td><strong>Cognitive Job Coaching – The Secret to All Successful Return to Work Strategies</strong> (afternoon workshop) – Martine Oliveira and Kelly Charlebois</td>
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#### THURSDAY, JUNE 6, 2019

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#### FRIDAY, JUNE 7, 2019

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<th>Session</th>
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</thead>
<tbody>
<tr>
<td>0900</td>
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<td>0930</td>
<td>Full-Day Workshops - Select ONE</td>
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</tr>
</tbody>
</table>

### PAYMENT INFORMATION

Payment by Cheque, Money Order or Credit Card must accompany completed registration form to secure your choice of sessions.

**Faxed registrations without payment by credit card will NOT be accepted**

- NSF cheques will be assessed a $16.95 processing fee.
- Refunds may be issued upon WRITTEN REQUEST up to May 15, 2019, less an administration fee of $79.10. **No Refunds will be issued after this date.**
- Registration transfer may be considered upon written request up to May 23, 2019, less an administration fee of $33.90
- HST exemption forms MUST accompany the registration form where applicable.

Please send Cheque or Money Order made payable to:

OOHNA Conference  
Ontario Occupational Health Nurses Association  
701 Evans Ave., Suite 504, Toronto, ON M9C 1A3  

**OR**

If paying by credit card OOHNA Members can register on-line. Non-member and members can fax completed registration and credit card information to 416-239-5462 or scan and email to: administration@oohna.on.ca
KEEPING WORKERS WELL 2019

Conference Centre, The Centre for Health & Safety Innovation
5110 Creekbank Road, Mississauga, Ontario L4W 0A1
p 905-219-0044 | 1-866-432-2474 | www.corporateeventcentre.ca

THURSDAY JUNE 6, 2019

Registration, Keynote and Sessions are in the Conference Centre

0730 – 0930  Registration

0900  
THOPEN – Welcome – President Karen Watson
Presentation – Chief Prevention Officer Ron Kelusky, Ontario Ministry of Labour

0930 – 1030  TH KEY – Getting Passion out of your Profession: How to Keep Loving Your Living - Nina Spencer

1030 – 1130  Networking Break in Exhibits

1130 – 1245  Breakout sessions:
THA Mindfulness in the Workplace – Dr. Julie Irving
THB Developing Resiliency – Elizabeth Horvath
THC Horizons and Reflections on Infection Prevention and Control and Occupational Health – Dr. Maureen Cividino

1245 – 1400  Lunch and Exhibits

1400  Exhibits close

1400 – 1515  Repeat of Breakout Sessions

1515 – 1630  Stretch Break

1530 – 1630  TH Plen - Legal and Legislative Roundup
– Mariana Kamenetsky and Nadine Zacks, Hicks Morley, LLP

1630 – 1730  Annual General Meeting

1730 – 1930  Mix n’ Mingle

1800 – 1845  Canadian Cannabis Craze (and Conundrum)
– Dr. Melissa Snider-Adler, DriverCheck

1930  Conference Day 1 Ends
FRIDAY JUNE 7, 2019

Registration, Keynote and Workshops are in the Conference Centre

0800 – 0930 Registration

0830 - 0930 F KEY - Boost! The Role of Mindfulness in Fostering Recovery from Work – Dr. Jamie Gruman

0930 – 1630 Full-Day Workshops


FMB – Motivational Interviewing – Colin MacRae

0930 - 1230 Half-Day Morning Workshop


1230 - 1330 Lunch

1300 – 1315 Fit-for-Duty: Cannabis Impairment Solutions – Aaron North

1330 – 1630 Half-Day Afternoon Workshop

FWD – Cognitive Job Coaching – The Secret to All Successful Return to Work Strategies (Afternoon half-day workshop) – Martine Oliveira and Kelly Charlebois

1330 - 1630 Full-day Workshops resume

1630 Conference Ends

Note: Morning and afternoon break times to be determined by each workshop presenter.

OOHNA thanks our sponsors
MISSION STATEMENT

To foster a climate of excellence, innovation and partnership enabling Ontario Occupational Health Nurses to achieve positive workplace health and safety objectives.

Ontario Occupational Health Nurses Association
701 Evans Avenue, Suite 504
Toronto, Ontario M9C 1A3
Tel: 416-239-6462; Toll-Free: 1-866-664-6276; Fax: 416-239-5462
Email: administration@oohna.on.ca
Website: www.oohna.on.ca

Drew Sousa, RN, COHN(C)
Executive Director

Frances MacCusworth, MA
Event Coordinator

Susy Benegbi
Office Administrator

CONFERENCE LEARNING OBJECTIVES

• To provide quality continuing education for Occupational Health Nurses
• To encourage high standards in the specialty of Occupational Health Nursing
• To provide a forum for the exchange of ideas
• To provide a cooperative environment for learning
• To promote the objectives of the OOHNA Mission Statement

CONFERENCE HANDOUTS

OOHNA will not print session handouts. Handouts for all sessions will be available on the OOHNA website two weeks prior to conference. An email link will be sent to all registered delegates advising when the handouts are available. If you require a hard copy of handouts for a specific session, please download and print from the OOHNA website.
LOCATION

CONFERENCE FACILITIES
Conference Centre, The Centre for Health & Safety Innovation
5110 Creekbank Road, Mississauga, Ontario L4W 0A1
Tel: 905-219-0044  Toll-free: 1-866-432-2474

There is plenty of free parking at The Centre.

ACCOMMODATION

Host Hotel – Courtyard Marriott
(across the street from the Conference Centre)
5050 Creekbank Road, Mississauga, ON L4W 5R2

For reservations call: 905-625-3555  Toll-free: 1-800-943-6706

Please use group code: Ontario Occupational Health Nurses Association Group.

On-line registration: Please click on this link to reserve accommodation:
Book your group rate for Ontario Occupational Health Nurses Association

Individual reservations must be guaranteed with a credit card.

Reservation deadline: Friday, May 3, 2019. There are NO extensions.

- The rate for King rooms: $155.00 + taxes per night SINGLE occupancy
- The rate for Queen rooms: $155.00 + taxes per night SINGLE or DOUBLE occupancy

**** There is no additional charge for 2 persons per Queen suites. ****

Hot breakfast buffet and parking are included. For those sharing a Queen room, there is an additional charge of $10 for the second breakfast. OOHNA conference attendees will have their own breakfast room at the hotel.

Check-in time: 3:00 p.m. Check-out time: 12 Noon

Cancelation policy is 24-hours prior date of arrival

Courtyard Marriott is a 100% non-smoking hotel. A charge of $250.00 plus tax per night will be charged to anyone smoking in their room.
Best Western Plus Toronto Airport
(8-minute drive to Conference Centre)

For reservations call: 416-620-1234  Toll-free: 1-866-459-1234
Website: www.traveltorontohotel.com

Please use group code: OOHNA 2019 Conference
and ask for the Ontario Occupational Health Nurses Association rate.

Individual reservations must be guaranteed with a credit card or advance deposit.

Reservation deadline: May 14, 2019. There are NO extensions.

- The rate for King rooms: $149.00 + taxes per night SINGLE occupancy
- The rate for Queen rooms: $149.00 + taxes per night SINGLE or DOUBLE occupancy

Hot breakfast and parking included.

**** There is no additional charge for 2 persons per Queen suites
and no surcharge for the second breakfast. ****

Important: Hotel charges for an additional day’s stay if guests do not check out at 11:00 a.m.

Check-in time: 2:00 PM  Check-out time: 11:00 AM

Cancelation policy is 24-hours prior date of arrival

Best Western Plus Toronto Airport is a 100% non-smoking hotel.
A charge of $250.00 plus tax per night will be charged
to anyone smoking in their room.
SPECIAL DIETS

If you have special dietary requirements, please contact Frances MacCusworth at the OOHNA office (416-239-6462) or email: journal@oohna.on.ca by May 17, 2019. Note: If your request is not received by May 17, 2019, your special dietary requirements may not be met.

CONFERENCE CENTRE TEMPERATURES ARE UNPREDICTABLE. PLEASE BRING LAYERED CLOTHING.

CONFERENCE REGISTRATION

On-site registration takes place June 6 and June 7 at the Conference Centre, The Centre for Health & Safety Innovation.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, June 6, 2019</td>
<td>0730 – 0930 hours</td>
</tr>
<tr>
<td>Friday, June 7, 2019</td>
<td>0800 – 0930 hours</td>
</tr>
</tbody>
</table>

CONTINUING EDUCATION CREDITS

Continuing Education (CE) Credits will be awarded for full attendance at daily sessions and included in your registration package. CE records are not maintained by the Ontario Occupational Health Nurses Association. Participants are responsible for maintaining CE Credit hours. Duplicates will NOT be issued.

- OOHNA members who register to attend the Exhibition, will be awarded 1.0 CE credits
- OOHNA members attending the Annual General Meeting will be awarded 1.0 CE credits, issued upon entry.
- OOHNA members attending the session at the Mix n’ Mingle will be awarded 1.0 CE credits

Only participants registered for a session will be admitted to that session.
2019 CONFERENCE PLANNING COMMITTEE

OOHNA Board of Directors

2019 BOARD OF DIRECTORS

President    Karen Watson, RN, BHSc(N), COHN(C), CRSP
Secretary    Norma Segreto, RN, COHN(C)
Directors    Norma Bonner, RN, DOHN
             Amy Connell, RN, BScN, COHN(C)
             Linda M. Doan, RN, OHN, COHN(C), COHN-S

OOHNA PAST-PRESIDENTS

1972/73    Pat Ewen, RN, COHN(C)
1974/75    Jean Laing, RN
1976/77    Dorothy Schwab, RN, COHN(C)
1978/79    Grace Blackwell, RN, COHN(C)
1980/81    Madeleine Wenman, RN, COHN(C)
1982/83    Sue L. Arnold, RN, COHN(C), DOHS
1984/85    Marilyn Fischer, RN, COHN(C)
1986/87    Bev Harris, RN, COHN(C)
1988/89    Judith Pope, RN, COHN(C)
1990/91    Enid Donaldson, RN, PHN, COHN(C)
1992/93    M. Suzanne Arnold, RN, B.A., M.Ed., COHN(C)
1994/95    A. Brian Verrall, MSc, DOHS, RN, COHN(C), COHN-S
1996/97    Kay Godden, RN, COHN-S, COHN(C), CRSP
1998/99    June Shaw, RN, COHN(C), COHN-S
2000/01    Suzanne Gumpert, RN, BScN, OHN, COHN(C)
2002/03    Edith Hodgson, RN, MS, BScN, DOH, COHN(C), COHN-S
2004/05    Jane Lemke, RN, BHSc(N), COHN(C)
2006/07    Marg Creen, RN, BScN, COHN(C), COHN-S, CDMP, MA(DM)
2008/09    Marlene Demko, RN, DOHN, COHN(C)
2010/11    Lina Di Carlo, RN, COHN(C), CRSP
2011/13    Karen Watson, RN, BHSc(N), COHN(C), CRSP
2013/17    Ken Storen, RN, COHN(C)

2020 CONFERENCE CHAIR
OOHNA PRESIDENT
KEEPING WORKERS WELL 2019

48th ANNUAL OOHNA CONFERENCE

Conference Centre, The Centre for Health & Safety Innovation
5110 Creekbank Road, Mississauga, Ontario L4W 0A1

THURSDAY, JUNE 6, 2019

0730 – 0930  Registration – Conference Centre

0900  Welcome
OOHNA President: Karen Watson, RN, BHSc(N), COHN(C), CRSP

Safe at Work Ontario 2019/2020 Strategy
Chief Prevention Officer: Ron Kelusky

An overview of the current strategic priorities of the Ontario Ministry of Labour’s prevention division, highlighting ongoing prevention initiatives undertaken by the ministry and its occupational health and safety partners to ensure healthy and safe workplaces for all Ontarians.

0930 – 1030  KEYNOTE
TH KEY
Getting Passion Out of Your Profession:
How to Keep Loving Your Living - Nina Spencer

Some people arrive and the energy spikes! Others arrive and the energy dives. Are you aware of how you are perceived by colleagues, staff, clients, the community you serve, and others with whom you daily interact? Is there a chance that you know how to demonstrate your upbeat, positive attitude, service excellence acumen, impressive leadership, and empathetic and responsive communication skills, etc., but find these traits aren’t coming through as well lately because stresses, changes in people and situations, and the demands of work-life get you down... or because it just feels like it’s been “the same old” for too long? And even if you are one of the lucky ones, who have continued to love what you do for a living, despite challenges, how do you sustain your passion for the days ahead? How do you inspire others to do the same?

Nina Spencer, The Globe and Mail’s expert advisor on workplace issues will share specific attitudinal and behavioural skills that will inspire, inform and fortify you professionally and personally.

1030 - 1130  Networking Break in Exhibits

1130 – 1245  Breakout Sessions (repeated in the afternoon)
**Agenda**

**THA**  
**Mindfulness in the Workplace** – Dr. Julie Irving  
This session will provide an overview of the recent neuropsychological literature demonstrating the promise of mindfulness-based interventions for the prevention and treatment of work-related burnout. Research drawn from clinical and non-clinical populations in sectors such as health care, law, technology, and education will provide a basis for elucidating how mindfulness can be integrated into workplaces with positive outcomes.

By the end of the session you will have:
- A definition of mindfulness
- Learned how mindfulness is related to emotional wellbeing
- Learned how mindfulness can combat stress and workplace burnout
- Seen models of the mindful brain
- Tried two short mindfulness practices
- Knowledge of community resources

**THB**  
**Developing Resiliency** – Elizabeth Horvath  
More than one in four Canadians are at “high risk” of mental health issues, (Ipsos Report, 2018). Building resiliency is one way that individuals can reduce their own level of risk and improve their personal wellbeing, their joy in life, and their overall prosperity. Learning and applying positive coping skills and strategies is the key to building resiliency. In this session, Liz Horvath will outline how to engage employees in developing and implementing a coping plan that will help them manage through life’s ups and downs in a mentally healthy way.

**Learning Objectives:**
- Understand the link between chronic stress, coping skills and wellbeing
- Understand the secret ingredient to developing and maintaining positive coping skills
- Learn how to develop a coping plan for immediate and long-term results

Liz Horvath, B.A.Sc., CRSP is the Founder and President of Hale Health & Safety Solutions. She has more than 20 years’ experience helping organizations improve their business results by improving how they manage risks related to employee health, safety and wellbeing. Liz is a sought-after international speaker on topics related to psychological health and safety and chronic stress management.

**THC**  
**Horizons and Reflections on Infection Prevention and Control and Occupational Health** – Dr. Maureen Cividino  
This interactive session will keep you on your toes by testing what you know, what you thought you knew, and what you might not yet have even heard of. We will follow the parallel journeys of two nurses born a generation apart, by dipping into the past, living in the present, and forecasting a possible future. From natural immunity for childhood diseases to updated vaccine recommendations; from new wrinkles on old diseases to new diseases altogether; we will explore how the bugs and drugs and prevention and management of occupational infections have evolved and continue to adapt over time.

By the end of the presentation participants will be able to:
- Describe an effective occupational health pre-placement program including determination of immune status, vaccination and TB screening and surveillance
- Describe common communicable disease exposures and post-exposure protocols in health care
- Outline elements of a ‘catch-up’ program
- Conduct a skin health assessment
- Apply the industrial hierarchy of controls to an occupational health setting
- Be better prepared for the unexpected — key communications and accessing credible resources
1245 – 1400       Lunch with Sponsors/Exhibitors

1400               Exhibits close

1400 – 1515        Repeat of Breakout Sessions

1515 – 1530        Stretch Break

1530 – 1630        Legal and Legislative Roundup

Recognized as a leading firm by The Legal 500 Canada 2019, Hicks Morley is one of Canada’s leading labour and employment law firms. In this session, lawyers Marian Kamenetsky and Nadine S. Zacks will:

• Review pertinent legislation and regulatory changes
• Discuss case law highlights
• Review best practices for avoiding adverse legal outcomes

Mariana Kamenetsky is a lawyer in Hicks Morley’s Toronto office where her practice is focused on workers’ compensation litigation and related matters involving human rights and labour arbitrations.

Nadine Zacks is a labour and employment lawyer in Hicks Morley’s Toronto office where she is chair of the firm’s Occupational Health & Safety group and regularly assists clients with responding to and defending orders and charges under the Occupational Health & Safety Act.

1630 – 1730        Annual General Meeting

1730 – 1930        Mix n’ Mingle

Avoid gridlock and frustration. Instead enjoy mixing and mingling and an appetizer buffet. A great way to relax and learn at the end of the first conference day.

1800 – 1845        Canadian Cannabis Craze (and Conundrum)

Dr. Melissa Snider-Adler, M.D., C.C.F.P., M.R.O. (AAMRO), D.A.B.A.M., is an Addiction Medicine physician and Chief Medical Review Officer at DriverCheck Inc. In her presentation, Dr. Snider-Adler will cover:

• THC Impairment
  A deep dive into THC and CBD
  Edibles and smoked cannabis – what is the difference?
• Medical Cannabis: Assessment of safety concerns with cannabis for medical purposes
• Drug Testing – what it can and cannot tell you
• Substance Use Disorder
• Q & A at the end of the presentation

1930               Day 1 ends
FRIDAY, JUNE 7, 2019

0800 – 0930  Registration – Conference Centre

0830 – 0930  KEYNOTE

F KEY  Boost! The Role of Mindfulness in Fostering Recovery from Work – Dr. Jamie Gruman

When organizations consider how to help their employees foster resilience and effectiveness at work they naturally think of approaches and techniques that can be applied on the job. But there’s a new way to approach organizational effectiveness that focuses on how the activities you engage in while away from the job make you more effective, productive, and resilient when you return to work. This approach is called ‘Boosting’ and focuses on how we can flip our downtime into ‘Uptime’ to most successfully recharge our batteries and return to work happier, more productive, and feeling like work requires less effort. In this keynote, Dr. Jamie Gruman will present his ReNU model, and discuss specific activities, with an emphasis on mindfulness, we can implement during our time away from work so that instead of just having our leisure time give us a break, it gives us a boost!

Dr. Jamie Gruman is a Full Professor and Senior Research Fellow in the Department of Management at the University of Guelph. He has published papers in some of the world’s top-ranked business journals and his textbook, which focuses on the practical applications of social psychology, is sold world-wide and is now in a third edition.

0930 – 1630  FULL-DAY WORKSHOPS

FWA  The Working Mind – Drew Sousa, RN, COHN(C)

The OOHNA Board is pleased to announce that, with the support of the Mental Health Commission of Canada, OOHNA is one of only a handful of organizations that have been authorized to deliver THE WORKING MIND (TWM) program to employers across Ontario. TWM is an education-based program designed to address and promote mental health and reduce the stigma of mental illness in a workplace setting.

Given the rise in mental health issues and in recognition of the key role occupational health nurses play in being the champions of mental health programs within the workplace OOHNA believes it is important to establish ourselves as leaders in mental health training. OOHNA’s first TWM session (Leader/Manager) is being launched at conference so attendees can learn specifically what leaders are encouraged to do for mental health. Learn about TWM so that you can promote its implementation in your workplace and by doing so be recognized as your organization’s workplace mental health champion.

TWM Learning Objectives:
• Use the mental health continuum to recognize changes in your mental health and that of others
• Be prepared to use skills to improve coping and resiliency
• Reduce both public and self-stigma
• Be willing to be part of a supportive workplace
**Course Content Includes:**
The mental health continuum which categorizes one’s mental health along a non-medical continuum:
- “Big 4” – a set of cognitive behavioural therapy-based techniques that help individuals cope with stress and improve their mental health and resiliency
- Scenario-based practical applications and custom videos of people with lived experience of mental illness

**Program Benefits:**
People Leaders who take TWM training have shown:
- an increase in resiliency skills
- a decrease in stigmatizing attitudes
- an increase in mental health wellbeing

**Drew Sousa**, OOHNA’s new Executive Director, has been an OHN for over 25 years and has a special interest in mental health. She had the honour of representing OOHNA at the technical committee which created the National Standard of Canada for Psychological Health & Safety in the Workplace. Drew has a certificate in Workplace Mental Health from Queens University, is a facilitator for both Working Mind and the Road to Mental Readiness training programs and has been a speaker at numerous conferences including the Ontario Municipal Human Resources Association, Osgoode Certificate in Workplace Mental Health Law, and other industry specific conferences.

**FWB Motivational Interviewing** – Colin MacRae

Motivational interviewing is a directive, client-centred counselling style for eliciting behaviour change by helping clients to explore and resolve ambivalence. This approach can be utilized in various practice settings and with a wide range of clients. It seeks to understand the individual’s frame of reference, particularly via reflective listening, expressing acceptance, and monitoring the client’s degree of readiness to change, while affirming the individual’s freedom of choice and self-direction.

During this workshop, participants will learn how to:
- utilize theoretical considerations including the role of the transtheoretical model of change in motivational interviewing
- understand the evidence base for motivational interviewing practice across a range of applications
- counsel using micro-skills (asking open questions, affirming, reflecting and summarizing)
- recognize, elicit and respond to change talk
- assess readiness and steps to change

**Colin MacRae**, RN, Psychotherapist, CPMHN (C), MA(Nursing Research), PGDip(Nursing Ed), FHEA, Drug & Alcohol Specialist Nursing Cert, HIV/AIDS Nursing Cert is an experienced Mental Health and Addiction Specialist who has worked in both clinical practice and the higher education sector. He is currently Program Coordinator and Professor, Health and Social Care at Humber College, Toronto, Ontario.
Musculoskeletal Disorders continue to be prevalent in workplaces across Ontario. Most recent statistics from the WSIB indicate that MSDs still account for nearly 40% of workplace injuries in Ontario.

“Employers have a legal responsibility to provide a safe workplace under the Ontario Occupational Health & Safety Act. This includes improving the workplace and implementing measures to protect workers from all hazards, including those related to musculoskeletal disorders.” – www.msdprevention.com

In October 2018, the CRE-MSD launched the new MSD Prevention Guideline to help address MSD injuries. Regardless of the size of your workplace, this is a guideline for you and it is meant to assist you in improving and/or creating an MSD prevention program at your workplace.

Join us to explore these guidelines including their many tools and resources and discuss strategies for systematically addressing ergonomics throughout your whole workplace (everything from policies and procedures to work practices to procurement).

**Learning Objectives:**

- Explore the new online, interactive MSD Prevention Guideline for Ontario
- Use provided tools and resources to address your workplace issues
- Identify opportunities for improvement in MSD prevention practices in your workplace

Jennifer McGillis, M.Sc., R.Kin., CPE and Sarah Snable, R.Kin., CCPE are both Certified Professional Ergonomists and Registered Kinesiologists and co-owners of PROergonomics, an ergonomic consulting company focused on preventing and addressing MSDs in all workplaces.

1230 – 1330 – Lunch

1300 – 1315 – **Fit-for-Duty: Cannabis Impairment Solutions** - Aaron North

This brief discussion provides an overview of various drug-testing strategies employers from a wide range of industries are currently using to address cannabis impairment in the post-legalization era. Innovations in testing technologies are a promising solution that can address both union and employer concerns.

Aaron North is President and CEO of Vector Medical, a company specializing in Occupational Medicine.

1330 - 1630 Full-Day Workshops resume
1330 - 1630  HALF-DAY WORKSHOP (Afternoon)

FWD  Cognitive Job Coaching –The Secret to All Successful Return to Work Strategies – Martine Oliveira and Kelly Charlebois

This workshop co-facilitated by Martine Oliveira and Kelly Charlebois will outline common barriers related to return to work, post-disability, when there is cognitive impairment. AGS’s experience with providing Cognitive Job Coaching has allowed for this team to build knowledge and expertise on the research and historical evidence associated with classical work hardening while applying related concepts to the mental health and cognitive domain. The workshop will cover:

- Evidence-supported strategies for screening and monitoring cognitive progress within a customized return to work and job coaching program
- Practical approaches to implementing accommodations to assist employees to return to work and/or stay at work
- Essential information to be captured in a Cognitive Demands Analysis (CDA)
- Additional tools – e.g. incorporating psychological risk factors within a job description
- Case studies will be reviewed and discussed to demonstrate how cognitive gaps can be matched to the work demands of the employee when developing successful return to work and job coaching programs

The workshop will wrap up with a group exercise to encourage integration of the key learning objectives.

Martine Oliveira, B.A., CDMP, CBDMA, Director of Employer and Client Services, AGS Rehab Solutions Inc., has over 20 years’ experience in the field of vocational rehabilitation and disability management. A Certified Disability Management Professional and a Consensus Based Disability Management Auditor, Martine is also a Certified Mental Health First Aid Trainer.

Kelly Charlebois, BPhEd, BHSc, Team Lead - Clinical Services, AGS Rehab Solutions Inc., is an Occupational Therapist with over 25 years’ experience. Her focus on problem-solving, clinical detail, and use of functional evidence-supported strategies have allowed her to provide viable return to work solutions to clients, fellow clinicians, and referral sources.

1630  Workshops and Conference End

DIRECTIONS

Please GPS from your location to The Centre for Health & Safety Innovation using this address:
5110 Creekbank Road
Mississauga, Ontario, L4W 0A1.

Mark your calendar! KEEPING WORKERS WELL 2020
49th Annual OOHNA Conference
Watch your in-box and check www.oohna.on.ca for information in October 2019
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