

The Importance of the Ontario Nurses' Association for nurses

The Ontario Nurses' Association (ONA) is an integral part of our health care system in Ontario. This association represents nurses across Ontario, in every community and workplace environment. ONA is run by a board of directors, elected by Ontario nurses, who all have experience in the nursing workforce.

This association advocates for nurses with the government, which is important in the current political climate, asking for help with staff shortages, patient safety and quality of care. ONA aims to help create a healthcare system where everyone is respected and valued equally. Though there are times where a perfect system cannot be achieved, but ONA strives to advocate to the best situation possible for nurses in Ontario.

There is a human rights and equity team to help further equity in the healthcare system. ONA promotes equality and fights against discrimination and harassment in the workplace. ONA has made many victories in the past in protecting nurses' rights like equal pay, safe working environments and benefits like parental leave. Creating safe work environments and promoting teamwork encourages new nurses to continue in this profession. Building resiliency and hopefully decreasing staff burn-out rates!

The nursing profession requires continual education and updating of skills and knowledge. ONA provides workshops on teamwork, bullying, violence and protection. This can help nurses improve in their leadership skills and it can help create a stronger bond between the nurses.

This association has a legal assistance team that protects members from legal actions by employers or members of the public. A nurse's professional actions can be called into question by anyone on any given day. ONA's legal assistance can help when someone makes a judgment call about a nurses practice. Nurses can access the legal team for advice, or representation in certain circumstances.

The Ontario nurse's association provides benefits and insurance for nurses. ONA members are covered through Johnson Insurance. The benefits and insurance program allows nurses to remain physically and mentally healthy while on the job.

As a future nurse, I am appreciative of the Ontario Nurses' Association as I know that I will be protected and helped throughout my career. It is encouraging to know that I will be supported to improve my nursing skills, advocate for a safe work environment, assist me with legal care when needed, and care for my physical and mental well-being. ONA is important to my future profession, standing together, united for a better health care.