

May 2025

Triage Desk

Hello

In this special edition of The Pulse, we turn our spotlight toward the heart of healthcare - our nurses.

As we celebrate Nurses Week, May 12-18, we pause to recognize the compassion, resilience, and unwavering commitment nurses bring to every bedside, every shift, every patient.

Whether comforting with a kind word, advocating behind the scenes, or stepping up in times of crisis, nurses are the quiet heroes whose impact is anything but silent.

This issue is dedicated to sharing their stories, honouring their contributions, and simply saying: thank you.

We hope you're inspired by the reflections, tributes, and celebrations woven throughout this edition.

With gratitude,

Nursing Notes



Nurses' Week - Nurses Make It Better

This Nurses Week, we celebrate the heart of our health care system: nurses. Their strength, skill, and compassion make a difference every single day - in ways that are not always seen, but are always felt.

The theme “Nurses Make It Better” is more than just a phrase. It’s the truth behind every life touched, every system held together, and every patient who leaves feeling seen and supported.

But while nurses continue to give their best, they’re often working in a system that doesn’t give enough back. That’s why this year’s celebration is also part of our [‘It Could Be Better Here’](#) campaign.

Last year, we invited nurses to share heartfelt messages with each other. What they shared were raw, real, and heartfelt reflections. That video remains just as powerful today, because what nurses need hasn’t changed. And neither has the deep sense of solidarity that lives within this profession.

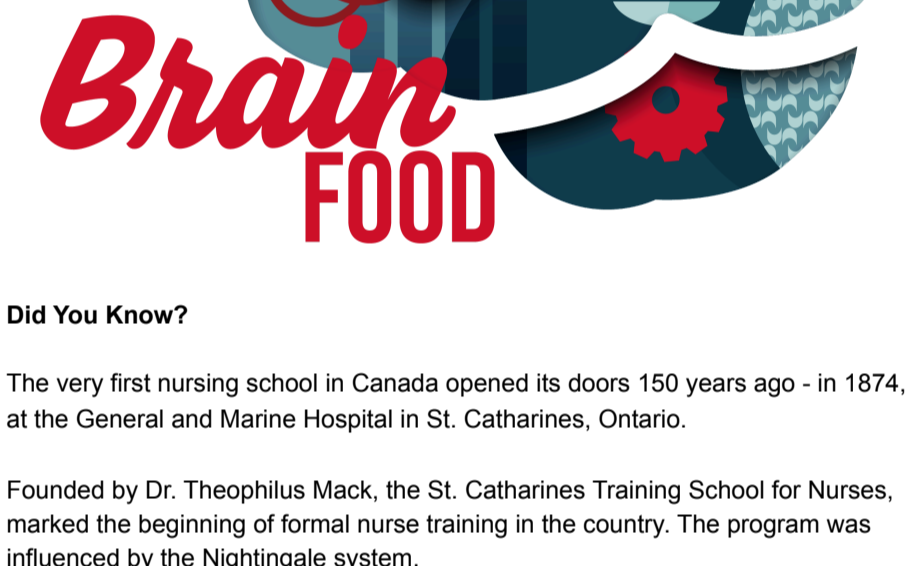
[Watch the 2024 Nurses Week video](#)

[Listen to UNA President Heather Smith's 2025 Nurses Week radio message.](#)

Say thank you, share a kind word or send us a note to a nurse who's made a difference in your life.

Happy Nurses' Week!

Brain Food



Did You Know?

The very first nursing school in Canada opened its doors 150 years ago - in 1874, at the General and Marine Hospital in St. Catharines, Ontario.

Founded by Dr. Theophilus Mack, the St. Catharines Training School for Nurses, marked the beginning of formal nurse training in the country. The program was influenced by the Nightingale system.

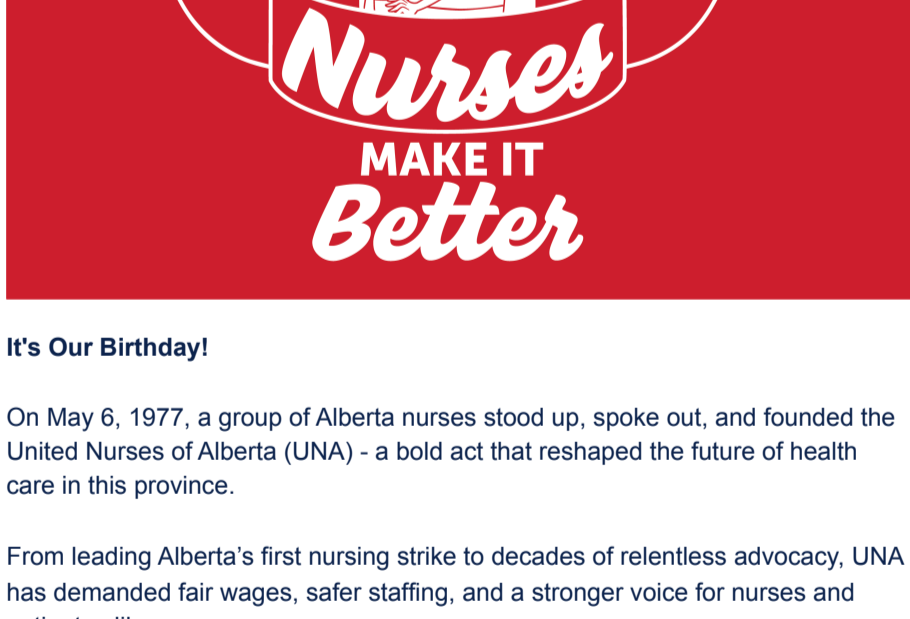
Students weren’t just learning - they were the nursing staff. They worked long hours, covered private cases, and often had their wages redirected back to the hospital.

And here's a full-circle moment: this June, the Canadian Federation of Nurses Union Biennial Convention will be held in the Niagara Region, where St. Catharines is located. What better place to gather Canada’s nurses than the birthplace of formal nursing education in the country?

Quote of the Month

“Nurses are the heart of healthcare.”

UNA Celebrating 48 Years of Impact



It's Our Birthday!

On May 6, 1977, a group of Alberta nurses stood up, spoke out, and founded the United Nurses of Alberta (UNA) - a bold act that reshaped the future of health care in this province.

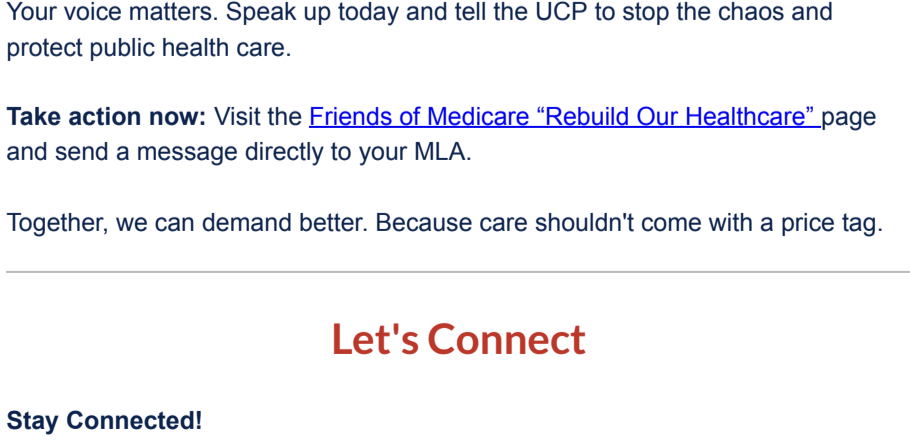
From leading Alberta’s first nursing strike to decades of relentless advocacy, UNA has demanded fair wages, safer staffing, and a stronger voice for nurses and patients alike.

Under Heather Smith’s leadership since 1989, UNA has become a driving force in Alberta’s labour movement - fighting for a system where care comes before profit and people come before politics.

As we mark 48 years, we celebrate the nurses who built this legacy, and we continue forging ahead with purpose, unity, and unwavering resolve.

The fight for fair, accessible health care continues. And so do we.

What's Next?



We Need Your Help!

Alberta’s health care is at a crossroads and the UCP government is taking it in the wrong direction.

Privatizing services, dismantling AHS, and putting profits ahead of patients is not a solution - it’s a crisis in the making.

Your voice matters. Speak up today and tell the UCP to stop the chaos and protect public health care.

Take action now: Visit the [Friends of Medicare “Rebuild Our Healthcare”](#) page and send a message directly to your MLA.

Together, we can demand better. Because care shouldn't come with a price tag.

Let's Connect

Stay Connected!

Get involved with our new campaign and be a part of our mission to advocate for and support Alberta’s nurses by connecting with us on our social media platforms.

MEMBERS CAN DOWNLOAD THE **UNA APP** HERE.

iPhone

Android