

## Careers

### Nurse Profile September 2010



**Name:** Yvonne Ramlall

**Graduate:** 2000 Humber College Certificate Program

**Years in Nursing:** 10 years (nursing as a second career). 25 years experience in Medical Laboratory, 15 as a Haematology Technologist

**Accomplishments:** Certificate of Recognition Contribution as a Preceptor, George Brown College, April 2006, Research Award, Sunnybrook Health Science Centre, May 2007. RPNAO Leadership Clinical Practice Fellowship, August 2007, Research Study accepted for Publication- for publication Fall 2010, SHSC Schulic Award for Nursing and Clinical Excellence.

**“The health care system is undergoing many changes and we as RPNs are embracing those changes with grace and pride. It is these challenges that will enable us to climb the ladder and reach for the top of our profession. I look forward to each day with my patients and going home at the end of my shift knowing that they have had a better day. As an RPN, who continues to blaze new trails, it is my dream that all RPNs will take the challenge to blaze their own trails and be as proud as I am to be an RPN.” – Yvonne Ramlall**

Yvonne Ramlall currently works at Holland Orthopaedic and Arthritic Centre/Sunnybrook Health Sciences Centre (HC/SHSC).

In the spring of 2005, after learning about the RPNAO LCPF opportunity, Yvonne applied and was one of four RPNs to receive a fellowship. Yvonne was a member of the SHSC/HC Pain Collaborative Committee, which had a goal of improving patients’ satisfaction with pain following Total Joint Replacement (TJR). Yvonne and the other committee members were trying to find an answer to the following question: *“Were the patients satisfied with the level of pain experienced during the first five days at home upon discharge from the HC and what was their daily level of pain on a scale from 0 -10?”*

A literature review found very little data. However, the question was identified as an important one that needed to be researched. This led to the first step in Yvonne’s exciting journey. Following the LCPF Research Study, Yvonne was able to work with the Acute Pain Service (HC) to complete two further Late Career Initiatives related to post operative TJR recovery.

The work on this project was submitted to the International Journal of Orthopaedic and Trauma Nursing, UK and was accepted for publication in 2008. The revision process was intense, but the submission was finally accepted in July 2010 and will be available online by the fall of 2010. Yvonne presented at the first International Collaboration of Orthopaedic Nursing Conference, which was held in Dublin, Ireland from September 16 - 17, 2010.

Yvonne has presented this study a number of times in the past at venues including the Nurses Research Conference, CONA Toronto Chapter Pat Jones Day Conference, HC/SHSC, poster presentations at the CONA National Conference and the RPNAO 50<sup>th</sup> AGM & Conference.

“This journey has exceeded my expectations,” she says. “At this point in my career, I believe that my knowledge gained and the opportunity to share this knowledge will be beneficial to all nurses. I know it has made me a better nurse and has empowered me to continue to provide the best care to my patients and to educate them. At this point in time, the role of the RPN has expanded to full scope. We are accepting the challenges with strength and dedication to the profession.”

#### ***Becoming an RPN as a second career***

“Being an RPN is important to me. I chose this career when I was at my weakest point, having suffered the loss of both my mother and my job as a haematologist. I needed a challenging change. Returning to school was invigorating. It was a new look at life beyond the lens of a microscope (my younger son advised me not to attend his college). My family supported me throughout this change in careers and continues to do so. And it was with my sons’ help that I gained more knowledge in the area of computers.”

#### ***RPNAO Leadership Clinical Practice Fellowship (LCPF):***

“My career as a nurse continues to be a very rewarding experience. The changes are challenging, but with determination and strength it has been very successful so far. I have been fortunate to receive a LCPF and with this opportunity, my knowledge has grown immensely. I started with one question and I went from a novice nurse to a research nurse and now an author.”

#### ***Commitment to Nursing***

Yvonne actively supports nursing and since 2009, has represented the Central/Toronto District as a council member at the College of Nurses of Ontario (CNO). She was appointed to the CNO Council and Quality Assurance Committee in September of 2009 and was appointed to the CNO Fitness to Practice Committee in June of 2010. Yvonne is an RPNAO Member and also is an associate member of the Canadian Orthopaedic Nurses Association (CONA). She is also an Executive Member on the Board of the CONA, Toronto Chapter. In addition, she is a Nursing Council and Family Collaborative Committee Member and the union steward for RPNs at the HC, SEIU Local1.

#### ***Beyond Nursing***

Outside nursing, Yvonne enjoys cooking and inviting relatives and friends over. She is also active in her church (as secretary and helps with the planning and escorting of members on church trips). *“At the end of my day, being a gardener, pulling weeds and smelling the roses gives me the pleasure to look forward to the next day.”*