



## Mentor and Mentee Testimonials

In each issue we highlight the thoughts on mentorship of mentors and mentees in our program. This time we feature the “ask” of one mentee and the expertise of one mentor in our program.

### *The “Ask” from Karen Melenchuk in Thunder Bay:*



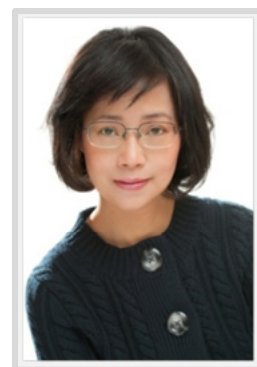
I would like to be linked with a **mentor with an interest in sexuality and nurse led clinics**. I also have a particular interest in the nurse navigator role and have taken that course through the deSouza Institute.

I am an advocate for and see the importance of Patient and Family Centered Care, patient focused education, and support through the cancer journey. I am new to this area of nursing and find it a bit overwhelming.

I enjoy learning and trying new things but being from the North, my connections are very limited. It is important not to reinvent the wheel and be able to share information. It is also important that the information sharing is relevant and current. I would like to find a compatible mentor who shares similar interests and desires for our patient care, in addition to like values in both patient care and education. We would need to discuss things like values in patient care and values in education.

My true job is as a primary nurse in the outpatient clinic with now the opportunity to branch out to assist patients with sexuality issues. I can see the gap for our patients with respect to learning about and navigating the system and therefore have been a frequent advocate for that role as well. Patient and Family Centered Care is in the heart of all we do to support our patients through the cancer care pathway.

### *The “Expert” profile of Amy Ng, from Calgary, Alberta:*



Amy Ng is a mentor in our program. In the past eight years, she has worked as a community health educator for both the Alberta Health Services (the former Calgary Health Region) and the Calgary Chinese Community Service Association. Here are her thoughts on mentorship:

Being a mentor or a mentee is a practiced discipline. Mentorship is a connection with someone who has a similar interest, knowledge and work experiences, in which a mentor and a mentee may share with and encourage one another in the career journey. I personally experience that mentorship is a relationship, in which a mentor may give advice, encouragement and support to the mentee. Hence, the mentee may make progresses in his/her learning journey. The mentor can be a leader for the mentee, providing proper direction and constructive advice that ultimately lead the mentee to succeed and achieve in his/her career. No matter how intelligent people are, people need social or peer support. One of the means to reach social support is mentorship.

As a mentor, I want to learn from others, who may have different life experiences from mine. Whether I am a mentor or a mentee is not important, what matters is how I may use the mentor and mentee relationship to transfer knowledge and skills to achieve optimum outcome, a meaningful learning experience in my life.

If you are a nurse with expertise in **oncology, sexuality and nurse led clinics** and interested in sharing your expertise with Karen, please do not hesitate to contact us at [onment@mcmaster.ca](mailto:onment@mcmaster.ca). We will act as a liaison and connect the two of you to decide whether you'd like to explore the possibility of becoming a matched pair in our program.

If you are a **nurse mentee** interested in connecting with Amy as a **mentor**, also contact us and we will facilitate your first connection! Amy's expertise is in **community health education (cancer awareness) and international healthcare administration and development**.