



FILE HILLS QU'APPELLE TRIBAL COUNCIL HEALTH SERVICES

# ANNUAL REPORT

2023-24



## FHQ TRIBAL COUNCIL HEALTH SERVICES

Health Services is a department of the File Hills Qu'Appelle (FHQ) Tribal Council in Fort Qu'Appelle, offering health programs and services to the nations of our Tribal Council:



## FILE HILLS AGENCY

- Carry the Kettle Nakoda Nation
- Little Black Bear's Band of Cree and Assiniboine
- Okanese First Nation
- Peepeekisis Cree Nation
- Star Blanket Cree Nation

## QU'APPELLE AGENCY

- Muscowpetung Saulteux Nation
- Nekaneet First Nation
- Pasqua First Nation
- Piapot First Nation
- Standing Buffalo Dakota Nation
- Wood Mountain Lakota First Nation

## VISION STATEMENT

To be respected globally for exceeding quality in the delivery of safe health care services that embrace First Nations culture and our traditions of wholistic physical, mental, emotional, and spiritual wellbeing contributing to healthy individuals, families, and communities.

## MISSION STATEMENT

FHQTC Health Services is dedicated to the delivery of safe client-centered wholistic care and supportive services for and with our member First Nations that are consistent with our values and meet the needs of our communities.

## VALUES

Health Services lives the values of the FHQTC: Respect, Accountability, Cooperation, and Integrity. Specific to our health care environment we emphasize:

- Cultural Practices
- Collaboration & Relationships
- Self-Directed Health Care
- Community Involvement
- Innovation



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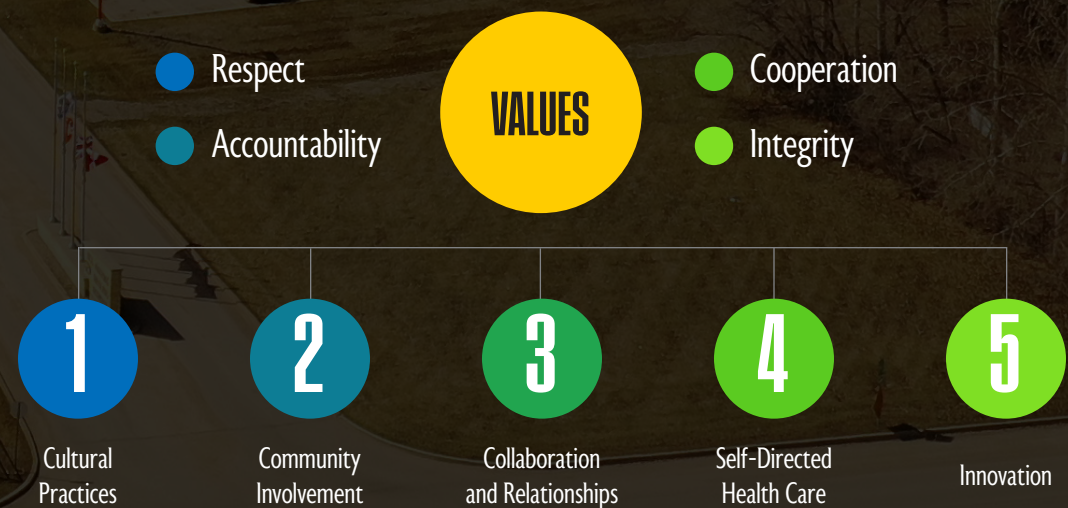
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*FHQ Health Services embraces the values of Respect, Accountability, Cooperation and Integrity in respect to all aspects of health care.*





## HEALTH PLANNING AND MANAGEMENT



FHQTC Health Services is a partner in the delivery of health programs within Southern Saskatchewan and Treaty 4. Together with the communities of the File Hills Qu'Appelle Tribal Council (FHQTC), we serve a regional population of more than 5,500 citizens who live on reserve across the 11 nations.

FHQTC Health Services is guided by a comprehensive health services model which balances both the traditional and contemporary approaches to wellness. Mainstream health services tend to be specialized, fragmented, and challenging to access, particularly in our rural areas.

FHQTC health planning and delivery is guided by the communities of FHQTC focussing on the importance of treating the whole person or the whole community. Within this context we are guided by the following principles:

- Wholistic Health People in healthy communities
- Community based needs, including regular communication and meetings with First Nations Health Directors
- Client outcome focused (individual and community)
- Ensuring a Continuum of Services
- Coordinated Primary Care Approach
- Multi-disciplinary/cross-disciplinary Teams
- Partnerships and collaboration among communities, health providers and health jurisdictions.

This upcoming year, FHQTC Health Services will undergo the planning process to update the Strategic Plan. This on-going process will review the existing vision, mission, and goals of the organization and set the priorities for the next five years.

In an effort to address the healthcare needs within our community, FHQTC Health Services and All Nations' Healing Hospital are

constructing the kihêw waciston Eagle Nest Primary Care Centre. The clinic will focus on providing non-emergent care to clients and patients, which will help reduce the burden on the emergency department. A sod turning ceremony was held on April 29, 2024.

To help fulfill the need of midwives and midwifery services at All Nations' Healing Hospital, FHQTC Health Services partnered with Mount Royal University (MRU) to designate one seat for a midwifery student that is supported by FHQTC, within a return to service model. The midwifery student will attend MRU and have the opportunity to complete course components both in Calgary and locally. The first midwifery student will be starting their first semester this upcoming Fall 2024 semester and recruitment is ongoing for a midwifery student in Fall 2025.

FHQTC Health Services remains committed to serving the healthcare needs of our First Nations communities and members, the dedication and efforts of our staff is remarkable and inspiring. We look forward to the year ahead and the continued delivery of wholistic health services.

### MANAGEMENT

Gail Boehme, Executive Director  
Cheryle Brazeau, Finance/Human Resources  
Lorna Breitzkreuz,  
Director of Programs and Community Health Services  
Kristal Dickie, Director of Health and Safety  
Kendra Filteau, Director of Acute and Clinical Services

### ADMINISTRATIVE TEAM

Chaylah Carter, Administrative Assistant  
Allyssa Isnana, Administrative Assistant

# ACCREDITATION

FHQTC Health Services undergoes an accreditation survey with the not-for-profit organization Accreditation Canada. They are dedicated to working with patients, policy makers and the public to improve the quality of health and social services for all.

Accreditation is an ongoing process of assessing health organizations against standards of excellence to identify what is being done well and what needs to be improved. It involves all members of our organization, from the board of directors to frontline staff as well as members of the community including patients and families and our community partners. It provides the organization an opportunity to understand how to make better use of our resources, increase efficiency, enhance quality and safety, and reduce risk.

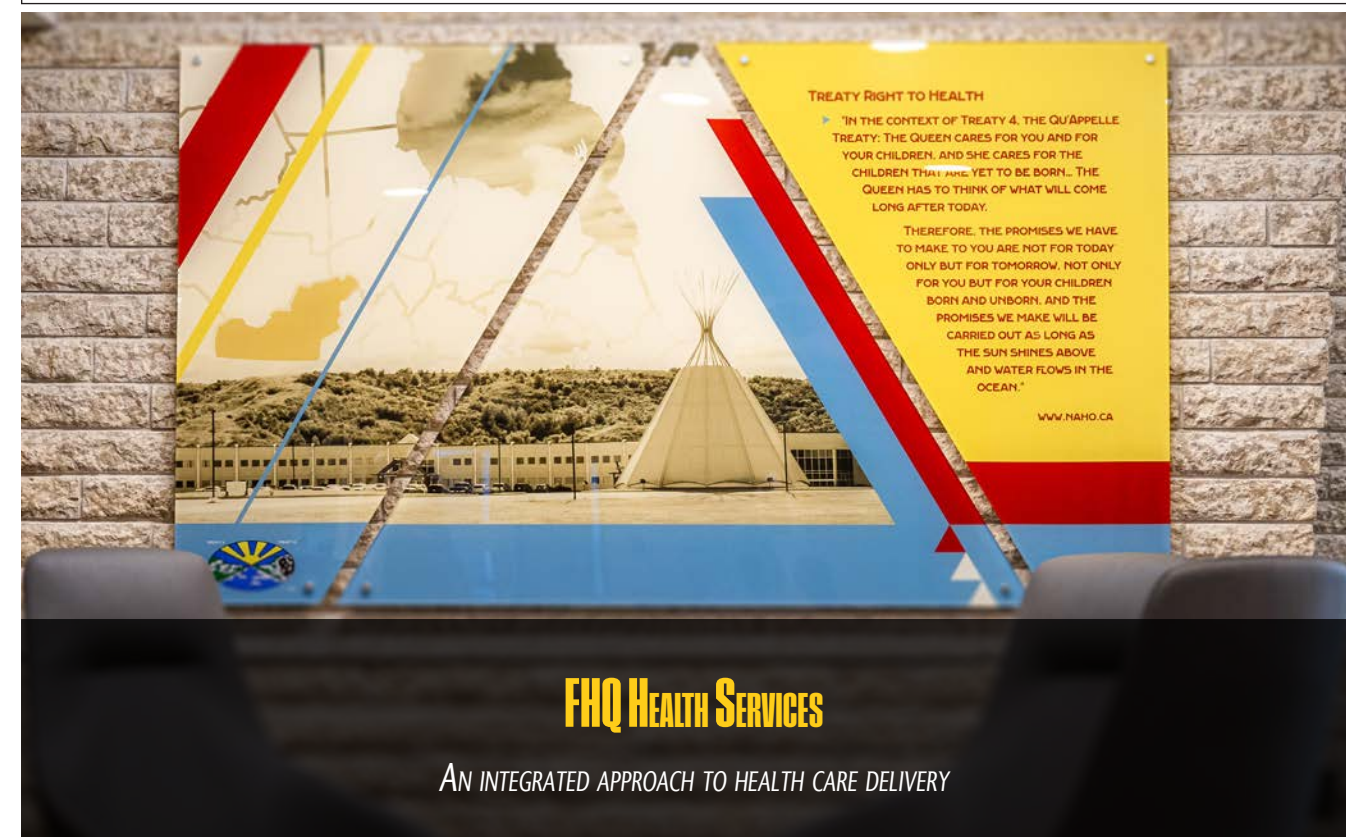
FHQTC Health Services received an Accredited with Exemplary Standing result following an appeal on the initial result of the last survey done in June 2022. The survey had been postponed twice due to the Covid-19 pandemic. The final result continued to demonstrate our commitment to safety and excellence in healthcare.

This upcoming Fall 2024, an aligned survey will be conducted on both FHQTC Health Services and All Nations' Healing Hospital, though each organization will be surveyed separately. Accreditation Canada surveyors will be on-site to complete the review, provide feedback, and the accreditation decision. The aligned survey will provide for economies of scale, and creates greater efficiencies for staff, clients, and partners.

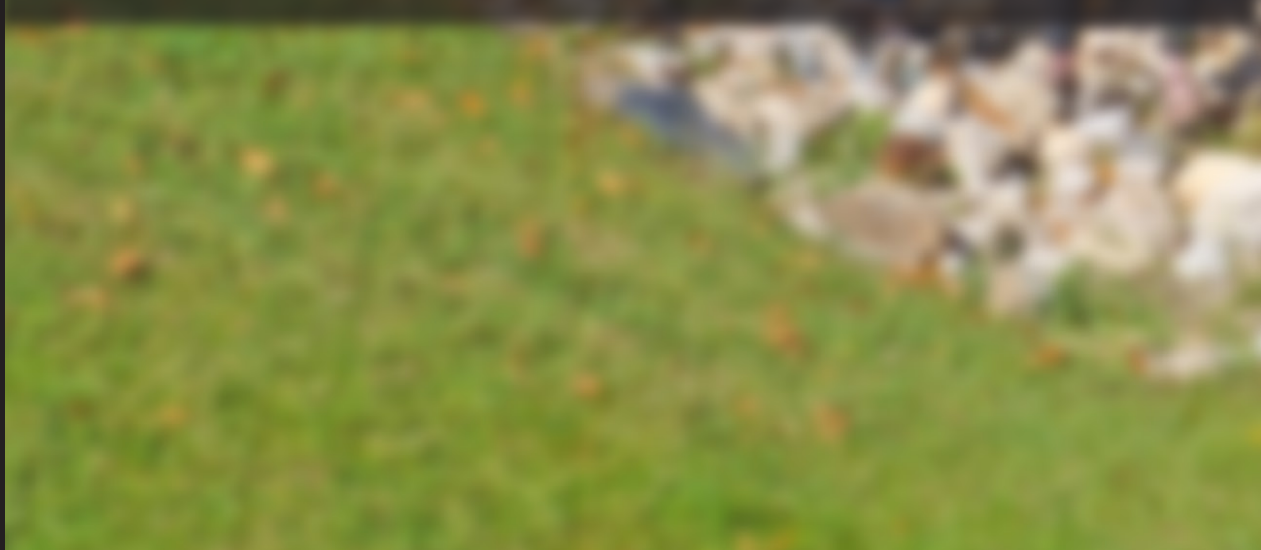


# STRATEGY

FHQ Health Services Strategy					
<b>Vision</b> FHQ health services is respected globally for exceeding quality in the delivery of safe health care services that embrace First Nations cultures and our traditions of wholistic physical, mental, emotional and spiritual wellbeing contributing to healthy individuals, families and communities.					
<b>Mission</b> FHQ Health services is a program of the FHQTC dedicated to the delivery of safe client-centred wholistic care and supportive services for and with our member First Nations that are consistent with our values and meet the needs of our communities. Our services include:					
Health Promotion and Education	Healthy Children and Youth	Communicable Diseases	Chronic Disease and Injury Prevention	Environmental Health	Home and Community Care
<b>Values</b> Health Services lives the values of the FHQTC: Respect, Accountability, Cooperation & Integrity. Specific to our health care environment, we emphasize:					
<ul style="list-style-type: none"> <li>Cultural Practices</li> <li>Collaboration &amp; Relationships</li> <li>Self Directed Health Care</li> <li>Community Involvement</li> <li>Innovation</li> </ul>					
<b>Measures of Success</b> Our highest measures of success are aligned with our goals and are determined through:					
<ul style="list-style-type: none"> <li>Client satisfaction ratings</li> <li>Responsiveness to best practices and emerging trends</li> </ul>		<ul style="list-style-type: none"> <li>Unqualified annual audit</li> <li>Expenses do not exceed available resources</li> </ul>		<ul style="list-style-type: none"> <li>Staff retention rates</li> <li>Staff satisfaction ratings</li> <li>Annual gathering feedback</li> </ul>	
<b>Goals (G)</b>					
G1: Our clients - To provide safe and effective services that place the needs of individual, family and/or community first		G2: Our financial resources - To maintain an efficient and sustainable organization focused on continuous improvement		G3: Our Human Resources – To support career growth and support a desirable working environment	
G4: Our Community - To contribute to the growth and development of our member First Nations					
<b>Strategic Priorities (SP)</b> We have selected six strategic priorities to emphasize over the next four years. All operational plans will work toward gaining progress in these strategic priority areas:					
SP1: Wholistic care	SP2: Career development in health professions	SP3: Chronic disease treatment and prevention	SP4: Communication and Community Engagement	SP5: Improving health by working together	SP6: Preparing for the future and honouring our past



# PROGRAMS AND SERVICES



## AT A GLANCE

### FHQTC HEALTH SERVICES PROGRAMS

- Canada Prenatal Nutrition Program
- Community Health Nursing
- Diabetes and Wellness
- Environmental and Public Health
- Home and Community Care
- Information Technology/Telehealth
- Jordan's Principle
- Lactation Consultant
- Maternal Child Health
- Miko-Mahikan Red Wolf
- Rehabilitation Therapies

### COMPLEMENTARY PROGRAMS

- All Nations' Healing Hospital
- Pasikow Muskwa Rising Bear Healing Centre
- Women's Health Centre & Midwifery Services





## GOAL

To improve health outcomes and support community members in all aspects of wholistic health through programs and service delivery and partnerships.

## SCOPE

The Community Health Nurses scope of practice includes:

- Health Promotion
- Prevention and Health Protection
- Health Maintenance, Restoration and Palliation
- Professional Relationships
- Capacity Building
- Access and Equity
- Professional Responsibility and Accountability

## STAFF

Tanya Huber, Registered Nurse and Team Lead

Lisa Cook, Registered Nurse

Nancy Garratt, Registered Nurse

Tina Heinrichs, Registered Nurse

Madisyn Montgrand, Medical Office Assistant

Janet Muirhead, Community Nutritionist

Larissa Rainville, Licensed Practical Nurse

Aria Saulteaux, Registered Nurse

## PRINCIPLES

- Client Focused Care
- Relationship Building
- Advocacy
- Health Promotion
- Prevention
- Capacity Building

## PROGRAMS

1. Immunization Program
2. Communicable Disease Program
3. Maternal Child Health Program
4. School Health Program
5. Chronic Disease Program

## CHN PROGRAM HIGHLIGHTS

### Panorama IOM

- Panorama IOM is a comprehensive, integrated public health information system designed for public health professionals to effectively manage communicable disease investigations including sexually transmitted and blood-borne infections (STBBI) and outbreaks.
- Community health nurses received training and went live in November 2023, and have since become proficient in using the system.
- Ensures best practice standards are met with point of care documentation and provides access to essential historical and current data to ensure safe and timely follow up of communicable diseases.

## Immunizations

- Immunization coverage rates remain a primary focus area for community health nurses to protect the health of clients, families, and communities against vaccine-preventable diseases.
- Childhood Immunization Coverage Reports (CICR) submitted for the 2023 year are variable and remain below targets of 95% coverage for all childhood vaccines by two and seven years of age.
- School age immunization uptake was successful in the fall with majority of eligible students receiving first doses of scheduled routine vaccines. Community health nurses attribute successes to the ability to provide immunizations at schools, and collaborate with health directors, health staff, principals, and teachers to obtain consent forms and current class lists. Second doses have commenced and wrapped up before the school year ended.

## Communicable Diseases and Emerging Trends

- Measles is the most easily spread vaccine preventable disease. The impacts from the decreased uptake of routine childhood immunizations throughout the pandemic are lasting, with outbreaks of measles surfacing globally.
- Community health nurses, with the support of health directors and health staff, have proactively initiated measles campaigns in communities by raising awareness through knowledge sharing, checking vaccine status, and offering immunization to all eligible clients.
- An increase in the administration of rabies prophylaxis has been required because of animal bites in communities. Animals involved must be quarantined and monitored for 10 days to observe for signs/symptoms of rabies.
- There has been an increase in drug toxicity poisoning requiring emergency response and interventions by community health nurses. Community health nurses are certified to administer naloxone, carry naloxone kits, and work closely with Red Wolf to raise awareness and provide naloxone education to communities.
- The CHN program supports the occupational health and wellness of FHQTC employees and entities by regularly holding clinics for staff to ensure immunizations are up to date to protect against vaccine-preventable diseases, including COVID-19 vaccines and seasonal influenza campaigns, and share important public health information.

## Epidemiology

- Downward trend in syphilis rates. This is attributed to timely treatment, follow up, and access to screening. Testing rates have increased and more than 95% of syphilis cases are treated within 2 weeks of a positive test result.
- HIV rates have increased in the South-Central region this past year, while Hepatitis C rates have decreased, which is attributed to treatment rates.
- Covid-19 vaccination rates were reported to be four times less in First Nations communities compared to the general population.
- Invasive Group A Strep and invasive Pneumococcal Disease on the rise
- Animal bites have increased by 30% in the last year. This alarming rate is of growing concern for community health nurses. Collaboration with health directors and Environmental and Public Health Officers (EPOs) is essential to prevent animal bites and decrease the risk of rabies transmission.

## Upcoming Initiatives and Program Goals

- Participating in the Quality Improvement Community, a 6-month cohort of virtual meetings, collaboration, and networking to focus on improving childhood immunization coverage rates with a goal to achieve the target of 95% coverage to protect children against vaccine-preventable diseases. The participating community health nurses will learn about measuring outcomes and the effective implementation of quality improvement strategies in the Community Health Nursing Program that will be an asset for future quality improvement initiatives.

## MATERNAL-CHILD HEALTH PROGRAM

The Maternal Child Health program aims to improve support for families. FHQTC provides support for parent mentors in communities who are connecting with families. Trainings are arranged for parent mentors as needed.

## CANADA PRENATAL NUTRITION PROGRAM

The goal of CPNP is to improve maternal and infant nutrition and health by providing services to pregnant and postpartum mothers. Through collaboration with community health nurses and parent mentors, monthly workshops are hosted where healthy food is provided, new recipe ideas are shared, and skill building is supported

## LACTATION CONSULTANT SERVICES

An objective of the CPNP is to increase breastfeeding initiation and duration rates. The dietitian is also an International Board Certified Lactation Consultant. Group prenatal breastfeeding classes are provided bimonthly at All Nations Healing Hospital and in community as requested. Individual prenatal breastfeeding support is also provided if necessary.



## MCH PROGRAM HIGHLIGHTS

### Education/Training and Routine Programming

- Facilitated the opportunity for parent mentors to complete training to implement the Ages & Stages Questionnaires (ASQ), a reliable developmental and social-emotional screening tool, for children between birth and age 6. This training supports parent mentors to utilize parents' and caregivers' expert knowledge to pinpoint developmental progress and catch delays in young children.
- Facilitated the opportunity for parent mentors to complete Nobody's Perfect training, a community-based parenting program, designed for parents and caregivers of children from birth to age 5, using a strengths-based approach.
- Ongoing collaboration with Community Health Nursing program to support maternal health, breastfeeding, and post-partum care.
- Lead the Canada Prenatal Nutrition Program (CPNP), and regularly hold cooking classes in communities, with a focus on meeting nutritional needs and supporting optimal health during the prenatal and postnatal period.

### Important Events

- Parent Wellness Day held October 2023 was planned in collaboration with parent mentors and offered a variety of educational sessions and activities for parents, caregivers, and families to support their overall health and wellbeing.



# DIABETES AND WELLNESS



## ABOUT

The overall goal of the Diabetes and Wellness program, formerly Aboriginal Diabetes Initiative (ADI), is to improve the health status of individuals, families and communities through actions aimed at reducing prevalence and incidence of diabetes and its risk factors.

## OBJECTIVES

- Increase awareness of diabetes, diabetes risk factors and complications as well as ways to prevent diabetes and diabetes complications in communities.
- Support activities targeted at healthy eating and food security.
- Increase physical activity as a healthy living practice.
- Increase the early detection and screening for complications of diabetes in communities.
- Increase capacity to prevent and manage diabetes.
- Increase knowledge development and information-sharing to inform community-led evidence-based activities.
- Increase supportive environments for healthy living.
- Support the implementation of healthy guidelines and policies in key settings (e.g. schools, early childhood development centres, recreation centres, long term care facilities, workplaces and local food premises).
- Develop partnerships and linkages to maximize community health planning and the reach and impact of health promotion and primary prevention activities.

## HIGHLIGHTS

- Attendance at Community Wellness Clinics and FHQ Health Services Outpatient appointments steadily increased over the last year. Not only are we seeing many clients regularly, we

are seeing many new clients presenting to our clinics. This is positive and important in supporting clients to manage their chronic disease within a wellness model of care. A drop-in clinic is offered at Red Wolf monthly as well.

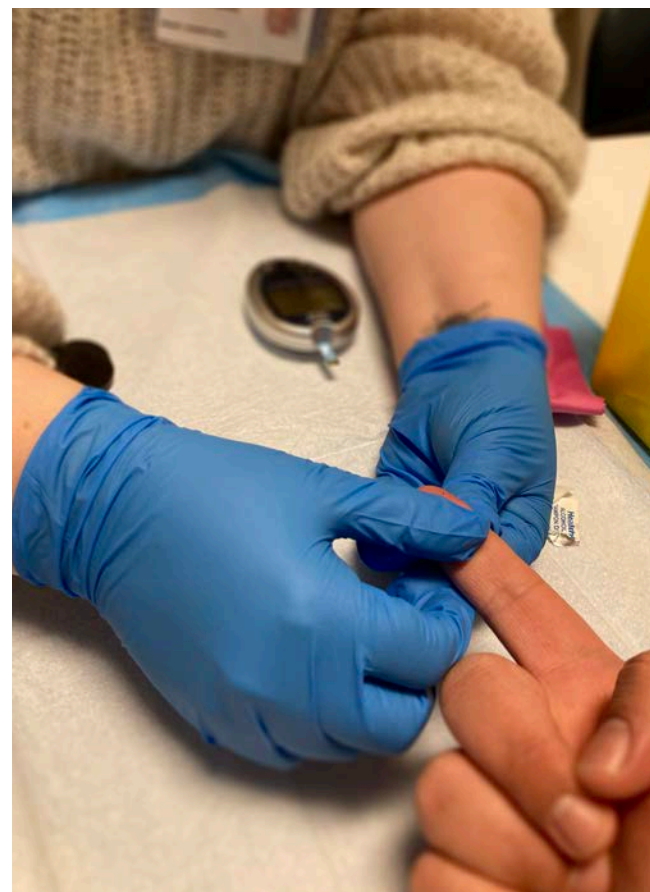
- To support inpatient care for FHQTC community members at ANHH, team members have taken training in dysphagia/ swallowing assessments and tube feeds. Referrals remain consistent from acute for diabetes and nutrition as well as dysphagia.
- Collaboration between the Diabetes and Wellness program and Home Care has allowed for greater client-centred care. One of dietitians has taken further training in Nutrition in Wound and Ostomy care which will greatly support the client in ensuring optimal nutrition for wound healing. We are also focusing on Lower Limb Preservation, with involvement in a national sharing circle to share best practices, resources and programming ideas.
- The Diabetes and Wellness team continued to support the Rising Bear Dialysis Centre, with the Registered Dietitian/ Certified Diabetes Educator attending weekly rounds and providing nutrition and diabetes care to those patients on hemodialysis.
- From a Food Security lens, the initiative "Fresh Market" was started. This involves the Diabetes Wellness team bringing bulk fruits and vegetables to community wellness clinics, and community members having the ability to purchase the products at a subsidized cost at the clinic. A Registered Dietitian also conducts nutrition education and cooking classes at Leading Thunderbird Lodge weekly with each intake. The team also supports community requests in regards to nutrition classes, presentations and resources.

## GOALS FOR THE YEAR AHEAD

- The Diabetes and Wellness team has several goals for collaboration with other departments and teams to support client first care. This includes working with Women's Health Centre to provide support for clients with diabetes in pregnancy, as well as supporting community level initiatives in regards to community education for diabetes in pregnancy.
- Lower Limb Preservation will remain a focus area, with continued involvement in the national sharing circle, diabetes care and management, and collaboration with the Home Care Team. The Diabetes Wellness, Home Care and Therapies team will work with the Health Quality Council on a Quality Improvement initiative focusing on evaluating and enhancing services provided, focusing on wholistic, culturally safe care.
- Food Security and Health Promotion needs and activities will be identified with and supported in communities. An example may be supporting a community in planning for a Community Garden, and facilitating a workshop on safe food preservation.
- Community Wellness Clinics will continue to be provided, as well as access to care as outpatients. The expertise and education of the Diabetes Wellness team, and the collaboration with other departments and teams within FHQ Health Services will help to enhance the patient centred care we provide.

## STAFF

Kim Engel, Community Dietitian and Team Lead  
 Jace Cann, Community Dietitian  
 Taylor Henry, Community Dietitian  
 Kalli Nakrayko, Diabetes Nurse Educator



## ABOUT

Environmental and Public Health Officers (EPHOs) provide advice, guidance, education, public health inspections and recommendations to communities, tribal council entities and their leadership to help them manage public health risks associated with the environment. EPHOs visit communities to do inspections, investigations and provide education and training sessions. Program areas include activities in the areas of water quality, sewage disposal, solid waste disposal, food quality, communicable disease control, community facilities, special events, housing, pest control and occupational health and safety. EPHOs identify potential public health risks in communities and provide recommendations on how to correct them

## WATER QUALITY PROGRAM

Under the direction of the EPHOs the Water Quality Technicians and Community Based Water Monitors conduct sampling of water systems in the communities. This sampling ensures the safety of drinking water by testing for bacteria in the water as well as chlorine residuals which prevents the growth of bacteria.

## REVIEW

A major water contamination event occurred at Piapot First Nation in September 2023, where a community wide do not consume (only toilet flushing) was put in place. We worked with the water treatment plant operators and health staff to provide guidance to community members, as well as testing all households as systems were cleaned. We continue to refine our guidance for housing departments and information shared related to crystal meth. We have been sampling identified houses when vacant, providing clean up recommendations and follow up testing prior to homes being

reoccupied. The water quality technicians have resumed our pre-covid testing. All public buildings, the beginning, middle and end of distribution line are sampled weekly and house hold cisterns are being sampled quarterly. The EPHOs presented to the national conference for the Canadian Institute of Public Health Inspectors on FHQ's work around Crystal Meth and housing.

The EPHO team has been fundraising to install permanent "golf course" style waterless toilets at the Treaty 4 grounds in Fort Qu'Appelle.

## INSPECTIONS

- Permanent Food Facilities: 37
- Seasonal/Special Event Food Facilities: 84
- Individual/Private Water Systems: 405
- Community/Public Water Systems: 3594 samples collected
- On-site sewage systems: 93
- Housing Units: 61
- Community Wastewater Systems: 10
- Community Care Facilities: 17
- Solid Waste Disposal Sites: 3
- Health Facilities: 9
- General Facilities: 14

## STAFF

Carla Patterson, Environmental Public Health Officer and Team Lead  
 Tim Bonish, Environmental Public Health Officer  
 Domic Nikusis, Water Quality Technician  
 Vaughn Williams, Environmental Public Health Officer  
 Greg Wolfe, Water Quality Technician





## ABOUT

The IT Department provides technical support for daily IT operations including hardware, software, configuration, installation, maintenance and inventory of computer equipment and the administration of all email accounts and the network for File Hills Qu'Appelle Tribal Council Health Services.

## TELEHEALTH MANDATE

To provide support for the delivery of health care, health education and health information through Telehealth technology for staff and communities of File Hills Qu'Appelle Tribal Council.

## TELEHEALTH CLINICS

- Nephrology (41)
- Oncology (25)
- Gastroenterology (4)
- Neurosurgery (2)



## SERVICE CALLS

1,782 total service calls were completed by the IT Department for trouble shooting computers and peripheral devices. (570, Telehealth/eHealth Coordinator; 736, Computer Technician; 476 IT Support position).

## STAFF

Earlene Keewatin, Telehealth/eHealth Coordinator and Team Lead  
Jonathan Crowe, IT Support  
Ken Kinequon, Computer Technician



## ABOUT

Home and Community Care services are provided to deliver safe client-centred care and supportive services to FHQTC communities. Services are provided to support clients to 'age in place' providing services to the client in their home as much as possible.

The Home and Community Care team includes Registered Nurses (RN's), Licensed Practical Nurses (LPN'S), and Home Health Aides (HHA). Some of the services delivered to clients include, but not limited to, specialized wound care, treatments bases on physician orders, advanced foot care, palliative care, medicine management, personal care (e.g. bathing), case management and assessment for long-term care, and health education at Wellness Clinics.

Staff participate in continuing educational opportunities such as Medical Device Reprocessing, Care of Patient/Kidney Disease, Inoculist Certification, Wound Care Treatment and Advanced Foot Care Courses.

## HIGHLIGHTS

- Expanded nursing services to include outpatients IV antibiotic therapy to home care clients.
- Participating in the National Lower Limb Preservation Sharing Circle with Diabetes and Wellness and therapies to share best practices and help to inform enhancements to our services. Increase in complex, chronic disease requiring more nursing support.
- Expanded palliative services to allow clients to have family support at home.
- Full time Licensed Practical Nursing (LPN) services in Nekaneet, shared with Community Health Nursing

## LOOKING FORWARD TO THE YEAR AHEAD

- Continue with the Lower Limb Preservation engagement.
- Interdisciplinary QI with therapies and ADI for lower limb preservation.
- Continue to expand palliative services.
- Expand LPN scope of practice in emergency management of anaphylaxis in community.

## STAFF

Karen McGregor, Registered Nurse and Team Lead  
Dawn Beriault, Registered Nurse  
Lisa Heath, Administrative Assistant  
Kelly Kay, Registered Nurse  
Melissa Korchinski, Licensed Practical Nurse  
Joy McNabb, Licensed Practical Nurse  
Mackenzie Webster, Registered Nurse  
Marilyn Wolfe, Home Health Aide  
Marlene Wolf, Licensed Practical Nurse



## OBJECTIVES

- To assist families in accessing needed services through Jordan's Principle through application and casemanagement with regional focal points.
- To case plan and coordinate services for children approved for services or supports through Jordan's Principle and/or other provincial or federal services.
- To manage fund provided through Jordan's Principle for services and supports approved for families.
- To build relationships with service providers and federal or provincial programs and services.

## PURPOSE

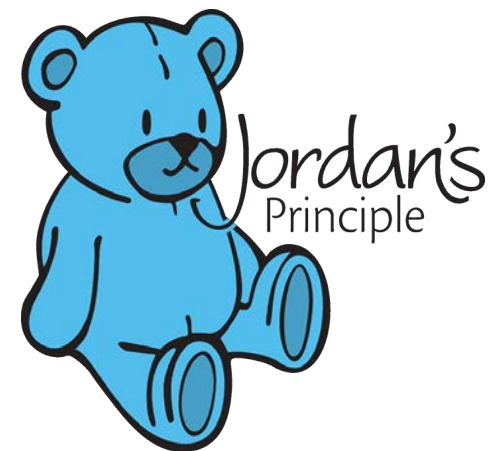
- To assist First Nation families with children with special needs by connecting them to services and resources that children require both on and off reserve.
- To ensure First Nation children receive quality appropriate health, social and educational services.

## REVIEW

The Jordan's Principle team out of FHQ Health Services has grown over the past year from a team of 5 active staff to a team of 6, with one half-time administrative assistant. The team has also seen a 300% increase to the client caseload. Summer and fall of 2023 saw a substantial increase in Jordan's Principle requests, especially social/necessities of life requests (ex: emergency groceries, clothing, utility arrears, etc.). This sudden and continuous strain on Indigenous Services Canada's (ISC) Jordan's Principle has resulted in an ongoing backlog of application reviews and consequently long wait times for our clients.

Currently there is over 10,000 applications in the queue for Jordan's Principle, Saskatchewan Region. In October 2022, ISC announced the option for funding to be distributed to existing Jordan's Principle service coordination programs to be able to approve and process their own social/necessities of life requests. Beginning late January and through to the end of the 2022-2023 fiscal year, FHQ Jordan's Principle internally reviewed and processed over \$80,000.00 in emergency social/necessities of life requests for children and families within our communities.

In 2023-24 FHQ Jordan's Principle internally reviewed and processed over \$79,174.59 in emergency social/necessities and internal mental wellness support was approximately \$25,000, medical transportation was \$1,574.56 and prescription medication was \$738.88.

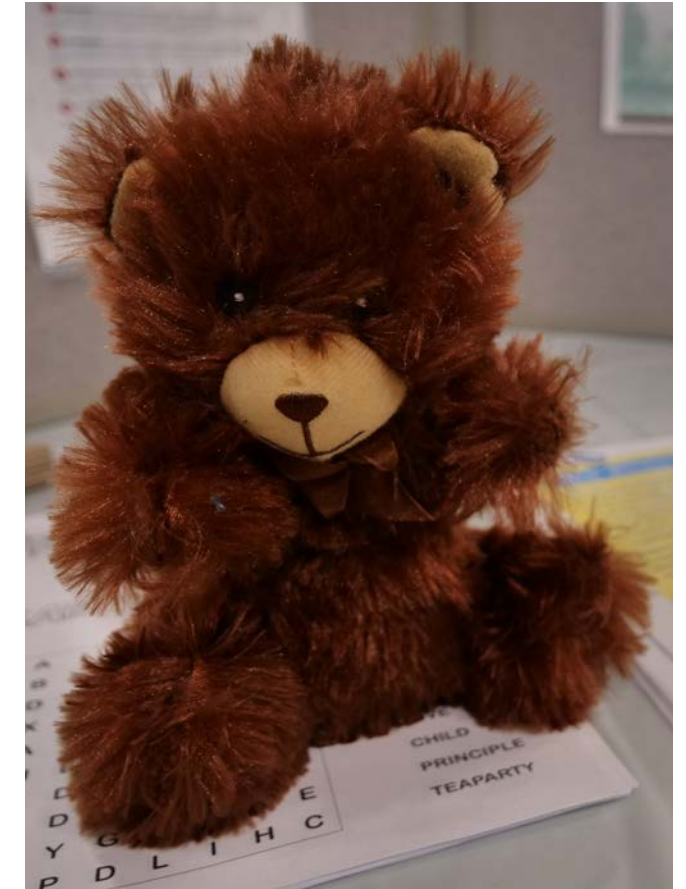


Our Jordan's Principle Health Navigators continue to connect with families directly and support them through the Jordan's Principle application process, provide cash management of Jordan's Principle approvals, case plan with other support workers, provide support to new Service Coordinators on some of the 11 First Nations, provide referrals to service providers as well as community programs and services, inform and educate families and service providers on Jordan's Principle services, and advocate for children and families to service providers and governmental entities such as Indigenous Services Canada. Our in-person interaction and navigator presence within the communities has increased following Covid restrictions being lessened, allowing our team to return to attendance of in-person community events and client meetings.

The total dollars applied for and approved through Jordan's Principle for products and services for FHQ children and families in the 2023-24 fiscal year is an estimated \$774,307.60.

## STAFF

Deanna Hoffort, Jordan's Principle Navigator and Team Lead  
 Tracy Adams, Jordan's Principle Navigator  
 Pricilla Bigsky, Administrative Assistant  
 Kristin Haywahe, Jordan's Principle Navigator  
 Lisa Heath, Administrative Assistant  
 Kayla Isnana, Jordan's Principle Navigator  
 Kyle Lerat, Social Necessities Worker  
 Brandon Oakes, Administrative Assistant





## WHAT WE DO

Miko-Mahikan promotes an integrative and cultural approach to address the prevalence of HIV/HCV through prevention, treatment and screening, and also the treatment of opioid use disorder.

## SCOPE OF WORK

Comprehensive services focus on improving all areas of wellness and directed by Traditional Knowledge Keepers. Based on person-directed care, which includes meeting people where they are in their journey and supporting them towards their goals.

Yellow Thunderbird House in the Sunrise Homes has assisted several men and women in the community who are experiencing homelessness with little to no barriers. There is space to support four men and three women and their families. These transition homes are dedicated to providing physical, mental, emotional, and spiritual support to the tenants to reach their goals in a trauma-informed and person-directed approach. Ideally, this is a six-month program with the goal of tenants feeling confident enough to find their future home and succeed on their own following the YTH Program.

Red Wolf, in conjunction with the FHQTC Community Health Nurses created a proposal and were successful in receiving funding for a second Outreach Nurse.

## STAFF

Stella DeVenney, Red Wolf Manager and Nurse Practitioner  
 Shannon Arnason, Educator  
 Michelle Graham, HIV/HCV Outreach Nurse  
 Mandi Genaille, Outreach RN

## HARM REDUCTION PILLARS

- Traditional Knowledge Keeper oversight and elder availability to offer direction, guidance, and support.
- Educational component tailored to community needs
- Harm Reduction Services to provide a safe space for clients
- Treatment of Sexually Transmitted and Blood Borne Infections (STBBI's) including HIV, Hepatitis A,B,C, Syphilis, and Gonorrhea; Also Opiate Use Disorder, Case Management practices and Outreach Services

## SERVICES

- Harm reduction
- Traditional Knowledge Keeper guidance
- Education and awareness
- Prevention
- Person directed care
- Coordination and outreach/anaphylaxis in community.

## 2023-24 STATS

Health Navigator Appointments: 1987  
 Nurse Practitioner Appointments: 2758  
 Mental Health Therapist Appointments: 373  
 Outreach Nurse Appointments: 2264

Shayla Leier, Outreach Navigator  
 Tiffany Muise, Educator  
 Jessica Pelletier, Administrative Assistant  
 Roxanne Ward, Health Navigator



## OVERVIEW

The Rehabilitation Therapies Team was developed in July of 2022 following a needs assessment that was conducted in partnership with the File Hills Qu'Appelle Tribal Council Health Services and the University of Saskatchewan to provide culturally responsive therapy to our community members. Since July 2022, our team has grown to include an Occupational Therapist (OT), Physical Therapist (PT), and OT/PT Assistant.

Physical Therapy provides inpatient services five days per week at ANHH and outpatient services for members of our First Nation communities. Services include but are not limited to post operative and fracture management, neurological conditions, and musculoskeletal injuries. Referrals can be received through Primary care providers, other health care professionals, or self-referral.

Occupational Therapy provides inpatient services at ANHH by increasing functional independence to facilitate a safe discharge and ordering appropriate medical equipment. OT conducts home visits to assess accessibility and safety to help individuals maintain independence in their home and prevent hospital admissions. Patients can be seen in the outpatient clinic for therapy goals that may include upper extremity rehabilitation, transfer training and Activities of Daily Living (ADL) training.

In April we initiated a post operative hip and knee class. Patients who have had joint replacements are first assessed by the PT, then are invited to join in the class for the remainder of their rehabilitation. This allows individuals to be continuously monitored to ensure they achieve the best outcomes and can be supported in a group environment with individuals with similar conditions. Our therapy team has also been involved in Lower Limb preservation knowledge sharing circles and will continue to participate in the coming months. Our PT has been involved in a committee responsible for planning a provincial wide stroke day to celebrate and create awareness of successes happening in stroke care within the province.

## STAFF

Natasha Cozman, Occupational Therapist and Team Lead  
 Katelyn Fisher, Physical Therapist  
 Tara LaRochelle, OT/PT Assistant



## PASIKOW MUSKWA RISING BEAR HEALING CENTRE



### OVERVIEW

Pasikow Muskwa Rising Bear Healing Centre is a culturally enhanced Chronic Kidney Wellness Initiative. The centre provides wholistic services for individuals, families and communities and includes traditional healing practices and/or clinical health services. Health care professionals address all aspects of health and well-being for Physical, Emotional, Spiritual, and Cultural Health.

Rising Bear offers satellite dialysis services since September 26th, 2018, and accommodates up to 12 patients on Monday, Wednesday, and Friday.

### PROGRAMMING

- Traditional services and Traditional Medicine continue to be fundamental and available to access for all clients of Pasikow Muskwa; services provided by our Cultural Practitioner.
- Capability to complete 24 hour ambulatory blood pressure monitoring
- Outpatient IV Iron for CKD on non-dialysis
- Clinic Nurse providing wound care, suture/staple removal, health teaching and promotion.
- Outreach NP services in communities – ongoing in 1 community – hoping to be able to offer this service to other communities in the future.
- Providing Primary care services for Lakeview Lodge Personal Care Home Residents.
- Work closely with specialty services, Nephrologists visit our unit every three months and Dr. Karunakaran with monthly Nephrologist clinics
- Nephrology telehealth appointments
- Fee for service Physician model of care implemented at Pasikow Muskwa in January 2023, expanding our usual

clientele to more than just Chronic Disease management.

- The Health navigator has had an increase in patient transportation for medical appointments, assisting clients in completing funding applications, and cognitive testing. Providing counselling with the main themes being coping with chronic disease, grief, relationship difficulties (caregiver burnout), and is certified in Eye Movement Desensitization and Reprocessing training (EMDR) to better assist clients dealing with trauma. Annually in March our health navigator connects the public with the Virtual Kidney Forum that takes place for World Kidney Day.

### POINT OF CARE KIDNEY SCREENING AND COMMUNITY EVENTS

- Monthly quality testing/maintenance maintained, additional staff trained on use of equipment.
- As a clinic we attended 10 community activities this year, with health promotion, education, community capacity building around chronic kidney disease, and/or point of care screening.
- Looking forward to more opportunities in the next year to partner with our communities and complete kidney screening.

## DIALYSIS SERVICES

- We had our first client treatments on September 26, 2018. We provide hemodialysis services Monday, Wednesday, and Friday. We have consistently had a full client compliment with a lengthy waitlist to attend treatment at our location.
- Transonic Monitoring: Routine transonic monitoring is completed on clients for assessment and surveillance of dialysis accesses; fistula or graft.
- Health Navigator and our interdisciplinary team works with the clients to remove barriers such as transportation, housing, food security, access to services (ie. Vascular Access Nurses/ Transplant/Kidney Health Clinic/Home Care/Occupational Therapy/Physiotherapy, ect), social advocacy, and mental health counseling.
- Independent Dialysis Suite: Is currently repurposed as a clinic room. Available to shift back to the dialysis independent suite if required.

## PHARMACY SERVICES

We have had a vacancy in this position since May 2023. We are looking forward to partnership with North West Telepharmacy Solutions in the future to begin offering virtual care for chronic disease management and enhanced kidney disease services. Partnering with North West will allow the organization to maintain a high standard of patient care and align with accreditation standards such as medication management and antimicrobial stewardship. By working closely with the cultural program, pharmacy services help integrate patient care with traditional and spiritual practices offered to help achieve wholistic needs of the client and family.

## CULTURAL SERVICES

A full time Cultural Practitioner is an integral part of the interdisciplinary team at Pasikow Muskwa. They provide services for a wide variety of actives in the organization and community. They share their knowledge to staff and clients on traditional medicines and practices so we are able to provide culturally safe wholistic care. While they do provide traditional medicines, under the guidance of White Raven Healing Centre, they also provide traditional healing (ie. Smudging, praying, All Mens Sweats, Facility smudging).

Michael (Micco) Lowe, Traditional Healer, provided services for Pasikow Muskwa and we look forward to partnering with him on a regular basis.

## MULTI-DISCIPLINARY STAFF

Amanda Harrison, Registered Nurse and Unit Coordinator  
 Jennifer Berhns, Dialysis Unit Assistant  
 Dr. N. Cozman, Physician  
 Christine Demyen, Nurse Practitioner  
 Tina Hugo, Health Navigator  
 Marie Koolen, Medical Office Assistant  
 Tristan Prosper, Cultural Practitioner  
 Dr. A. Nari Rad, Physician  
 Dietitian  
 Diabetes Nurse Educator  
 Nurse Practitioners  
 Pharmacist  
 Primary Care Chronic Disease Nurses  
 Visiting Specialists



## OVERVIEW

Provide comprehensive services that focus on improving access to preventative health care for women. In a safe environment reproductive health care is available to meet the needs of the women, with Nurse Practitioner and physician, to manage and treat health concerns unique to women across the lifespan.

## MIDWIFERY SCOPE OF WORK

Midwives with the Midwifery Program attend births in the ANHH Birthing Unit and Regina General Hospital. The midwives provide pre and post-natal care and support the women and their families. Outreach Clinics are offered in communities, as well as Mother and Baby Sessions.

## WOMEN'S HEALTH SERVICES

- Breast exams
- Pap smears
- Outreach clinics in First Nation Communities
- Menopause Care
- Pre-natal Care
- Contraceptive Counselling and Management
- STBBI Testing and Treatment
- Depression and Anxiety Assessment and Management

## PREGNANCY SERVICES

- Midwifery care for low-risk pregnancies
- Labour and Birthing Suite for midwifery clients
- Referrals to Obstetricians
- Pregnancy testing and ultrasound referrals
- Pre-natal and Post-Partum Care
- Assessment and treatment of infections in pregnancy

## SERVICES PROVIDED

- Patients seen by Midwife: 1349
- Physician appointments: 582
- Patients seen by Nurse Practitioners: 1609
- Total of Health Centre Visits: 3540

## STAFF

Stelle Devenney, Women's Health Manager and Nurse Practitioner  
 Dr. R. Fakiou, Physician  
 Lori Ann King, Nurse Practitioner  
 Evelyn Steginus, Clinical Psychologist  
 Erin Wilson, Medical Office Assistant  
 Debbie Vey, Midwife/Registered Nurse



## **FILE HILLS QU'APPELLE TRIBAL COUNCIL HEALTH SERVICES**

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