

The Importance of Ontario Nurses' Association for Nurses

Ontario Nurses' Association (ONA) established in 1973, has played a vital role in advocating for the safety and well being of their members. This has allowed for high-quality care to be provided for the patients. ONA has also participated in union bargaining in support of the provision of fair wages for the professional health care workers, in recognition for their education obtained and skilled care that they provide. Before ONA, nurses were underappreciated and undercompensated.

With time, the nursing profession has become more challenging. For a nurse, the patient workload has increased, and patient acuity has changed as the general public is living longer with chronic disease. In addition to these changes, there have been health care spending cuts by the government. ONA has continued to advocate for its members and public health care through their many media campaigns. Such campaigns, including *Nurses Know: RN Proud*, aims to educate the public about the professional care and skills that nurses provide through celebrating what the registered nurses bring to today's health care. An additional campaign called *Nurses Know: Code White and Code Blue* calls for adequate health care funding and demands no further RN job cuts.

Nursing has been a long-standing tradition in my family as multiple aunts, cousins and my mother are proud ONA members. I have appreciated what ONA has done for my family and I look forward to continuing in their footsteps as I start my degree at the Western University in their Compressed Time Frame stream of the Bachelor of Science in Nursing program.

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