

August 2025

Triage Desk

Hello there,

Welcome to this month's edition of *The Pulse*!

As we mark Heritage Day, we take a moment to honour the rich cultural mosaic that shapes who we are as Albertans. It's a celebration of stories, traditions, and the vibrant diversity that makes this province home.

This month, we're also celebrating a major step forward for nurses - a hard won victory that ensures better mental health coverage for those who care for us every day.

And that's not all. Behind the scenes, we've been working on something big, one of our biggest campaigns yet. While we're not revealing the details just yet, we promise you'll want to be part of it when it launches on September 6th.

Thank you for staying connected, informed, and inspired.

Nursing Notes



Presumptive PTSD Coverage Now Extended to RNs and Psychiatric Nurses

Alberta nurses now have better protection if they experience trauma at work following a key victory in collective bargaining by United Nurses of Alberta (UNA).

Thanks to the dedication of front line nurses advocating for the past two years, the provincial cabinet has extended presumptive coverage for post-traumatic stress disorder (PTSD) and other traumatic mental health injuries to nurses.

This means that if a nurse is diagnosed with PTSD or experiences other traumatic mental health injuries on the job, it will now be automatically considered work-related, unless there's clear proof it isn't.

Before, nurses had to prove that their PTSD or other mental health related injuries were as a result of their job. That could take a long time, and sometimes they didn't get the help they needed.

It's a major step forward in recognizing the mental health toll of front line care and ensuring nurses have the same protections as police, firefighters, emergency medical workers and correctional officers.

UNA welcomed the change, noting that it fulfills a commitment made by the government during bargaining and reflects the growing understanding of the mental health risks faced by health care professionals on the front lines.

[\[Read the full story →\]](#)

Brain Food



Heritage Day isn't just a day off; it's a celebration of who we are.

Since its creation in 1974, Heritage Day has grown into a meaningful tradition that reflects the rich cultural fabric of this province.

Held on the first Monday in August, it's a time when communities across Alberta come together to share their stories, traditions, music, food, and customs.

Whether it's dancing to the rhythms of a distant homeland, tasting dishes passed down through generations, or learning about the land's Indigenous roots, Heritage Day is a living tribute to the people who call Alberta home.

It's not just about looking back; it's about embracing the present and shaping a future where all cultures are respected, seen, and celebrated.

Happy Heritage Day!

Quote of the Month

"In diversity there is beauty and there is strength."

Maya Angelou

What's Next?



Something New Is Brewing!!!

On September 6th, we'll be launching something new.

It's not just a campaign, it's an invitation.

To rethink what care should look like.

To reimagine what comes next.

Because we already know the system is strained.

We've seen the gaps. We've felt the weight.

The real question now is: where do we go from here?

We're not ready to share everything just yet.

But as we prepare, we invite you to reflect:

What kind of future are we shaping?

Who's being left behind?

And what would it take to build a system that truly cares?

It's time to care more.

To listen closer.

And to speak up, before silence becomes the standard.

Watch this space. The conversation starts soon.

Let's Connect

LET'S GET SOCIAL!

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 Alberta's nurses.



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



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