

Working Together to Bring Care Closer to Home

An update from Northeastern Ontario Health Care Partners for the People of Peawanuck

Newsletter – February 2016

Welcome!

Welcome to the first issue of a newsletter written collaboratively by health care partners who are focused on your local health care. The partners working with the North East Local Health Integration Network (NE LHIN) are: Red Cross, Weeneebayko Area Health Authority (WAHA), and North East Specialized Geriatric Services (NESGS).

A lot of positive, patient-focused activities have been happening with health care in your community, and we want you to know more about all the good work underway. We also want you to learn more about what is in the works and how you can get involved.

Updates from the North East LHIN

The NE LHIN is a provincial health agency responsible for planning, integrating, coordinating and funding about 150 health service providers across Northeastern Ontario. Every year, the NE LHIN provides approximately \$27 million in funding to deliver health care services to people living in coastal communities, including hospital services, community support services, mental health and addictions, diabetes education, technology investments, and more. This includes \$450,000 to Red Cross for Personal Support Worker training, and \$272,000 to NESGS for specialized geriatric clinics. The NE LHIN continues to focus on building meaningful relationships with people in James Bay coastal communities to help improve the health and well-being of people living there.

NE LHIN Senior Advisor to the James Bay Coast

Carol Philbin-Jolette is the LHIN's Senior Advisor for the James Bay Coast. Carol has worked for the NE LHIN for many years and has a lot of experience in Aboriginal health care. She is dedicated to health care improvements along the coast, and work with all the care providers that the NE LHIN funds. She's also looking forward to creating partnerships between provincial and



Carol Philbin-Jolette

federal health programs that improve care coordination. Carol's job is determining how to help health care providers coordinate care for you, so that it's easier for you to access when you need it.

You can reach Carol at carol.philbinjolette@lhins.on.ca or 1-866-906-5446 (toll-free).

NE LHIN examples of progress in Peawanuck:

- The Canadian Red Cross is working with Peawanuck First Nation to identify the types of community supports required. Currently Peawanuck receives funds from Red Cross to provide home maintenance services. The NE LHIN funds Red Cross approximately \$83,000 to provide home help and other community services such as congregate dining for seniors.
- On November 25, 2015, Carol travelled to your community with Health Canada and a third party evaluator to engage with your community on the Weeneebayko Area Health Integration Framework Agreement (WAHIFA). We had the chance to meet with your Chief and Council members as well as community members to discuss how health care was delivered in your community in the last five years. The engagement provided insights on how WAHA can improve the health care system in the James Bay Coast. The NE LHIN also commissioned a review of WAHA's operations. The WAHIFA report and operational review report will be finalized in the next month. Carol will be working closely with Health Canada and WAHA to develop an action plan that will outline strategies to address the concerns expressed at the engagement session. We will be coming back to your community in the next few months to discuss the action plan.

Updates from the Canadian Red Cross

The Canadian Red Cross has programs in the communities in James and Hudson Bay, including Attawapiskat, where we have staff. As we have started our programs in Coast communities, we have consulted with Chief and council, met with the elders and members of the health team, and sought their advice. Each community has its own vision for community supports and we are working to ensure that the investments of the NE LHIN are able to best support the needs. We listen to the communities and find ways to adapt our programs and our health funding around their needs.

If you have any questions, please contact Heather Cranney, heather.cranney@redcross.ca or 705-477-3561.

The Canadian Red Cross has been teaching a Personal Support Worker class in Peawanuck First Nation since May 2015. There are six dedicated, enthusiastic students expected to graduate in March, who want to take care of the elderly population in their community.

The students host Elder socials in the Community Hall where Elders are invited to exercise, eat traditional foods and have their vitals monitored by the students.

We share health information with the Elders and recommend a visit to the nursing station anytime we notice a change.

The students make trips to the nursing station where they practice skills like bed making, glucose monitoring, blood pressure, pulse etc. The students take advantage of all the extra training that comes into town. Examples are Mental Health First Aid, Food Handling and Safety courses.

The students participate in delivering the Elders' Exercise program and this is a fun time for all. Holiday socials (Christmas, Thanksgiving, Halloween) are held at the Nursing Station where the front-line workers, nursing staff, and WAHA staff/visitors (local and out of town) are invited to communicate and build relationships with the students and clients. The Christmas Social was done via the OTN TV so that the Elders could see their families in other remote communities and share laughter and music on the big screen.

Red Cross is working with Weenusk First Nation to develop a plan to support their Home Maintenance and Household Support Program that serves their Elders. We have provided blood pressure cuffs and supplies to the Home Care program and are looking at ways to work together.

When Red Cross brought the First Aid course for the PSWs, we invited all community members to take it and 19 people were trained. This positions the community well to build up their Emergency First Responder Team that has been asking for support.



Sophia Edwards, PSW, delivers a meal to Luke Gull of Peawanuck.

Updates from North East Specialized Geriatric Services

North East Specialized Geriatric Services (NESGS) is a multidisciplinary team of health care providers who deliver specialized care for older adults with complex health needs, as well as expert resources for health care professionals and caregivers throughout Northeastern Ontario. Our vision is to improve the independence, quality of life and health outcomes for the frail elderly throughout Northeastern Ontario. We value the independence and dignity of our patients, the contribution of partners in care throughout Northeastern Ontario and the importance of shared knowledge and best practices in Geriatrics. We have been fortunate enough to hire a nurse through NESGS who is dedicated to make the connections in each of the communities along the James Bay Coast. Please welcome Crystal McComb RN Geriatric Nurse Clinician to the team. She is a former resident of Moosonee and has a Public Health background as well as a degree in Gerontology.

Geriatric Clinic Success

The first ever James Bay geriatric clinic was held in January of 2014 where a team of specialists travelled to Fort Albany and were able to assess 27 patients. Recently there was a follow-up clinic held in September 2015 where 20 patients received either a follow-up assessment or the full comprehensive geriatric assessment.

In February 2015, a second geriatric clinic was held at the hospital in Moose Factory where both Moose Factory and Moosonee patients were able to be assessed.

In conjunction with the Geriatrician consultations, the team included two Chiropractors and a Nurse Practitioner who specializes in Diabetes.

In total, 41 patients received Comprehensive Geriatric Assessments by three Geriatricians- Dr. Jo-Anne Clarke, Dr. Janet McElhaney, Dr. Samir Sinha, and PGY2 (Post Graduate Year 2) Dr. Katie Krause; 45 patients were provided with Chiropractic assessments by Mary-Anne Egan and Robert Pyott, and 22 patients were seen by the Nurse Practitioner Barb Kiely. That totaled 108 patients over the course of 2½ days!

In July 2015, NESGS Geriatric Nurse Clinicians Crystal McComb and Melissa Egan travelled to Peawanuck to provide some training for the nurses at the nursing station. They met with some of the local leaders and got a good sense of the resources available in the community to assist elders. There were a total of 18 patients identified during that visit and 10 of which received comprehensive geriatric assessments by the nurses in preparation for the upcoming clinic.

In December 2015, Geriatric Nurse Clinician, Crystal McComb, and NESGS Occupational Therapist, Breanne Chohan, travelled back to Peawanuck with WAHA staff, Julie Harris and Pauline Koostachin, where NESGS clinical staff provided additional support to the clinic nurses in preparation for a future geriatric clinic. Unfortunately, the one planned for January 25-26, 2016 had to be postponed due to weather delays with transportation.

For further information on the Geriatric Clinics, please contact Crystal McComb at 1-866-551-6501.



Left to right: Pauline Koostachin WAHA Patient Navigator, Crystal McComb Geriatric Nurse Clinician, Breanne Chohan NESGS Occupational Therapist, and Julie Harris WAHA Patient Discharge Planner. Picture taken November 30, 2015 on the way to Peawanuck.

Updates from Weeneebayko Area Health Authority (WAHA)

The organization WAHA resulted from the October 1, 2010 integration of the Weeneebayko Health Ahtuskaywin/Weeneebayko General Hospital in Moose Factory, the James Bay General Hospital in Moosonee, Fort Albany and Attawapiskat and the hospitals' associated agencies in the communities of Kashechewan and Peawanuck. As a hospital based in Ontario, the organization is subject to the provisions of the Public Hospitals Act.

WAHA Offers Dog Management Project in Peawanuck First Nation



Peawanuck resident brings his dog to the clinic!

An innovative program to help control dog overpopulation was offered by the Weeneebayko Area Health Authority (WAHA) to Peawanuck First Nation. The two-year program provides free contraceptive implants (birth control) to female dogs, as well as vaccinations, deworming and microchips for all dogs in the community. The vet team serviced 70 dogs in Peawanuck during their visit in June of 2015. Special thanks go to Peawanuck's Chief and Council, Health Canada, Sheryl Chamberlain and Margaret Mack for their support in hosting the dog clinics. "We expect positive outcomes in the summer of 2016 when the vet team returns to Peawanuck. We look forward to working with the community again," commented Caroline Lidstone-Jones, WAHA's Chief Quality Officer.

For more information: Caroline Lidstone-Jones and Rob Gagnon - (705) 658-4544 ext. 2332.

WAHA Regional Discharge Planning Team to Visit Peawanuck

Since 2013/14, the WAHA Regional Discharge Planning Team has been working with the NE LHIN and North East Community Care Access Centre (NE CCAC) to educate community members about the following services:

- Primary care
- Discharge care plans for patients and their families
- Community-based home services

The Regional Discharge (RD) Planner collaborates, coordinates and arranges necessary services as close to home as possible. The Regional Patient Navigator (PN) assists anyone having difficulty

understanding the health care system and is able to provide Cree translation if required. Follow up health care is delivered by the team for as long as needed by the patient and family.

The team was to visit Peawanuck this year to work collaboratively with Health Canada, Peawanuck Nursing Station and NESGS, to assist with reviewing patient files in preparation for what was to be a January geriatrics clinic (which had to be postponed due to weather). In addition, Cree translation will be provided to the patients and their families during the clinic. The team looks forward to more visits and helping patients, and their families receive care closer to home.



Pauline Koostachin (PN) and Julie Harris (RD), Discharge Planning Team

For more information: Crystal Culp, (705) 658-4544 ext. 2228.

Children's Oral Health Initiative a Huge Success in Peawanuck

The Children's Oral Health Initiative (COHI) is a Health Canada program designed to prevent and control tooth decay and other oral diseases in young First Nations and Inuit children. COHI targets pregnant women; newborn children and children up to seven years of age and their caregivers. COHI services include screening (assessment and referral as needed), fluoride varnish applications, sealant applications, and one-on-one oral health information sessions with caregivers. The fluoride varnish is applied three times a year.

The Porcupine Public Health Unit's Dental Team has been working with WAHA to provide COHI services to communities in the James and Hudson Bay Region for the past two years plus. Peawanuck's participation in the program has been outstanding, with 25 of 28 eligible children (93%) receiving services in year one and 19 of 21 children (90%) receiving services in year two. Clinics were conducted at the Ma-Tah-Ha-Mao School during regular hours as well as the Community Hall in the evenings to ensure all children had the opportunity to participate. "The Porcupine Health Unit, Peawanuck's Health Canada Nursing Station and WAHA have worked together every step of the way," commented Caroline Lidstone-Jones, WAHA's Chief Quality Officer. "The community members in Peawanuck also deserve special recognition for their participation in the program and the results speak for themselves."

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For more information: *Caroline Lidstone-Jones and Rob Gagnon*
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North East Specialized Geriatric Services
Services gériatriques spécialisés du Nord-Est
North East Centre of Excellence for Seniors' Health
Centre d'excellence sur la santé des personnes âgées du Nord-Est

