

# GPP NEWSLETTER

APRIL  
2022

IEN Newsletter –  
International Nurses at  
YorkU



## IN THIS ISSUE (Brief Intro Summary)

“Internationally Educated Nurses (IENs): **WE ARE HERE TO HELP!!**”

- ❖ Internationally Educated Nurse (IEN) program at York University is a fast-track 20-month degree that requires full-time study with a strong emphasis on theoretical, scientific, and philosophical understanding. This program is for IENs who are not yet registered in the province of Ontario, Canada.
- ❖ This program prepares IEN with the knowledge and skills necessary to understand Canadian nursing. Students are exposed to a variety of learning opportunities that help them develop their nursing abilities in order to provide better care to patients, their families, and society as a whole.
- ❖ This program provides additional opportunities for students to acquire skills like as interdisciplinary teamwork, critical thinking, in-depth theoretical knowledge, advocacy, leadership, lifelong scholarship, and ongoing professional development.
- ❖ After completing this course, students must pass the NCLEX-RN licensure examination in order to advance their careers. By passing this examination, you will be eligible to practice nursing in Ontario.

## IN THIS ISSUE (IEN Support & Resources)

1. **National Nursing Assessment Service:** <https://www.nnas.ca/>
2. **College of Nurses of Ontario (CNO):** <https://www.cno.org/en/become-a-nurse/>
  - Registration Requirements: <https://www.cno.org/en/become-a-nurse/registration-requirements>
3. **York University (IEN-BScN Program Overview):** <https://www.yorku.ca/health/nursing/undergraduate-programs/post-rn-internationally-educated-nurses/>
4. **Language Requirement:**
  - York University: <https://futurestudents.yorku.ca/requirements/language-tests>
  - CNO: <https://www.cno.org/en/become-a-nurse/registration-requirements/language-proficiency/>
5. **OSAP (Ontario Students Assistance Program) information:** <https://www.ontario.ca/page/osap-ontario-student-assistance-program>

*“Career is important and so is our health  
We compete, stress and strive for success  
But why don't we thrive on a simple life?  
Influenced and motivated by our ideals  
We walk in the path without asking why  
We have outreached the goal but Why don't we stop to go further high???”*

### Upcoming events:

York University Keele Campus  
In-person tour  
April 1 | 11:00 am

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International Undergraduate  
Admission Info Session  
April 14 | 9:00 am

•  
Health focus: Healthy Eating  
and International Students  
April 7 | 10:00 am

•  
Applicant Drop-In Support  
(Undergraduate Students)  
April 19 | 16:00 pm

**Aagya Pokharel (She/Her):** Aagya is an Internationally Educated Nurse (IEN) from Nepal. She earned her Bachelor's degree in Nursing (BScN) and worked as a Registered Nurse (RN) for two years in Nepal. Aagya migrated to Canada in 2019 with a hope to become an RN in Ontario right away; however, the regulatory body of nurses [College of Nurses of Ontario (CNO)] assessed that she is not eligible to become an RN without fulfilling her competency gaps. She couldn't believe the fact that becoming an RN in Ontario is a cumbersome process and takes too long. Many a times, she thought about giving up her dream of becoming an RN in Ontario and returning to Nepal.



However, she came to the terms with reality and decided to join a bridging program offered by George Brown College while waiting for the results on her application to IEN-BScN program at York University. After getting accepted into the program, she started the 20-month long program designed specifically for the IENs. As most of the international students have some difficulties adjusting to the new culture in a foreign country, she was no exception. She says, *"I completely understand the concerns of the IENs because the CNO has put too many barriers that will undoubtedly scare the nurses away"*. The IEN-BScN program offered by the York University has helped refresh her nursing knowledge, be a part of hospital practicum and acquire new skills. She also got an opportunity to work with York International Services which has helped her improve her leadership skills and expand her horizons beyond working as a RN in healthcare settings. Aagya believes,

***"In life, wherever you are, you have countless opportunities to learn"***

**Sushma Poudel Sapkota (She/her):** Sushma is an Internationally Educated Nurse (IEN) from Nepal. She graduated her B.Sc. Nursing in 2018 from Nepal. In the same year Sushma moved to Canada with a hope of working as RN. However, she had some competency gaps identified by College of Nurse of Ontario. She enrolled in York's post RN 20 month IEN program, which allowed IEN like her to meet the CNO competencies. Sushma's challenges to adjust in new country, new culture, new environment, new weather, barriers in career and educational growth made her frustrated. At one point she wanted to quit her career.



Getting your nursing credentials evaluated is a very lengthy process and at one point this was a major challenge for Sushma. But, she accepted the challenges and began to look for the different pathways provided for IEN's. She did George brown's College course named "Academic pathways for IENs". It gave her strength to move forward to achieve her career goal. Sushma believes,

*"life brings you opportunities, Grab & explore it for powerful achievements"*

Sushma is very aware of IENs emotional, educational, financial stress due career transition since it is a lengthy process. However, what she has learnt during her entire process is to look into the bright side. In her experience York IEN-BScN program have helped her to develop professional confidence and explore her Leadership abilities, hospital experiences and improve her communication techniques. Sushma has a message for someone who are interested in enrolling the York IEN program,

*"grab this learning opportunities as we will not regret it because it will help you with career development and professional growth".*

**Kritika Poudel (She/her):**

*“Sensitive and outspoken by nature, Kritika always strives to become an empathetic individual. After reading Florence Nightingale's biography when she was 13, she decided that she wanted to be a compassionate and altruistic nurse. She prefers to become a noble rather than a powerful person. She aspires to make a positive influence in people's lives and finds that making others happy makes her happy”*



### Journey to becoming RN from IEN in Canada

There has been a lot of back and forth in addressing the competency gaps between internationally educated nurses (IENs) and domestically educated nurses. We completely understand that the regulations and health-care system in Canada are

different from what we have learnt in the past, but other medical content is similar, so why not offer mandatory courses for IENs to enter the Canadian health-care system? My peers with the same degree and ability travelled to the United States and earned their RN licenses straight away, but I kept thinking to myself, "Why not me?"

This was my initial thought after repeated attempts in the other province to boost my English language proficiency. I reconsidered; I had left everything behind, including my family, relatives, and upbringing, to come to this country; why not leave this province and give Ontario one last shot? I now believe that I did the right thing, and that studying. Post-RN BScN for IENs program taught me how critical it is to learn a country's system, culture, and people before

*“Not all Superheroes Wear Capes,  
Some Wear Scrubs”*



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