

*The Importance of the Ontario Nurses' Association for nurses*

Jade Martin

The Ontario Nurses Association is dedicated in providing compassionate and valuable resources for nurses that ensures the health of populations. It strives to unite nurses and act as a dependable support system to improve their quality of work and life. ONA has showed on various occasions that it undoubtedly cares for its members, through an inclusive and non-discriminatory perspective. For example, the Nurses Health Program, an initiative of ONA, is a committed and safe program to support nurses including those that may be facing mental illnesses. Their accessible program is highly effective, allowing nurses to seek assistance to ensure positive mental health in and out of the workplace. The Nurses Health Program is only one of the many programs branching from ONA, as there are various services for nurses to support their quality of work and life. Additionally, ONA has advocated for the pay equity act and successfully achieved equal pay between female nurses and their male counterparts. ONA has established safe and fair practise in the workplace, as well as protection against violence, discrimination and harassment. They have also negotiated significant contracts to support its members further, including benefits, wages and time off for emergencies. The benefits from ONA not only serve as advantageous for its members, but also for the health of the general public. As nurses receive support from ONA, they are able to maintain a 'healthy population by providing accessible and high-quality care for their patients. ONA ultimately advocates on the nurses' behalf which benefits employee health and provides the highest quality care to its patients in doing so. With the help of ONA, members can trust in its support, as it has proved on multiple occasions that it unites nurses, making sure to keep their best interests in mind.