



CANE/AIIE

**Canadian Association of Nurses for the Environment
Association d'infirmières et infirmiers pour l'environnement**

How to Start the Conversation

1. Feel comfortable with the content. In recent years, the Canadian Nurses Association has revised two position statements; [Nurses and Environmental Health](#); [Climate Change and Health](#) to reflect the current dialogue that exists related to the nursing profession, climate change and environmental health. A previous workbook developed by CNA is also available that highlights the role of nurses in [Greening the Health System](#). The [Lancet Countdown 2018 Report: Briefing for Canadian Policy Makers](#) provides information about the links between climate change and health and their implications for Canadian policy makers. The document also provides specific evidence informed recommendations for a number of health indicators.

2. Start with a story. Share one of the moments you decided you had an interest in the area.

3. Keep it simple. Meet people where they are. Make it personal. Find out what they think...

"Hey, have you thought much about climate change? What do you think about it in relation to nursing practice?"

"What does environmental health mean to you?"

"When did you first start to be aware of the health sectors impact on the environment?"

4. Then listen. Respond to what you heard. Provide a meaningful response to their thoughts.

5. Find a connection. Find common ground. Connect your conversation to those experiences and values and how they make you feel. Provide facts to support your discussion or feelings about the topic. Try to identify an area of interest for that particular individual.

6. Do not feel obligated to force a person into a position where they must admit that they are wrong. Starting the conversation is considered a victory, even if a consensus is never reached.

7. Acknowledge the magnitude. Stress that although it is an overwhelming topic, there are changes that we can make now, that will make a big impact. Stay on the positive side, identify that although much of the news, media and discussion is negative, we do have ways to enact positive change.