


# THE PULSE

United Nurses of Alberta

#1 | September 2023 

## What's New



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Local 79

### INTRODUCTION

You may be contemplating the nature and purpose of this email correspondence. These questions are perfectly valid, so let's commence by clarifying them.

"The Pulse" is UNA's monthly email newsletter specifically designed to provide you with regular updates about our upcoming and ongoing digital campaigns and highlight noteworthy achievements and events within our membership community.

We promise to make the information clear and concise and fun (when we can).

Thank you!

## Centre Stage

**R**ESPECT  
**R**ETAIN  
**R**ECRUIT

### THE 3RS: RESPECT RETAIN RECRUIT

The United Nurses of Alberta (UNA) has launched its **3Rs: Respect Retain Recruit** Digital Campaign.

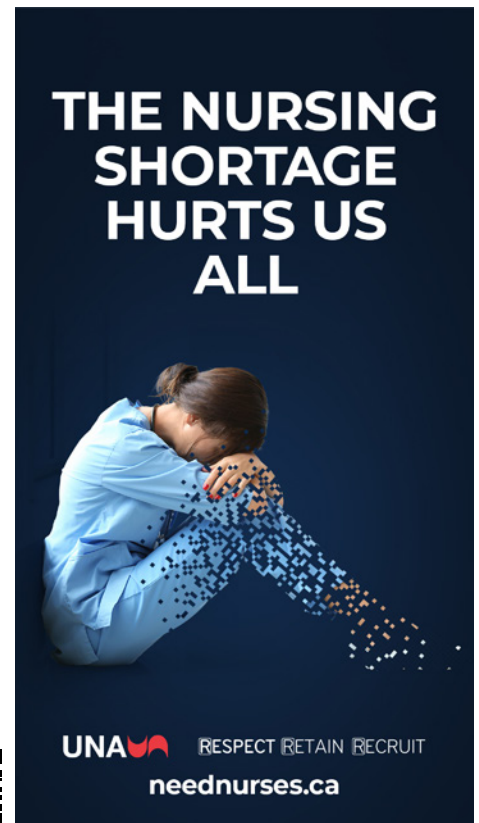
**What is it about?** Alberta's public health care system is experiencing a dire nursing shortage that's affecting nurses, patients and their loved ones.

To fix the problem, the UNA has proposed a research backed framework that is based on three fundamental principles – **Respect, Retention and Recruitment.**

The 3Rs campaign aims to bring awareness to the public about the critical nursing challenges. It's also a call for the government to implement these immediate, tangible solutions.

Find out more about the campaign and how you can get involved.

[MORE](#)



**Quote**  
of the Month

*"Save one life, you're a hero.  
Save 100 lives, you're a nurse."*

– Unknown

# Brain Food

Canada's first training school for nurses opened in 1874 at the General and Marine Hospital in St. Catharines, Ontario.

## What Next?

**SUPPORT OUR NURSES.  
SUPPORT PUBLIC  
HEALTH CARE.**

Nurses are the cornerstone of public health care. We depend on them to care for us and our loved ones. They are depending on us to support them in the call for better working conditions. The 3Rs framework is the solution.

Join the movement, sign up for updates via our mailing list, and help us in sculpting a future where nurses are respected, retained and consistent recruitment is a top priority.

**RESPECT**  
**RETAIN**  
**RECRUIT**

UNA [#neednursesAB](#)

**MORE WAYS TO JOIN**



[neednurses.ca](http://neednurses.ca)  
[www.una.ca](http://www.una.ca)

## Let's Connect

**GET SOCIAL WITH US**

We'd love to keep in touch. Follow us on our social media platforms and help us spread the word about how, together, we can support nurses in their call to fix the current staffing shortage. [#neednursesAB](#)

