

ANNUAL REPORT 2021-2022



File Hills Qu'Appelle Tribal Council HEALTH SERVICES



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.

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FHQ HEALTH
SERVICES
*An integrated
approach
to health care
delivery.*

FHQ HEALTH SERVICES MANAGEMENT AND ADMINISTRATION



MANAGEMENT

Gail Boehme, Executive Director

Lorna Breitzkreuz, Director of Programs & Community Services

Administration Team

Cheryle Brazeau, Finance/Human Resources

Chaylah Carter, Administrative Assistant

Priscilla Lerat- Administrative Assistant



Health Planning and Management

With the loss of health care workers in the Health Sector and increased demands on the sector as we move from Emergent to Urgent stage of Pandemic we are finding:

1. Capacity has been strained across the system
2. Health professionals reducing their hours or choosing to leave their profession
3. Immense pressure on system as we emerge from the pandemic
4. Planning focused on maintaining services and mitigating any risks associated with reduced services.
5. partner with U of R regarding opportunity to offer Nursing Education (clinical and written) education through ANHH and FHQTC Health Services

Pandemic 2021-2022



Pandemic Response 2021-2022

- As the pandemic evolved through 2021 Health Services were provided as directed by each of our Nations. Our responses to community programming and health service needs evolved accordingly. To ensure we maintained the needed services we:
 - Weekly meetings with Community Health Teams and the FHQTC Pandemic Coordinator sharing updates, successes, challenges and evolving pandemic trends. Communications were strengthened with the enhancement our local band width and implementation of virtual platforms.
 - As availability of vaccines began and equipment was made available to support communities, we ensured all vaccines and equipment received at our site were blessed and smudged before going into our supply and deployed for use. Support for the immunization programs and for public health measures were met supporting community directed programs and service delivery needs
 - During this period we also worked with Health Directors to re-introduce regular Health Services Programming following each Nations COVID 19 protocols
- Lead by the Community Health Nursing Team vaccine blitz's were hosted in FHQTC communities who received their nursing services from FHQTC. All team members regardless of program area, participated in the vaccine blitz.
- Although this activity dominated much of our time, the ongoing needs for immunization were addressed and, working closely with the Community, ensured those who required their regular immunizations received them.
- Abbot ID Now's were deployed to each of the FHQTC Nations as well as various programs within our organization promoting early detection of the disease. Staff were trained staff in use of devices and all devices receive regular quality control testing.
- Following approved guidelines for early detection of COVID-19 we were able to address and support employees and their program areas. Citizens from community were able to access several testing areas including their local clinics which also ensured timely access to treatment etc.
- Programming was always directed by Community which resulted in highly successful outcomes including community engagement and ongoing support for programming.
- Working with community we continued a strong focus on prevention & promotion to address increased in incidence of Communicable Diseases including: influenza, Syphilis & other Sexually Transmitted Blood Borne Infections
- Increased focus on return to routine programming including child health clinics & prenatal/postnatal care.
- Ongoing Covid-19 vaccination, testing, education and follow up

PANDEMIC 2021-2022



CHRONIC CARE

- Training for Palliative care services with our RN's
- Regular Home visits to provide treatments, foot care, baths, immunizations and social visits
- Re-establish monthly wellness clinics following individual community COVID-19 protocols
- Recognizing food security challenges during the pandemic and the importance of traditional indigenous foods on spiritual, physical, emotional and mental health in Collaboration with the Knowledge Keepers we Implemented the Food Is Medicine Program in the facility. Through prayer, traditional foods are infused with healing properties by the Traditional Knowledge Keeper. Semi-monthly the meals are prepared and served to patients and employees. This popular event has expanded to interest from the SHA and has been shared with communities in other provinces as a best practice.
- Ongoing Promotion of food skills, nutrition, and physical activity

Surge in Homelessness

- Yellow Thunderbird that Sits in the Sunrise House
- Capacity for Four residents
- Transitional housing which is Person Centered

Accreditation

1. Accreditation of FHQ Health Services was delayed due to the restrictions associated with the Pandemic. We worked with Accreditation Canada to maintain our Accreditation status and attempted an October Accreditation. Unfortunately, Accreditation Canada was unable to confirm onsite surveyors and we proceeded to identify mutually agreeable survey dates for Spring 2022.
2. In the fall of 2024 our Accreditation Survey will be held in alignment with the Accreditation Survey of ANHH. This will provide greater efficiency for governance, management and staff as well provide a cost saving by conducting our surveys every three to four years vs. one survey every 18 – 24 months for both organizations.



File Hills Qu'Appelle Tribal Council Health Services

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

The program provides services to the member Nations:

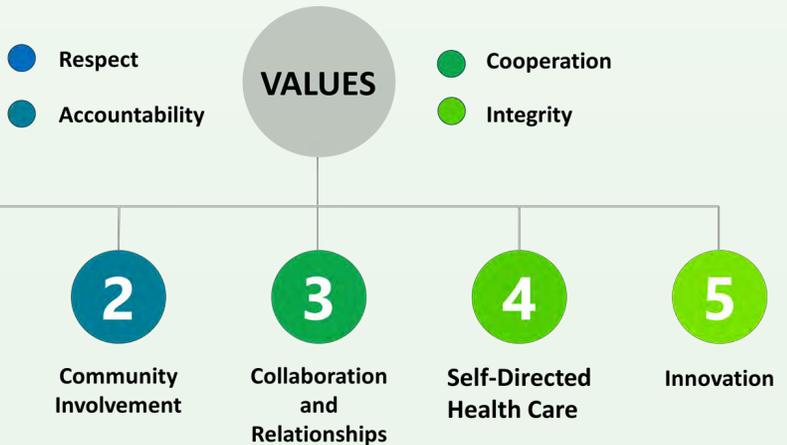
Mission Statement

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
- Chronic Disease and Injury Prevention
- Healthy Children and Youth
- Environmental Health
- Communicable Diseases
- Home and Community Care

FILE HILLS AGENCY	QU'APPELLE AGENCY
Carry the Kettle Nakoda Nation	Muscowpetung Saulteaux First Nation
Little Black Bear's Band of Cree & Assiniboine Nations	Nekaneet First Nation
Okanese First Nation	Pasqua First Nation
Peepeekisis Cree Nation	Piapot First Nation
Star Blanket Cree Nation	Standing Buffalo Dakota Nation
	Wood Mountain Lakota First Nation

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



File Hills Qu'Appelle Tribal Council Health Services



FHQHS PROGRAMS AT A GLANCE

Aboriginal Diabetes Initiative	Aboriginal Head Start On Reserve
Canada Prenatal Nutrition Program	Environmental Health
Health Education	Home and Community Care
Jordan's Principle	Lactation Consultant
Maternal Child Health	Community Health Nurses
Miko Mahikan Red Wolf	Womens Health Centre

COMPLEMENTARY PROGRAMS AT A GLANCE

All Nations' Healing Hospital

Pasikow Muskwa Rising Bear Healing Centre



INFORMATION TECHNOLOGY

- Provides technical support for IT operations including hardware, software, configuration, installation, maintenance and inventory of computer equipment and the administration of all email accounts and the network for FHQ Tribal Council Health Services.
- To provide support for the delivery of health care, health education and health information through Telehealth technology for staff and communities of ANHH and FHQ Tribal Council Health Services.



TELEHEALTH CLINICS

- Oncology
- Nephrology
- Neurosurgery
- Chronic Kidney Disease
- Infectious Disease
- Genetics
- Hematology
- Pain and Symptom Management
- Cardiology Transplant
- Psychiatry
- Child Psychiatry
- Metabolics
- Pelvic Floor Pathway
- Pediatric Gastroenterology
- Medical Assistance in Dying
- Televisitation
- Physiatry (Physical Medicine and Rehabilitation)
- Urology
- Rehabilitation Medicine
- Pediatric Surgery

EDUCATION SESSIONS

- Chronic Kidney Disease Group Patient Education Sessions
- Hip and Knee Group Education Sessions
- CNIB Rehabilitation Group Patient Education Sessions
- Pre-Transplant Sessions
- ADAPT Joint Replacement Surgery Support and Information
- Cardiac Rehabilitation and Stroke Prevention Classes

I.T UPGRADES

- Enhanced virtual platforms.
- Band width to ensure effective communications.
- expanded virtual meeting opportunities to support Webex, Microsoft Teams and Zoom for FHQ Health Services and Stake holders to meet in a safe virtual environment.
- Transitioned to Microsoft Office 365.
- Relocation of SaskTel Fibre Optic Lines.
- 10- 24" docking monitors/webcams.

INFORMATION TECHNOLOGY TEAM

Earlene Keewatin, Telehealth Coordinator & E-Health Coordinator.
Ken Kinequon, Computer Technician
Randal Lavalee, I.T Support

Health Education Programs

- Aboriginal Head Start On Reserve (AHSOR)
- Brighter Futures (BF)
- Canada Prenatal Nutrition Program (CPNP)/ Lactation
- Health Education
- Jordan's Principle
- Maternal Child Health (MCH)
- National Aboriginal Youth Suicide Prevention Strategy (NAYSPS)



HEALTH EDUCATION

Partnerships: Representation at meetings, networking with various groups and community researchers. Partners include First Nation and Public School Divisions, Saskatchewan Health Authority, RCMP, etc.

Programs & Training: Motivational Interviewing; Mental Health First Aid-First Nations; Buffalo Riders Program; Land Based Learning

Career Development: Virtual Career Fairs (Parkland College Career Explorations, Stepping Stones, First Nations University of Canada Indigenous Information Day); Job Shadowing opportunities for high school, community college and post secondary students.



HEALTH EDUCATION TEAM

Cory Gambler, School of Tobacco Coordinator

Deanna Hoffort, Kelsey Moore, Kyle Lerat, Jordan's Principle Shelley Lowenberger, Maternal Child Health Coordinator and AHSOR

Janet Muirhead, Community Nutritionist

Shane Quewezance, Health Educator and SGI Coordinator

Aboriginal Head Start On Reserve

The primary goal of AHSOR is to establish a community focused approach to provide preschool children with a positive sense of themselves, a desire for learning and opportunities to develop fully and successfully as young people. AHSOR preschool intervention supports the development of the physical, intellectual, social, spiritual and emotional well-being of our children within our FHQ communities.

Maternal Child Health

The vision of the MCH Program is to improve the health of mothers, infants and families and support the development of children in an effort to address the gap in life chances between Aboriginal and non-Aboriginal children.

The goal is that pregnant First Nations women and families with infants and young children, who live on reserve, reach their fullest developmental and lifetime potential.



ABORIGINAL HEADSTART ON RESERVE PROGRAM

The AHSOR Program provides early childhood intervention support for First Nation children up to 6 years old in 6 core areas:

- Promotion and Protection of First Nations Language and Culture
- Nutrition
- Education
- Health Promotion
- Social Support
- Parental and Family Involvement

As a second level service to community, the AHSOR Coordinator provides support through yearly program monitoring, managing funding agreements, and provides up to date principles, guidelines, inspections, regulations as well as policies. The Coordinator organizes training opportunities, offers workplan guidance and support, assists with activity and financial reporting for community Head Start staff.



MATERNAL CHILD HEALTH PROGRAM

The Maternal Child Health Program aims to develop and maintain a comprehensive, integrated and coordinated approach to MCH programs and services.

Working with the Health Directors and Parent Mentors program elements delivered during this reporting period includes:

- Home visiting through Parent Mentors
- Case management and identification of high risk clients through screening and assessment
- Coordination of services for children with special needs

The program also provides access to a system of home visiting, screening, assessment and case management for pregnant women and families with infants/young children who live on reserve and ensures First Nations culture and traditions are supported in delivery of MCH.

SHELLEY LOWENBERGER, ABORIGINAL HEAD START ON RESERVE AND MATERNAL CHILD HEALTH PROGRAM COORDINATOR

Canada Prenatal Nutrition Program

The goal of CPNP is to improve the health of mothers and infants by providing maternal nourishment, nutrition education/counseling, and breastfeeding promotion and support.



Lactation Consultant Services

Providing Lactation Consultant services helps to ensure that mothers receive the breastfeeding education and support needed to initiate and continue breastfeeding successfully.

CANADA PRENATAL NUTRITION PROGRAM

CPNP workshops are offered monthly to communities. The dietitian plans, organizes and prepares a meal to share with the group. Ingredients to make the meal are provided for participants to prepare at home for families. Discussion during the meal provides information on nutrition, infant feeding, and breastfeeding.

An enhancement implicated due to COVID-19 restrictions was the implementation of virtual Online cooking classes. During 2021/22 the dietitian worked closely with our I.T Department to produce cooking videos, upload them to YouTube and shared with out nations though social media.



LACTATION CONSULTANT SERVICES

The Community Dietitian achieved International Board Certified Lactation Consultant qualifications. Individual Lactation Services are promoted at CPNP classes with the offer to provide phone consultations, home visits, or meetings at health clinics as requested. There is collaboration with the Community Health Nurses to promote and utilize the Lactation Services.

JANET MUIRHEAD, CPNP PROGRAM COORDINATOR AND LACTATION CONSULTANT

JORDAN'S PRINCIPLE PROGRAM

FHQTC community members are able to access many supports and services through Jordan's Principle. Some services include:

Cognitive Disability Strategy	Medical Appointments
Autism Support	Community Living Service Delivery
Occupational Therapy	Non-Insured Health Benefits
Counselling/Mental Health Therapy	Ministry of Social Services
Equine Therapy	Status Card Registration
Elder/Traditional Services	Disability / Child Tax Credits
Early Childhood Intervention Program	Sask. Wheelchair Sports

CLIENT EXPERIENCES

"My family and I have been with Jordan's principle for a year now. They have helped my family out so much when we didn't have anywhere else to turn. They have given our family so much information and help to my boys. Our worker is always working with us also when I don't understand something. I am happy Jordan's principle is there to help when nobody else would. My family thank you for what you do for families and our children."

"Thanks for your help with the long process of getting my grandsons surgery approved by Jordan's principle. This has been a challenge over the past year. Your knowledge of what papers are needed to be submitted, the proper way. The help telling doctors what the process is that we are using. Your communication between NHIB was a great help, I couldn't have done it without you. Without your help and guidance, I would have given up the process a year ago. With you being able to come and help me out at the reserve and in my home. The challenges about what original receipts are needed, what can be faxed or emailed has been challenging at times. I hope this helps make changes for the future better for other families. We use our ECIP worker regular for services with our grandsons. The unique situation of our family, we could not meet the needs of the boys without your service. Even if the process has changed our financial situation because of long decision making to reimbursement."

DEANNA HOFFORT, JORDAN'S PRINCIPLE COORDINATOR
KELSEY MOORE, JORDAN'S PRINCIPLE COORDINATOR
KYLE LERAT, ADMINISTRATIVE ASSISTANT

Jordan's Principle

Objectives:

1. To assist families in accessing needed services through Jordan's Principle through application and case management with regional focal points.
2. To case plan and coordinate services for children approved for services or supports through Jordan's Principle and/or other provincial or federal services.
3. To manage fund provided through Jordan's Principle for services and supports approved for families.
4. 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.



Jordan's Principle

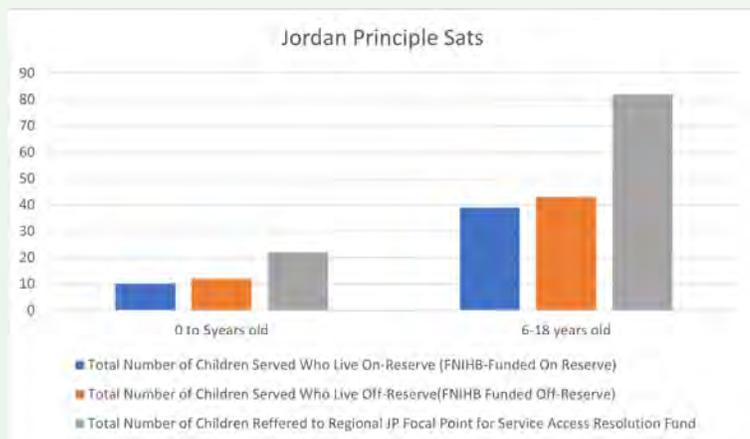
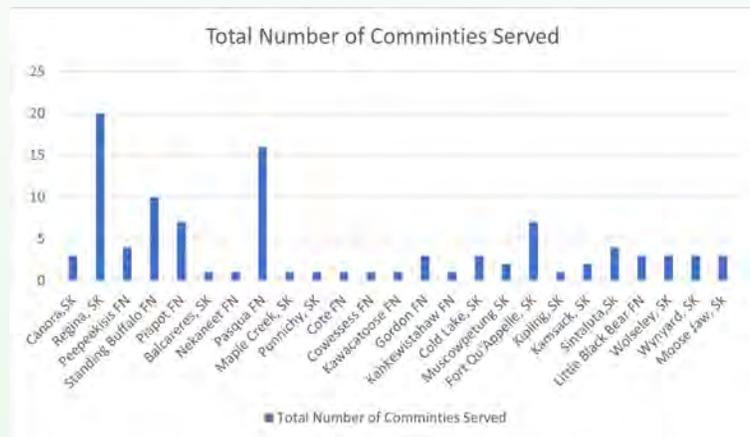
Challenges and Barriers to Clients Receiving Services are:

- Jurisdictional concerns - causes client discouragement resulting in children not receiving services
- Lack of status registration and/or documents for status registration of children AND the delay in processing status registration of children
- Lack of access to phone/computer/ communication device (especially during the pandemic)
- Lack of awareness of Jordan's Principle (by both clients and providers)
- Difficulty in navigating the application process or knowledge of how to access NIHB services/ support
- Lack of availability of programming both on and off reserve
- Lack of publicly funded services
- Absence of services on reserve
- Jordan's Principle's expectation of pursuing publicly funded services first - lengthy wait times, no assigned worker to rural areas, service coordinators redirected to multiple agencies
- Application processing delays resulting from Jordan's Principle's administrative errors and/ or oversights
- Denials from Jordan's Principle with little information given or coaching for appeals
- Inconsistency in reviews of applications by Jordan's Principle review team
- Inconsistency in expectations and requests for supporting documents by Jordan's Principle review team
- Resistance to providing orthodontic coverage
- Resistance to providing direct supports for access to cultural experiences and/or education
- Some service providers that are hesitant or unwilling to work with or accept Jordan's Principle coverage for services
- Significant length of review time for applications
- Significant length of review time for appeals
- Lack of services and/or transition of services beyond the age of majority

Future Needs:

- More substance in the Service Coordinator Teleconference calls
- A responsive, communicative, consistent, and culturally competent Jordan's Principle/ISC review team
- Improved administrative support
- Additional service coordinators
- Better quality and variety of images and visual creatives for Jordan's Principle promotional use

The Covid-19 pandemic continued to limit in-person interaction and coordinator presence within our communities as well as accessibility to a vast range of services for our clients and communities. Several clients were unable to fully expend and/or utilize their approved dollars for various services due to Covid related closures and/or cancellations. Coordinators saw gaps widen and requests for products or services increase because of ongoing pandemic pressures. Despite the lack of in-person connection, coordinators continued to develop relationships, build rapport, educate, advocate, and build cultural competencies with a variety of service providers resulting in improved communications with both coordinators and clients, better understanding of Jordan's Principle, increased willingness to provide recommendation letters, and even new referrals to our service, all ultimately leading to more successful applications to Jordan's Principle and provision of needed products and/or services for children within our communities. Although a return to in-person connection and relationship building is necessary, the increased time in-office did allow coordinators to address the influx of requests. Coordinators have seen an increase in the rate of new client referrals by health, social, and educational professionals, ANHH and FHQ staff, word of mouth, and more recently, from social media.



Jays Care

“At Jays Care we believe in on-going collaboration and reconciliation with Indigenous peoples. This means working with Indigenous communities to create inclusive programs that promote the health and well-being of children, youth and families. We use baseball to engage hard to reach children and youth through inter-generational events and tournaments that involve elders, partners and community leadership. “

From: <https://www.mlb.com/bluejays/community/jays-care/our-approach>



YOUTH LEADERSHIP PROGRAM: JAYS CARE PROGRAM

Rookie League is Jays Care's most wide-reaching baseball for development program, specially designed to use the power of baseball and the appeal of the Toronto Blue Jays to foster lasting social change and create leaders beyond the ballpark. Jays Care works with partner organizations across the country to develop Rookie League programs that train local youth & adult staff to facilitate and measure the impact of high quality programs for children in their communities. Rookie League works to enhance the life skills, physical health and positive self-identity of participating children and increase the confidence and employment skills of staff.

Children involved in Rookie League increase:

- Important life skills
- Self-esteem and self-awareness
- Relationships to peers
- Connection to positive role model
- Likelihood of living a physically active life
- Baseball and physical literacy skills



Aboriginal Diabetes Initiative

Goal:

The overall goal of the 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.

DIABETES EDUCATION

The ADI team develops and delivers health promotion and prevention activities with the aim of reducing Type 2 Diabetes. The team works to promote healthy lifestyles to reduce obesity, encourage healthy eating and increase physical activity by attending monthly Wellness Clinics in collaboration with the Home Care team.

In addition to providing support to the COVID-19 response for FHQTC the ADI program staff provide the following services:

1. Community wellness clinics at each of the FHQ Nations
2. Individual diabetes and nutrition counselling
3. Cooking classes
4. Health education presentations
5. Dietitian services for Pasikow Muskwa Healing Center
6. Menu planning support
7. Information and health screening at community health fairs
8. Dietitian service/support to Lakeview Lodge, Leading Thunderbird Lodge, Miko-Mahikan Outreach Program and ANHH

ADI professional staff also provide preceptorship to nursing and nutrition students through community placements with FHQTC.



DIABETES TEAM

Kristal Dickie, Registered Dietitian, Certified Diabetes Educator – Team Lead
 Emily Gloade, Registered Nurse, Certified Diabetes Educator
 Kim Engel Registered Dietitian, Certified Diabetes Educator
 Taletha Bennett, Registered Dietitian

Environmental Health Program

- In addition to Water Quality Testing, the program has been providing support to the Nations of FHQTC who are involved with the First Nations on the Settlement of the Class Action Lawsuit on Long Term Drinking Water Advisories. At this time and from the review of our records Nekaneet, Peepeekisis, Standing Buffalo and Star Blanket First Nations qualify for compensation as First Nation members of the settlement.
- Conducted testing for meth in a housing unit to understand the effects of cleaning on residuals found on surfaces in a home which has had meth used in it. Also tested items to determine the level of transfer to items which have been in contact with contaminated surfaces or used in contaminated spaces. Collected approximately 70 samples over two days. Once the full report is compiled it will be shared with community housing departments and health clinics.



ENVIRONMENTAL HEALTH PROGRAM

The Environmental Health Officers (EHOs) 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. EHOs 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. EHOs identify potential public health risks in communities and provide recommendations on how to correct them.

WATER QUALITY PROGRAM

Under the direction of the EHOs 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.

ENVIRONMENTAL HEALTH TEAM

Carla Patterson, Environmental Health Officer and Team Lead
Tim Bonish, Environmental Health Officer
Delvin Bitternose, Water Quality Technician

Home and Community Care

Home Health services are provided to deliver safe client-centered care and supportive services to FHQC communities.



HOME AND COMMUNITY CARE

The Home and Community Care team includes Registered Nurses (RN's), Licensed Practical Nurses (LPN'S), and Home Health Aides (HHA). 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.

Nursing Team:

Home Care Services were maintained throughout the pandemic without any major delays or disruptions. Services were modified ensuring communities COVID-19 protocols were respected and client and employee safety were maintained.

Key Out Comes:

Nursing Staff complete assessments with the client and/or family to determine care needs. They provide referrals to other professionals such as Occupational Therapist/Physical Therapist, Podiatrist, Women's Health, etc. The team attend monthly Wellness Clinics in collaboration with the Diabetes Team and conduct Annual Flu Clinics. The nurses offer Foot Care Clinics to residents of Lakeview Lodge Personal Care Home and Home Care clients as required and provide on-site wound care to clients of Pasikow Muskwa Rising Bear Healing Centre.

Home Health Aides:

Marlene Peigan and Joni Fraser provide supportive home visits to clients, including personal care in the clients' home, at the community health clinic or at the All Nations' Healing Hospital.



HOME AND COMMUNITY CARE TEAM

Joanne Graham, Registered Nurse and Team Lead
Charlene Horseman, Registered Nurse
Karen McGregor, Registered Nurse
Angie Favel, Licensed Practical Nurse
Marlene Wolfe, Licensed Practical Nurse
Dawn Halbgewachs, Registered Nurse
Marlene Peigan, Home Health Aide
Joni Fraser, Home Health Aide

Community Health Nursing

Goal:

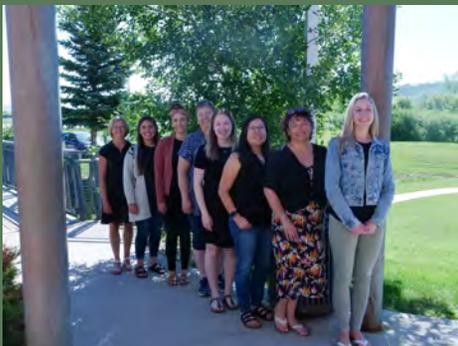
To improve health outcomes and support community members in all aspects of holistic health through programs and service delivery and partnerships.

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



COMMUNITY HEALTH NURSES

Key outcomes of the Community Health Nursing Program in 2021/22 are:

- Improved relevance of the Community Health Nursing Program
- More effective and coordinated health services that will improve patient outcomes
- Expanded ability for innovation in the delivery of health care services
- More timely and effective approach to staff turnover and recruitment
- Improved services for off-reserve members
- A health service that is sustainable, culturally focused, innovative, advocacy based, crosssectoral, stable
- Access for the funded programs to FHQTC Health Services' cultural expertise and advice, and coordinated traditional healing and cultural services

The Community Health Nurses scope of practice includes:

1. Health Promotion
2. Prevention and Health Protection
3. Health Maintenance, Restoration and Palliation
4. Professional Relationships
5. Capacity Building
6. Access and Equity
7. Professional Responsibility and Accountability

COMMUNITY HEALTH NURSES

Tanya Huber, Registered Nurse and Team Lead

Lisa Cook, Registered Nurse

Cara Bear, Registered Nurse

Karli Bigknife, Registered Nurse

Aria Saulteaux, Registered Nurse

Nancy Garratt, Registered Nurse

Madisyn Montgrand, Medical Office Assistaant

Rehabilitation Therapies



Complete Rehabilitation Therapies Community Needs Assessment

1. FHQTC Health Services partnered with the U of S College of Rehabilitation Sciences to conduct a Needs Assessment related to Physio Therapy and Occupational Therapy needs for our Tribal Council Communities.
2. Recommendations of the Needs Assessment include:
 - 1) Development of a culturally responsive model of care
 - 2) Provision of on-site and out reach services
 - 3) Is responsive to the individuality of each Nation

Therapy Rehabilitation

Natasha Cozman, Occupational Therapist
Tara LaRochelle, OT/PT Assistant



Miko Mahikan Red Wolf Program

The four pillars that guide the rights-based approach to this harm reduction program includes:

1. Traditional Knowledge Keeper Oversight and elder availability to offer direction, guidance and support
2. Educational component tailored to community requirements
3. Harm reduction services to provide a safe space for clients
4. Treatment of HIV, Hepatitis C and Opiate Use Disorder, Case Management Practices and Outreach Services



1. Throughout the pandemic we, like everywhere nationally, experienced a surge in overdoses, particularly in the communities with a strong prevalence of fentanyl. Red Wolf worked closely with each community on the development of a response to this crisis. Red Wolf provided education including developing a “How to Respond” Naloxone training video available on YouTube
 - Red Wolf provides community support through access to Knowledge Keepers, councilors, meals, harm reduction supplies, etc.
2. Impact on Health Human Resources
 - Policy developed and implemented
 - Support employee wellness
 - Challenges – weather
3. Promote awareness and education
 - Overdoses and how to respond to overdoses.
 - Educator provides education including naloxone training to communities and community members.
 - Red Wolf nursing students create a video demonstrating the administration of naloxone.
 - Goal to equip communities to have the tools needed to respond to the growing need in this area
4. Treatment
 - Appointments available with Nurse Practitioner and Navigators as needed.
 - Coordinate and deliver harm reduction supplies and/or medication to community members.
 - Red Wolf accepts new patients to the Opioid Agonist Therapy (OAT) program on a daily basis the potential to accept two new patients per week up to 175 patients. Red Wolf currently has 150 patients including several new starts from the Kamsack area.
 - Sharing our knowledge and experiences with the Communities we serve and in the broader Harm Reduction Community including outreach to the Kamsack area.

Miko Mahikan Red Wolf

Stella DeVenney, Nurse Practitioner & Team Lead
HIV/HCV Outreach Nurse
Janelle Sebastain, Health Navigator
Shannon Arnason, HIV/HCV Educator
Shayla Leier, Outreach Navigator
Jessica Pelletier, Administrative Assistant

Miko Mahikan Red Wolf Program



Miko Mahikan Tobacco Program

The goal of the Tobacco Program is to provide smoking cessation and education for youth of the FHQTC communities.

Activities include:

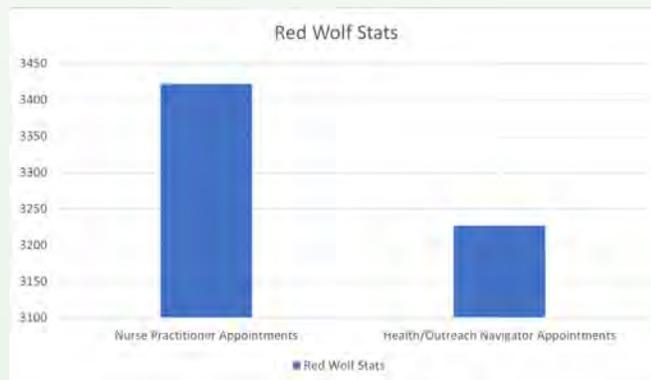
- Reducing youth access to tobacco products
- Enhancing no-smoking policies and by-laws
- Promoting smoke-free homes, public spaces and workplaces through community and partner collaboration
- Promoting awareness of the dangers of smoking and second hand smoke
- Engaging and encouraging youth to adopt healthy Indigenous lifestyles
- Offering tobacco cessation training for community workers
- Delivering cessation programs to pregnant women and young mothers
- Tracking success through indicators and share best practices

The Miko-Mahikan Red Wolf program continued to see a significant increase of people starting the Opioid Agonist Therapy (OAT) program to treat opioid use disorder. At fiscal year end there were 136 people on the program.

Red Wolf's harm reduction services serve as an important means of connecting with people and engaging them in care. In order to do so, we provide a safe space and confidential services free from judgment. During this fiscal year Red Wolf recorded 855 contacts in which harm reduction supplies were provided. The distribution of sterile supplies for drug use is intended to reduce the sharing of used needles and other injecting equipment, which helps prevent the spread of blood-borne infections.

Red Wolf continues to embark on the journey of providing education and awareness to individuals and communities in regards to harm reduction services in an effort to reduce stigma and discrimination.

Red Wolf's Outreach Team also continued to provide support services to the tenants of Yellow Thunderbird House that Sits in the Sunrise.



Miko Mahikan Tobacco Program

We continue to offer education in the communities for smoking cessation and prevention.

Some projects that are being introduced to the communities are;

-The Healing Tree Project – student led action plan to provide education to their communities on vaping and smoking.

-The growing of natural tobacco with the tower garden growing systems.

We are excited to partner with Lung Sask, in developing Smoking and Vaping education for youth and teachers in each of our community Schools.



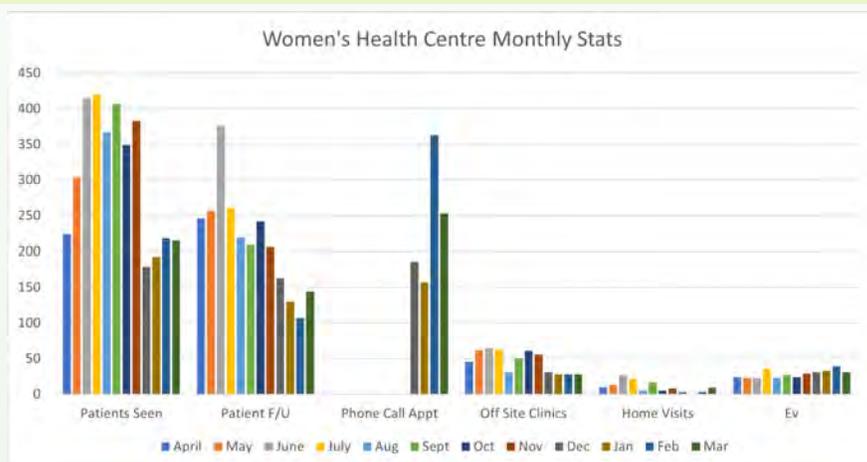
Women's Health Centre



Nurse Practitioner Services

Well Women Exams	Prenatal Care
Breast Exams	Contraceptive Counselling and Management
Pap Smears	STI Testing & Treatment
Outreach clinics in First Nation communities	Depression and Anxiety Assessment and Management
Menopause Care	Medical Care and Support for Lakeview Lodge Residents

Statistics



Womens Health Centre Yearly Totals:

Patients Seen Total: 3674
 Patient F/U Total: 2560
 Phone Call Appt Total: 959
 Off Site Clinics(LVL, PPK, CTK) Total: 550
 Home Visits Total: 122
 Ev Total: 343

Women's Health Centre Staff:

- Stella DeVenney, Nurse Practitioner and Team Lead
- Nurse Practitioner
- Joelynn Radbourne, Nurse Practitioner
- Debbie Vey, Midwife
- Jordan Duesing Midwife
- Marie Koolen, Medical Office Assistant
- Chelsea Poitras, Medical Office Assistant

Low Risk Birthing Unit

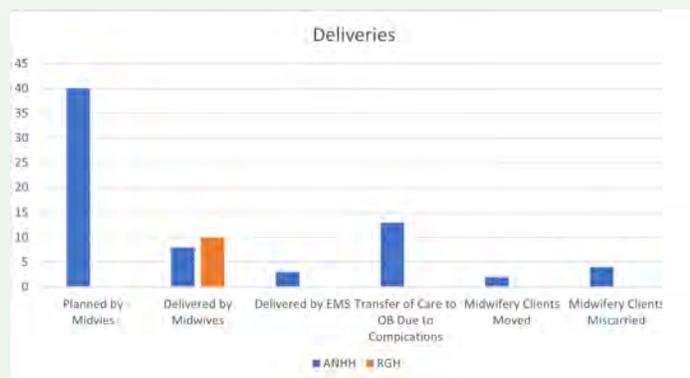
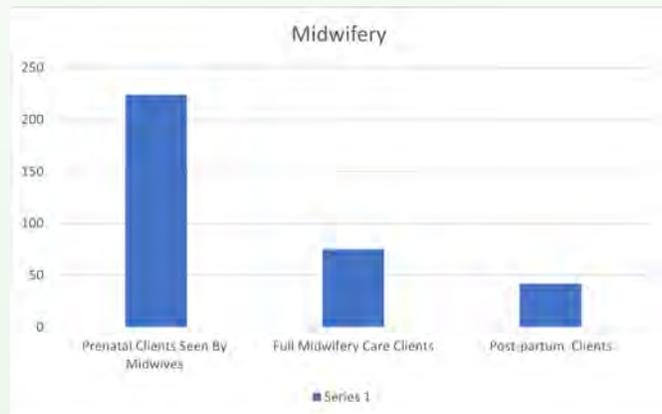


Midwives

The Midwifery Program includes two Midwives to attend births in the Birthing Unit at the All Nations' Healing Hospital and the Regina General Hospital Maternity Unit. The Midwives provide pre and post natal care and support to women and their families. (They offer Outreach Clinics in the FHQTC communities and weekly Parent Cafes, Mother and Baby Sessions.)

- Debbie Vey, Midwife
- Jordan Duesing, Midwife

Statistics





Pasikow Muskwa Rising
Bear Healing Centre

COMPLEMENTARY SERVICES



Pasikow Muskwa Rising Bear Healing Centre

Program Goals

- To improve access to culturally safe care for individuals, families and communities that is innovative, diverse and respectful of various ways of knowing
- To enhance community engagement, provide early screening/detection, and active self-management across the continuum of care for Kidney Wellness
- To support, strengthen, and facilitate cultural healing through Traditional and Spiritual Institutes



Pasikow Muskwa Rising Bear Healing Centre is a culturally enhanced Chronic Kidney Wellness Initiative. The centre provides holistic 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.

Satellite Dialysis Services opened September 26th, 2018 operating Monday, Wednesday, Friday to accommodate 12 patients.

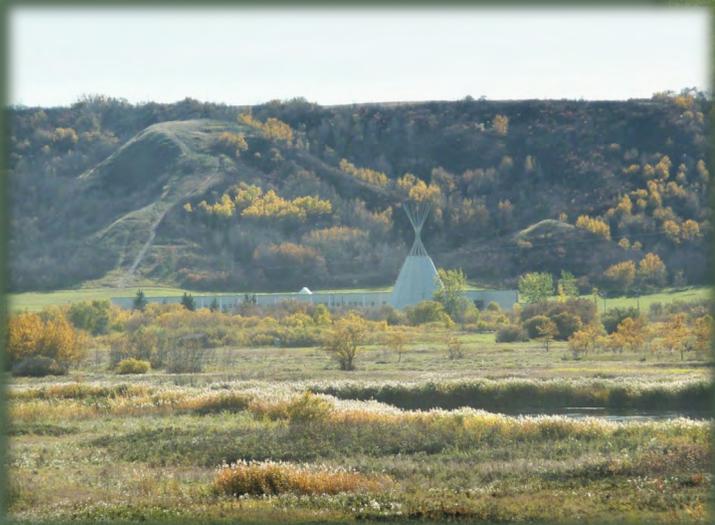
Additional services for patients include; Traditional Medicine, Traditional and Spiritual counseling, smudging, prayer, feasts, Traditional Healer services, psychologist counseling, Home care and wound management, PT/OT services, diabetes education and follow-up, dietitian and pharmacist counseling and primary care services with support from Nurse Practitioner specialized in renal care.



Access to an Independent Dialysis Suite 7 days a week is available allowing patients the ability to self-manage their own hemodialysis treatments.

Services include; primary care services for conditions such as diabetes, hypertension, kidney disease, cholesterol management; counseling and education, dietitian and diabetes educator services, Traditional & Cultural services, Tele-health support for specialist appointments, 24 hour ambulatory blood pressure monitoring, outreach services.

Pasikow Muskwa Rising Bear Healing Centre Staff:	
Unit Coordinator/Head Dialysis Nurse	Nurse Practitioner
Traditional Knowledge Keeper	Health Navigator
Primary Care Chronic Disease Nurse	Pharmacist
Dietitian	Medical Office Assistant
Diabetes Nurse Educator	Visiting Specialists



September 2019

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