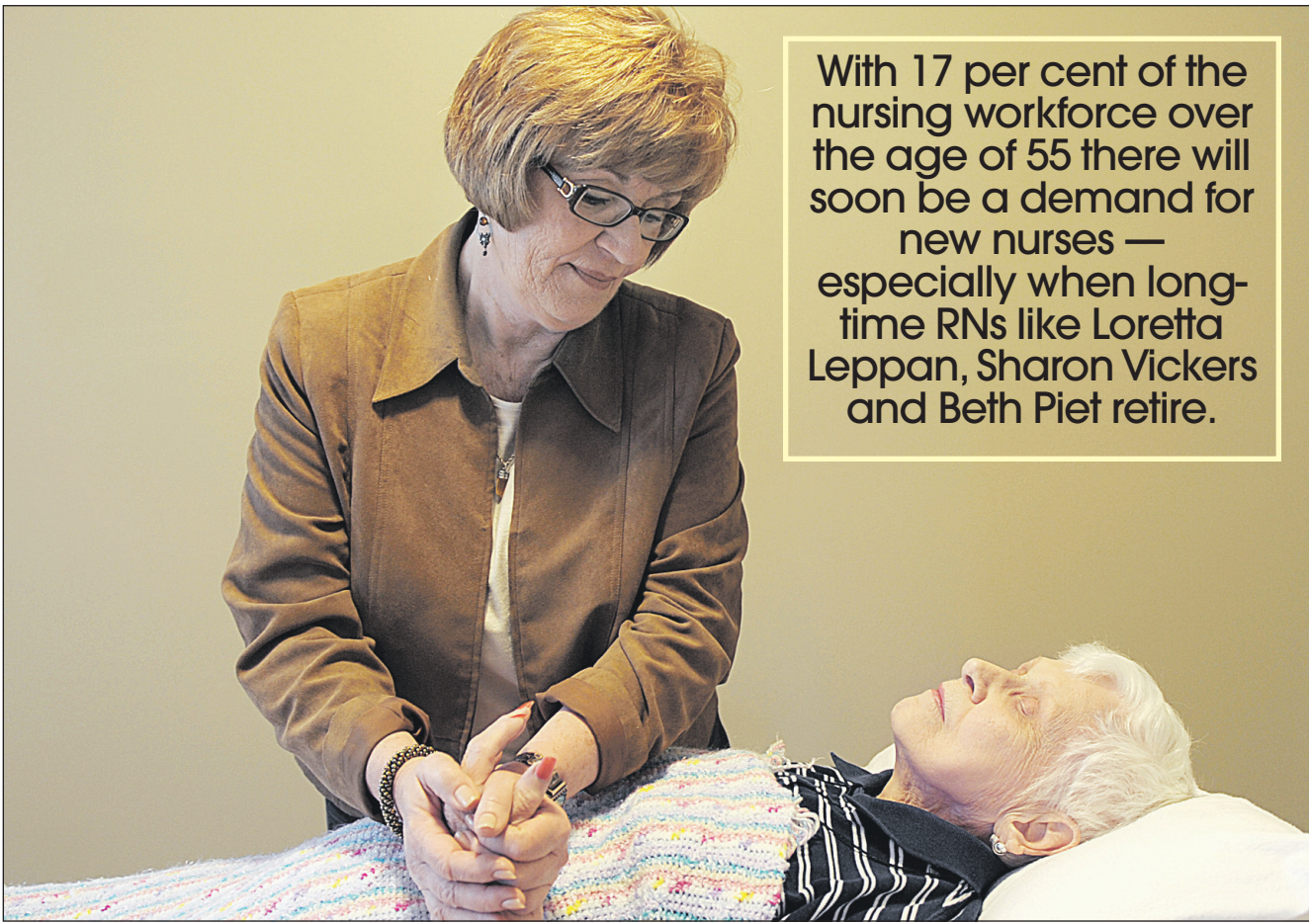




Loretta Lappan, RN, monitoring a high risk outpatient's pregnancy at Windsor Regional Hospital.



Beth Piet, RN, of Sandwich Community Health Centre Inc. giving Therapeutic Touch to her patient Orla Murray. This is working in the energy field around the body.

With 17 per cent of the nursing workforce over the age of 55 there will soon be a demand for new nurses — especially when long-time RNs like Loretta Leppan, Sharon Vickers and Beth Piet retire.

A wealth of nursing experience

Q&A with long-time RNs Loretta Leppan, Beth Piet and Sharon Vickers

LORETTA LAPPAN, RN, Windsor Regional Hospital

When did you enter the nursing profession?
Sept. 6, 1966

Why did you decide to become a nurse?

It went along with my personality. I've always been interested in people, wanting to be involved in everyone's lives, in being helpful.

What have you loved most?
The most satisfaction for me is the knowledge that you are able to make people's lives easier. I work in the birthing room - I could deliver personalized, individual care. I give the patients a memory that last a lifetime.

What are the toughest challenges?
Probably the most challenging is the hours of work. Nights do not suit everyone's personality. I did mostly shift work in the first 20 years of my career — I worked afternoons and it can be hard on (the) a family. We've come a long way. Now you're guaranteed every other weekend off. It used to be

one weekend a month — just 12 a year!

What are you most proud of?
That I've continued to enjoy what I do and that I still care. That I treat people like I would want to be treated.

What was your most vivid experience?
There would be thousands. I can't choose just one. But when I worked in NICU at Hotel Dieu we used to have 80 babies at a time!

What advice would you give someone just starting out?
Be totally interested in the care of your patient — all aspects. You will never regret that you're kind to people, that you keep yourself informed, that you report properly. Be the kind of person you'd want looking after you.

...
BETH PIET, RN, Seniors Programmer, Sandwich Community Health Centre -
When did you enter the profession?

Award for outstanding nurses

CONTINUED FROM / F1

As Provincial President of The Ontario Nurses Association, she was an advocate for the nursing profession and for the patients in their care. At the hospital, Lois also led and promoted fundraising efforts to improve patient services. Time spent in direct patient care gave Lois her greatest satisfaction as an R.N., where she exemplified the best traditions of the nursing profession.

"As children, we watched Mom's devotion to patient care first hand as she would routinely be 30 minutes to an hour late each day leaving Grace Hospital because someone needed something," recalls John. "Nurses are on the frontlines of healthcare — wherever it happens. As a profession, they tend to be the givers who usually go above and beyond. You have to have that kind of motivation to go into the nursing profession — and especially to last there. This award both honours mom as well as the profession she loved so much."

Being a nurse requires a balance of many qualities. "You have to have compassion to care for your

patients," says John. "But caring without the knowledge and skills of the nursing profession would just make you a great visitor."

"Nurses have to be there when the going gets tough. They are there to celebrate with patients at happy times and when a person's life is on the line. The nurses who do long-term care have to have a special grace as they care for our great seniors who must face the challenges of aging."

Lois also recognized the value of good team work from the physicians to the hospital administration to the other hospital support staff, says John. "She was always learning in order to serve her patients and the community better."

How well she did her job was apparent in the many people who would come up to her when she was at a grocery store or in the mall. "People would stop Mom to thank her or just chat," says John. "Many of those were former patients or their family members who felt a connection with this nurse who had made them feel special in their time of need."

"The impact Mom had was seen in the way people treated her outside the hospital as much as it was at Grace. She taught us by example the importance of investing in the lives of others through her profession and also through her community service. It was hard work and because it helped others — she would do it with all her heart."

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Registered Nurse

Deloris Colquhoun
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Rouea Wahab
Registered Nurse

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