

Northern Health



AHA Newsletter ~ Newsletter Contact: phuerto@athabascahealth.ca

IS004

March 2016

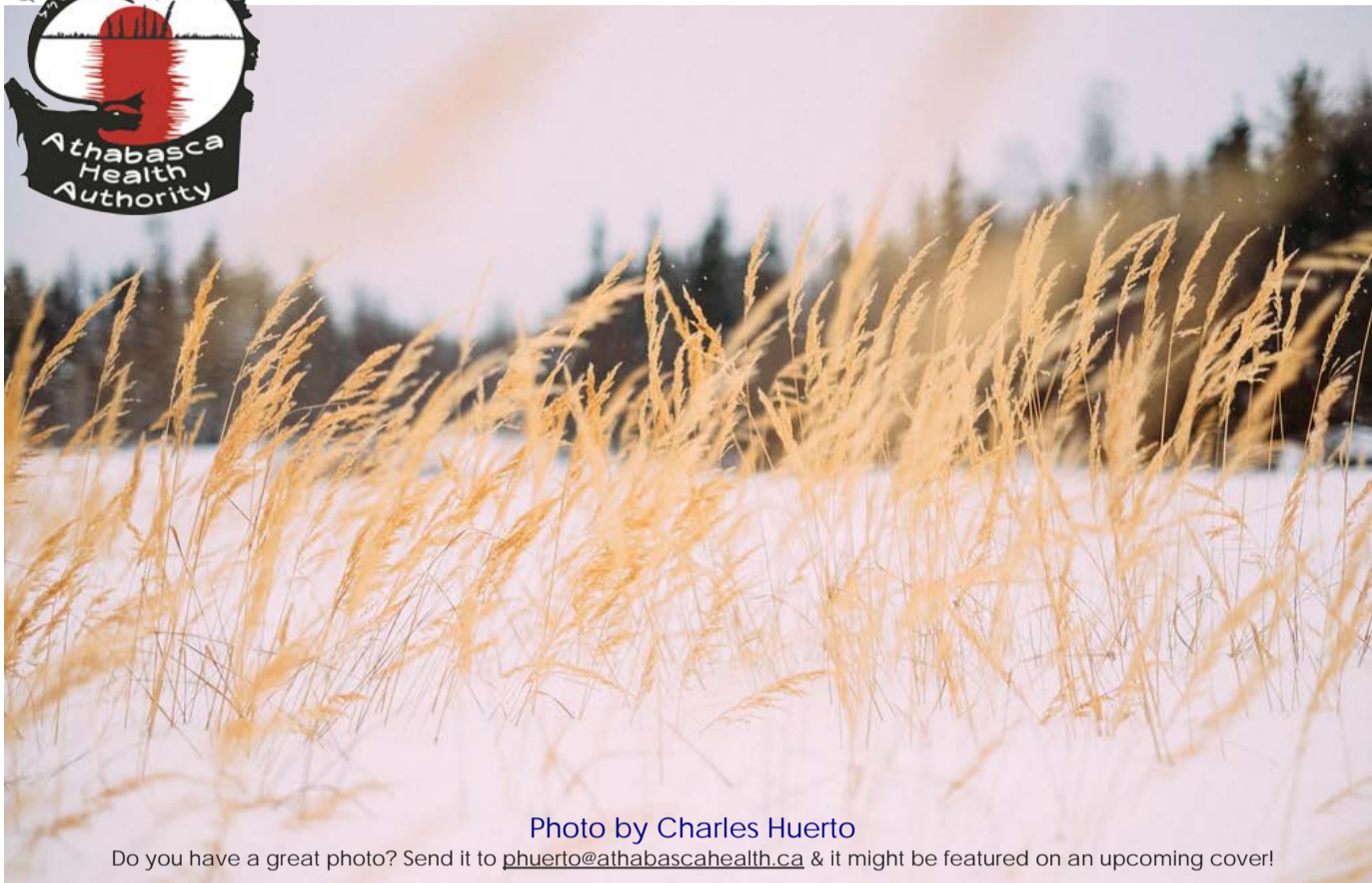


Photo by Charles Huerto

Do you have a great photo? Send it to phuerto@athabascahealth.ca & it might be featured on an upcoming cover!

Eating For Our Health

March is Nutrition Month! This year, let's focus on making small changes to our food habits to help improve our health and feel better.

Trying to change everything at once can be overwhelming (for example, at New Year's, resolving to lose 50 pounds, and make more money, and stop smoking, etc.). Instead, take a 100 Meal Journey in March. We eat about 100 meals in a month, so focus on making a small, lasting change and stick with it... one meal at a time.

If you have stories, updates, events or information you feel should be included in the next monthly issue please contact:

Pam Huerto - phuerto@athabascahealth.ca / 306-439-2647

Joke of the Month

Why did the boy eat his homework?

Because his teacher said it was a piece of cake!

Dene Word of the Month

tsáłcho
blueberry



Trivia of the Month

Do frogs have ears?
Frogs can hear both in the air and below water. They do not have external ears; the eardrums are directly exposed or may be covered by a layer of skin and are visible as a circular area just behind the eye.

In this issue:



This year the theme is "Take a 100 meal journey. Make small changes, one meal at a time."



World Tuberculosis Day is March 24.

Let's help our next generation be TB free.



See if you can find all the lucky green items! Then color the picture too.



Who Can I Contact?

For more information you can also contact the Quality, Kaizen and Patient Safety Office (306) 439-2604 or tbassingthwaite@athabascahealth.ca

In this edition of QI Corner we are going to take a closer look at a popular improvement concept known as "5S".

5s is a set of concepts that help an organization ensure safe, clean, and organized workspaces. 5S is also a great activity to be done as a team, laying a solid foundation for future improvement work.

Ever wondered how you can get this..... to be a little more like this?

BEFORE

AFTER



Or how to get this.....To this?



Are you interested in learning more about 5'S or other Improvement tools? Give your Quality and Kaizen Promotion office a call. Or if you've identified an area in your workspace that could benefit from some 5's talk to your manager or supervisor, there's Quality Improvement coaches waiting to facilitate you and your team through a 5's event!

What are these S's you ask?

The concepts, each starting with the letter "S", are:

SORTING: Separate the necessary from the unnecessary. Unnecessary tools, supplies, equipment and procedures are removed from the workspace. The focus is to create spaces where everyone can easily and quickly find the tools, materials, and supplies they need, then promptly return those tools, materials, and supplies to their proper storage locations, when done with them. This also helps ensure we only order what we need rather than order 'just in case' and helps reduce waste in all its forms.

SIMPLIFYING: Choose a place for everything and put everything in its place. Organize material according to how frequently they are used. The most commonly used tools should be readily available. Those items that are not frequently used can be kept out of the way by storing them in a different and somewhat remote location. Visual aids are encouraged in order to promote understanding.

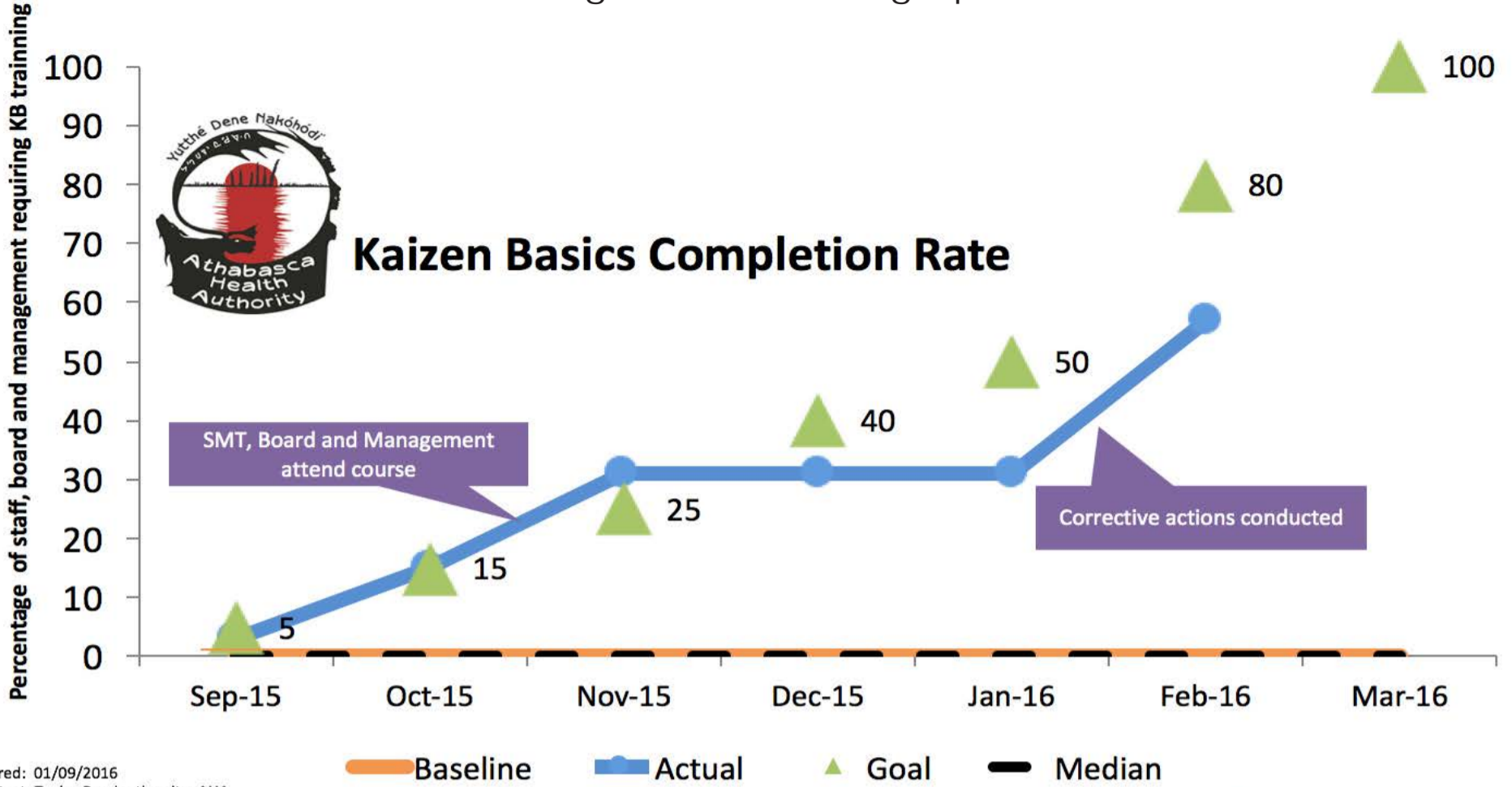
SWEEPING: Make everything neat and clean, this helps quickly identify potential problems. Keeping things in order also ensures no one ever has to 'hunt' while being able to simply see at a glance what's needed or what might be missing. Being able to identify a problem or potential hazard is the focus of the 'sweep'. Unsafe conditions or damaged equipment can be dealt with early in the process if we can see at a glance any 'red flags'.

STANDARDIZING: This helps define how a task should be done and lets everyone involved in the process know the "best way" to perform tasks. Changes to any processes are documented as they occur and small improvements are made continuously by employees who do the work.

SELF-DISCIPLINE: This ensures that all policies to maintain the improvement are adhered to, and paves the way for success in other Continuous Quality Improvement efforts.

Every month the Kaizen, QI Corner will update you on what's taking place in and around AHA's Kaizen movement. This space will also serve as a means to share ideas for making good change in addition to providing an opportunity for our Kaizen, Quality and Patient Safety Office to raise awareness, spread information and connect and broaden its reach. If there are topics you would like to see addressed, ideas you have to share, improvement milestones you want to see highlighted and celebrated, feedback or questions let us know!

We are well on our way to getting all of our AHA Staff trained in Kaizen Basics!
One of the goals of our strategic plan.



Date Prepared: 01/09/2016
Report Contact: Taylor Bassingthwaite, AHA

AHA Featured Team Member



Glen Booker, Consulting Pharmacist, Athabasca Health Authority

Hi I'm Glen Booker, one of the pharmacists that travels regularly to the Athabasca Basin. I am here for 4 or 5 days each month and am based out of the Athabasca Health Facility.

I have been working with Athabasca Health Authority since May 2003. In that time I have been with Crescent Heights Pharmacy in Prince Albert, Madill's Drugs in Meadow Lake and as of late, Mayfair Drugs in Saskatoon where I am the pharmacy manager. I have been a pharmacist since 1985 and am originally from Meadow Lake and feel that the north is my home. My wife and myself live in Saskatoon. I have 2 grown daughters, 1 grown stepdaughter and a grown stepson.

Other pharmacists that travel regularly to AHA to meet with nurses and patients to provide medication reviews and other clinical services are:
Wes Llewelyn-Williams, Meagan Turgeon-Walter, and Alyssa Csada.

They are all employees of Mayfair Drugs and travel on a rotating basis to each community.



Pharmacists:
**Doing more.
For you.**

If you want to have a consultation with any of our pharmacists, feel free to contact your nurse, or give us at a call:

Mayfair Drugs
306-653-4357

From renewing prescriptions, delivering vaccinations, providing medication management services and prescribing for minor ailments and conditions, Canada's pharmacists are doing more for their patients.



2016 Series 1: February 24 – March 23

Canadian Diabetes Association's Diabetes Webinars



Five Sessions:

- Free
- Gain knowledge on numerous topics to help you live well with diabetes
- For those living with type 1 or type 2 diabetes, or prediabetes
- Online and interactive
- Learn from the comfort of your own home or office

"... Extremely informative and easy to understand. With each webinar, I am becoming more empowered. Thank you so much."

Webinar participant

Is Sugar to Blame?

February 24 at 1 p.m. and 7 p.m. CT | Presented by Dr. John Sievenpiper, MD, PhD, FRCPC
Sugar does not cause diabetes, but it's not completely innocent either. Learn about the relationship between sugar and diabetes, and how sugar from different food sources behaves.

Ignite Your Motivation: Your Guide to Staying on Track with Diabetes

March 2 at 1 p.m. and 7 p.m. CT | Presented by Alison Toron, Health Coach
Feeling unmotivated? You're not alone. Get tips from a health coach to reach your wellness goals.

Pulses: A New Superfood?

March 8 at 1 p.m. and 7 p.m. CT | Presented by Sarah Blunden, P.Dt, CDE, CPT
2016 is the International Year of Pulses! Find out how a diet rich in pulses, such as dry beans and lentils, can help you manage your diabetes.

Taking a Step Forward: Preventing & Managing Foot Problems

March 15 at 1 p.m. and 7 p.m. CT | Presented by Teresa Salzmann, Chiroprapist
Taking care of your feet is critical in diabetes management. Find out how footwear, physical activity and healthy eating can all contribute to maintaining healthy feet.

Diabetes, Sexual Health & You

March 23 at 1 p.m. and 7 p.m. CT | Presented by Dr. Adam Millar, MD, MScCH, FRCP(C)
Sexual problems can be difficult to discuss. Learn how diabetes can affect your sexual health and the treatment options available.

To learn more or to register, visit diabetes.ca/webinars or email webinars@diabetes.ca



diabetes.ca
1-800-BANTING (226-8464)

 Canadian
Diabetes
Association

TAKE A 100 MEAL JOURNEY

MAKE SMALL CHANGES, ONE MEAL AT A TIME.

DID YOU KNOW THAT MARCH IS NUTRITION MONTH?

- Dietitians are challenging Canadians to **Take a 100 Meal Journey**.
- Think about it: You'll eat almost 100 meals this month.
- Make a small change and stick with it over the next 100 meals.
- **Need ideas? Ask a dietitian!**



Pledge to Take a 100 Meal Journey today!

Visit NutritionMonth2016.ca

Did You Know?

Athabasca Health Region now has a dietitian! Her office is in the Stony Rapids Health Facility but she also visits the other AHA communities. If you would be interested in meeting with her, ask at your health centre or call 306-439-2647.

What is a Registered Dietitian?

A Registered Dietitian (RD) is a health professional who can provide advice on nutrition, food and healthy eating choices to help you look good and feel better. Registered Dietitians take complex medical and nutrition research and make it easier for you to make daily food choices and plan healthy meals. They can show you how healthy eating can be fun, enjoyable and delicious! Registered Dietitians are your trusted experts in nutrition.

Why would I need to see a dietitian?

Whether you are trying to manage a medical condition with a special diet, control your weight, feed your family, or interpret nutrition facts on food labels, a Registered Dietitian can help.

Contact a dietitian if you need help with:

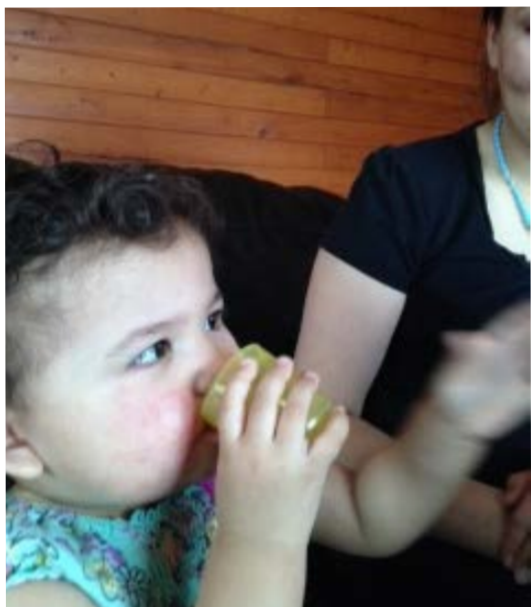
- Weight loss or weight gain
- Prevention or management of chronic diseases like diabetes, heart disease, high blood pressure, cancer, osteoporosis and kidney disease.
- Menu planning for busy families, physically active lifestyles, vegetarian diets and budget conscious individuals.
- Feeding your baby or toddler
- Digestive problems
- Food allergies
- Making the right food choices to get enough calcium, iron, folate and other vitamins and minerals



A Registered Dietitian ensures that you get accurate and appropriate information. By seeing a dietitian, you are protected against unethical or false advice and can trust that you'll receive a high quality service.

>>Adapted from: <http://www.saskatchewan.ca/residents/health/wellness-and-prevention/dental-oral-health>

From Bottle To Cup



Your baby can begin using a regular open cup at 6 months of age. Be patient with yourself and your baby as he or she develops this skill during this messy and rewarding phase. Use water so clean up is easy. By the time your baby is 12 to 18 months of age she will have mastered the skills to drink from a regular open cup using both hands but may continue to dribble.

When your baby can sit up without support, you can introduce an open cup to his feeding routine. Holding the cup for him, offer him small sips of water. Continue to breastfeed as breast milk continues to be the main source of nutrition for your baby's first year. Learning to drink from a regular open cup is important for your baby's gums, teeth and oral health.



Cup You Should Choose

Look for a regular open cup. Choose a small regular open cup which will cause fewer spills and be easier for your baby to hold. The regular open cup supports his healthy cheek, bone and jaw development as he learns.

Cups to Avoid

Avoid the no-spill training cup which does not spill or pour out when turned upside down. Many versions of this type exist. Some come with a small straw or spout. They have a valve which stops liquid from spilling and will require your baby to suck on either the spout or straw. A spout or straw holds the tongue down like a tongue depressor. If a child is reliant on this method of drinking, essential swallowing muscles will not develop. No-spill cups are also harder to clean and can trap germs in the spout and valve.

While no-spill cups may at first seem more convenient, they are not the best choice for your baby and are not recommended. Health professionals are seeing more cavities and speech difficulties or delays among young children who use a no-spill training cup.

Your baby does not need juice. Instead, offer water in an open cup when thirsty or between meals.

How to Use an Open Cup

At 6 months, start using a cup with water. Hold the cup for her as she learns to take small sips. Continue to breastfeed for up to 2 years and beyond. After 12 months, cow's milk can be offered at mealtime in the cup.

If bottle feeding, wean your baby completely from the bottle and move to using only an open cup before 18 months of age.

While Your Baby is Learning

Don't be discouraged if your baby doesn't master this new skill right away. It takes time and patience. Expect some messiness during this phase.

Learning to use a regular open cup at planned meal and snack times is an important part of your child developing healthy feeding practices.

If your child is thirsty at bedtime, offer water in a regular open cup before putting them to bed.

Cleaning your baby's gums or teeth in the morning and at bedtime is a healthy routine to start early.

Ask your dental therapist for your FREE cup!

Nutrition Month Taste Challenge!

See if you can check off all the boxes! The word search on the back of this issue might give you some ideas. (Note: Candy & drinks don't count!)

Something GREEN <i>Example: peas</i>	Something BLUE	Something PURPLE	Something RED	Something ORANGE
Something YELLOW	Something WHITE	Something Sweet	Something Sour	Something Bitter
A seed (e.g. sunflower, pumpkin, flax, hemp, chia, etc.)	Something made from whole grains	Something for breakfast	Something you can grow in the garden	Your Favourite Food
Something you have never tried before	Something that you helped to make	Something sitting together with your family with no TV or phones	Something made with beans or lentils	Something from another culture

Help Chef Solus and the Explorers Kids celebrate a fun and healthy St Patrick's Day. Find all 22 lucky green fruits and vegetables. Then color the picture.



POWER UP

Fuelling your body with good-for-you foods can help you feel great! Making even one small change can have some pretty cool benefits. Consider the 5 options below. You may find yourself inspired—and powered up!

1 THE BREAKFAST PAYOFF

A nutritious breakfast activates your mind and gives your body get-up-and-go. No breakfast and your attention span shrinks along with your ability to recall information.

CONSIDER: Having a balanced breakfast, every day. It pays off. Little time in the morning? Cereal is easy! Make it even better with nutrient-rich mix-ins like fruit, nuts and seeds.

BUILDING A BETTER BOWL

Build your bowl with lots of nutritious stuff to keep you going until lunchtime.

BASE: For fibre, energy and satisfaction, add your favourite crunchy whole-grain cereal.

FRUIT: For added vitamins and a natural sweet touch, try chopped dates, juicy blueberries, or kiwi pieces.

NUTS AND SEEDS: For more satisfying crunch and long-lasting energy, try sunflower seeds, pumpkin seeds, chopped walnuts or peanuts.

MILK PRODUCT: For refreshing smoothness that brings all the yummy breakfast tastes together and gives you satisfying protein, add milk or yogurt.



To Go Tip

Layer cereal and mix-ins in a plastic container with a lid. Take milk or yogurt in a separate container and add when you're ready to eat.

2 THE HUNGER GAME

Huge servings on over-sized plates and jumbo bags of snack foods can tempt us into eating when we're not really hungry. We can also eat way too much when we're distracted—like when watching TV or playing video games.

So what?

Eating more food than your body needs can make you feel too full and sluggish—not up for doing anything.

CONSIDER: Getting in touch with your hunger signals more often. Eat when you feel hungry. Stop when you've had enough—that's before you feel uncomfortably full. And turn off the screen so that you can pay attention to your feelings of fullness.

Downsizing Tip

Put snack foods into a single-serving bowl instead of eating from the package. It will help you eat the amount that is just right for you.



3

THINK DRINK

What you drink in a day can have a mind-boggling effect on your health and energy.

Unscramble the letters below to form words. Now, match the pairs and see what you're getting.

demiztivain
twear
shoimote
gyrene kidrn
apt rawet

1. _ _ _ _ _
2. _ _ _ _ _
3. _ _ _ _ _
4. _ _ _ _ _

- A. Convenient, refreshing, your body loves and needs it.
- B. Expensive, hyped-up water that gives you nutrients you already get from your food.
- C. Made at home with yogurt, milk and fruit, this is a satisfying, nutrient-rich drink. Bought in a store or restaurant, may use sugary syrups for flavour.
- D. Too much can cause sleeplessness, irritability and an irregular heartbeat.

CONSIDER: Making water your first choice most of the time. Other times, opt for nutrient-rich drinks like milk.

ANSWERS Unscrambled: 1. vitaminized water; 2. smoothie; 3. energy drink; 4. tap water. Pairs: 1-B; 2-C; 3-D; 4-A.

4

THE VEGGIE CHALLENGE

This is actually the easiest of all the small changes you can make to your eating habits.

Why? Because of the amazing variety you have to choose from. Vegetables give you a blast of vitamins, minerals and other nutrients for a healthy you.

CONSIDER: Adding a vegetable to your lunch bag for munching—the more colourful the better.

SUBLIME SUGGESTIONS

- * Juicy cherry tomatoes
- * Edamame in their pods
- * Crispy baby carrots
- * Raw broccoli flowerets
- * Red, yellow, orange or green bell pepper strips



Dip Tip

Everything tastes better with a great dip. This one takes only minutes to make.

Add a couple of spoonfuls of **salsa** to some **plain yogurt**. Stir up with a squeeze of **lime juice** and **fresh cilantro** if you have some. Awesome for dipping veggies!

5

UPGRADE YOUR SNACKS

Eating sugary snacks may just leave you hungry for more or ready to snooze at your desk. Here are a few tasty snack ideas that will help pump your energy levels.

CONSIDER: Trading your treat for a snack that has carbohydrates, fibre and protein. It will help keep you satisfied until your next meal and energized for those complex tasks that school demands.



As Easy As

1	+	2	=	3
CARBOHYDRATE & FIBRE		PROTEIN		SNACKING SATISFACTION
↓		↓		↓
Oatmeal muffin	+	Icy cold milk	=	Mini meal that keeps you revved
Crisp, juicy apple	+	Small handful of nuts	=	Great grab and go energy
Wholegrain crackers	+	Hummus	=	Delicious staying power
Tangy frozen raspberries	+	Container of yogurt	=	Tastes like dessert but gives real nutrition

MAKE SMALL CHANGES, ONE MEAL AT A TIME—TAKE A 100 MEAL JOURNEY.



NUTRITION DAIRY FARMERS OF CANADA



Organized by Dietitians of Canada and dietitians of your region

A Year of Moons

>> Adapted From: The appendix of "The Girl who Chased the Moon"

The full moon in January: The Full Wolf Moon

According to lore, under this moon, wolves would howl in hunger outside Native American villages. When the moon is full in January, people tend to eat too much, drink too much, and play too much trying to fill a winter emptiness.

The full moon in February: The Full Snow Moon

February is traditionally when the heaviest snow falls. People often dream of places they'd rather be when they sleep under a full Snow Moon.



The full moon in March: The Full Worm Moon

In the spring, the ground softens and earthworms reappear ... as do the robins who eat them. The lure of possibly getting caught while doing something daring or scandalous is hard to resist during the first full moon in March.

The full moon in April: The Full Pink Moon

This full moon marks the appearance of pink ground phlox, an early spring flower. The amount of hope in the air during a full Pink Moon makes it the best time to ask someone to marry you.

The full moon in May: The Full Milk Moon

The abundance of greenery to eat at this time of year gives cows and goats the potential to produce rich, fortified milk. People often think they are the most attractive under a full Milk Moon.



The full moon in June: The Full Strawberry Moon

June is typically when strawberries ripen and are gathered. The best time to seek forgiveness is under the Strawberry Moon. Sweetness seems to linger during this time.

The full moon in July: The Full Buck Moon

Bucks begin to grow new antlers at this time. Young men will butt heads and generally show themselves under this full July moon.

The full moon in August: The Full Sturgeon Moon

Native American lore says that the sturgeon of the Great Lakes and Lake Champlain were most easily caught during the full moon in August. This full moon tends to make people feel restless and overwhelmed.

The full moon in September: The Harvest Moon

This is the full moon nearest the autumnal equinox, bright enough to allow farmers to work late into the night, bringing in the last of their harvest. A time of introspection. People are often moody during this moon.

The full moon in October: The Full Hunters' Moon

Historically, after the harvest, with leaves falling and fields bare, it was easier to see to hunt under this full moon. If you stare at a Hunters' Moon with a question, it will become clear what has to be done.



The full moon in November: The Full Beaver Moon

Beaver traps were set during this time, before the waters froze, so furs would be in abundance for the cold months ahead. For some people, the full Beaver Moon is the last chance to do something they've wanted to do but put off, before the heaviness of winter settles over them.

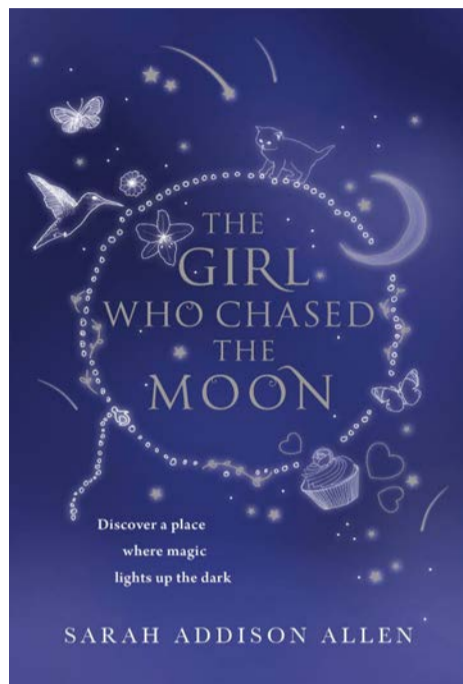
The full moon in December: The Full Cold Moon

The full moon heralding long, dark, cold nights ahead. Unquestionably the best sleeping moon of the year.

Look in a Book

“Books: a beautifully browsable invention that needs no electricity and exists in a readable form no matter what happens.” -Nicholson Baker

Fiction



The Girl who Chased the Moon: A Novel - Sarah Addison Allen

Emily Benedict has come to Mullaby, North Carolina, hoping to solve at least some of the riddles surrounding her mother's life. But the moment Emily enters the house where her mother grew up and meets the grandfather she never knew, she realizes that mysteries aren't solved in Mullaby, they're a way of life: Here are rooms where the wallpaper changes to suit your mood. Unexplained lights skip across the yard at midnight. And a neighbor, Julia Winterson, bakes hope in the form of cakes, not only wishing to satisfy the town's sweet tooth but also dreaming of rekindling the love she fears might be lost forever. Can a hummingbird cake really bring back a lost love? Is there really a ghost dancing in Emily's backyard? The answers are never what you expect. But in this town of lovable misfits, the unexpected fits right in.

Lightfinder by Aaron Paquette (Kegedonce)

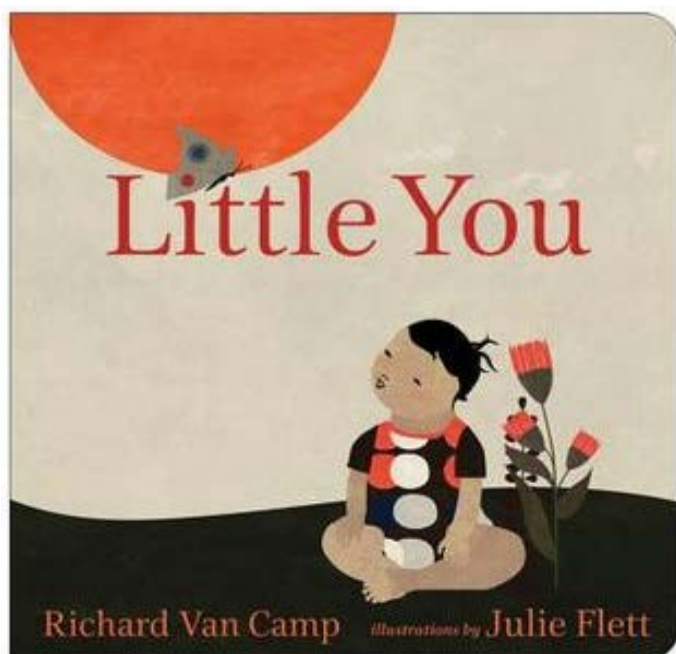
Aisling is a young Cree woman who sets out into the wilderness with her Kokum, Aunty and two young men she barely knows. They have to find and rescue her runaway younger brother, Eric. Along the way she learns that the legends of her people might be real and that she has a growing power of her own.

The story follows the paths of Aisling and Eric, siblings unwittingly thrust into a millennia old struggle for the future of life on earth. It deals with growing up, love and loss, and the choices life puts in our path. Love and confusion are in store, as are loss and pain. Things are not always what they seem and danger surrounds them at every turn.

Young Adult



Young Readers



Little You - Richard Van Camp

Richard Van Camp, internationally renowned storyteller and bestselling author of the hugely successful *Welcome Song for Baby: A Lullaby for Newborns*, has partnered with talented illustrator Julie Flett to create a tender board book for babies and toddlers that honors the child in everyone. With its delightful contemporary illustrations, *Little You* is perfect to be shared, read or sung to all the little people in your life--and the new little ones on the way!

Reading aloud can help your baby enjoy time with you, practice language and learn about the world.

Take Action to STOP A BULLY

3 R's to Reduce Bullying

>> Adapted From: <http://www.stopabully.ca/3-rs-to-reduce-bullying.html>

R

ecognize Bullying!

Increase your understanding & awareness of bullying behaviour and its effects. Recognize when you or someone you know is being bullied and take steps to make it stop.

R

efuse to be a Bully Bystander!

Most bullying will not occur if the bully does not have an "audience"...

- DO NOT Laugh if Someone is Being Teased
- DO NOT Go Watch a School Fight
- DO NOT Participate in Sending Hurtful Messages
- DO NOT Allow Students to be Singled Out
- DO NOT Laugh at Inappropriate Jokes
- DO NOT Forward Private Messages to Others
- DO NOT Participate in Spreading Rumours
- DO NOT Stand By and Do Nothing
- DO NOT Be a Bully Bystander!



All students have the right to feel safe at school - if you are a victim of witness to bullying stand up and take the action required to ensure it does not continue.

R

eport Bullying!

If you are a victim of witness to school bullying, Report It! Talk to your parent, talk to a friend, talk to a teacher, talk to the counsellor, talk to the Principal or Report it Anonymously at Stop A Bully (www.stopabully.ca). Tell someone so action can be taken to make the bullying stop.

FACT:
90% of bullying happens in front of an audience.

SOLUTION:
If it's safe to do so, speak up.
If not, walk away and tell an adult.

#ImagineNoBullying | #PinkDay
@RedCrossSK | redcross.ca/pinkSK

Would you say it to their face?
Then don't say it online.

#ImagineNoBullying | #PinkDay
@RedCrossSK | redcross.ca/pinkSK

FACT:
75% of people say they have been affected by bullying.

SOLUTION:
If your friend is being bullied be a support for them. Tell an adult what is happening.
If it is safe, speak up when you see bullying happening.

#ImagineNoBullying | #PinkDay
@RedCrossSK | redcross.ca/pinkSK



**CANADIAN
RED CROSS**

March is Red Cross month

Every year, the Canadian Red Cross observes Red Cross month in March and honours the efforts undertaken by the Red Cross Movement to fulfill the humanitarian mission of the organization as a whole.

From 2011 to 2012, the Canadian Red Cross assisted 46,719 people in Canada affected by disasters and more than 100,000 hours were devoted by Red Cross volunteers to helping those in need after disasters.

How can you celebrate Red Cross month?

If you want to be part of local initiatives, you may want to consider volunteering for an event in your area. Expressing your interest in humanitarian works is often the first step toward not only learning more about the operation of a non-profit, but also creating lasting social change that you can be proud to be included in.

5 QUESTIONS TO ASK ABOUT YOUR MEDICATIONS

when you see your doctor, nurse, or pharmacist.

1. CHANGES?

Have any medications been added, stopped or changed, and why?

2. CONTINUE?

What medications do I need to keep taking, and why?

3. PROPER USE?

How do I take my medications, and for how long?

4. MONITOR?

How will I know if my medication is working, and what side effects do I watch for?

5. FOLLOW-UP?

Do I need any tests and when do I book my next visit?



Keep your medication record up to date.

Remember to include:

- ✓ drug allergies
- ✓ vitamins and minerals
- ✓ herbal/natural products
- ✓ all medications including non-prescription products

Ask your doctor, nurse or pharmacist to review all your medications to see if any can be stopped or reduced.



Institute for Safe Medication Practices Canada
Institut pour la sécurité des médicaments
aux patients du Canada



Canadian Patient Safety Institute
Institut canadien pour la sécurité des patients

Visit safemedicationuse.ca for more information.



News Flash

AHA Nurses Conference

On March 1st & 2nd, our AHA nurses were assembled at a conference to learn and share knowledge in order to best serve our communities.

Although it was a short period of time, much ground was covered. The nurses were trained in Kaizen Basics, and introduced to the Electronic Medical Records (EMR) system on their first day. On the second day, the focus was on the new Child Health Clinic guidelines. This was followed by discussions on the Lift the Lip program, pre/postnatal depression, and breastfeeding.

The Community Tobacco Control coordinator from PAGC was also able to give a presentation, and the Laboratory Manual was reviewed to ensure proper handling of lab samples.



Go! Students for Positive Change Return for 2016

The young people from Uranium City are back in action, and have recently returned from their trip to Saskatoon for the 2016 WE Day.

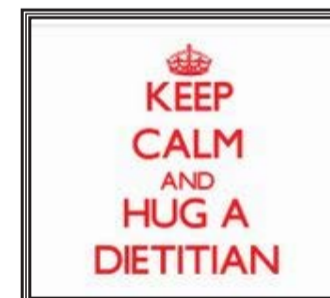
WE Day is a celebration of youth making a difference in their local and global communities. WE Schools is the yearlong program that nurtures compassion in young people and gives them the tools to create transformative social change.

Stay tuned for an update in next month's newsletter!



March 16 is Dietitian's Day!

Once a year, a special day is dedicated to all dietitians across Canada. It celebrates dietitians as health care professionals, committed to using their specialized knowledge and skills in food and nutrition to improve the health of Canadians. Pamela Huerto is your local dietitian!



National Nutrition Month



Nutrition Month Events

For nutrition month, events will be held at the Northern stores in the Black Lake, Fond du Lac & Stony Rapids communities.

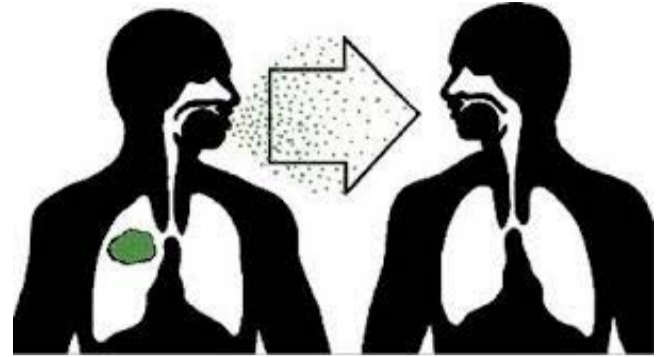
- Free food samples!
- Free cookbooks!
- Free samples of a super ingredient!
- Meet your local dietitian!

Black Lake - March 15th @ 1:30pm
 Fond du Lac - March 24th @ 1:30pm
 Stony Rapids - March 29th @ 1:30pm

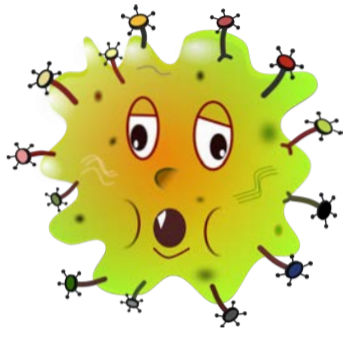
The Difference Between Latent TB Infection and TB Disease

What is TB?

Tuberculosis (TB) is a disease caused by a germ called *Mycobacterium tuberculosis* that is spread from person to person through the air. TB usually affects the lungs, but it can also affect other parts of the body, such as the brain, the kidneys, or the spine. When a person with infectious TB coughs or sneezes, germs are expelled into the air. If another person inhales air containing these germs, he or she may become infected. However, not everyone infected with TB bacteria becomes sick. As a result, two TB-related conditions exist: latent **TB infection** and **TB disease**.



What is Latent TB?



Persons with latent TB infection do not feel sick and do not have any symptoms. They are infected with *M. tuberculosis*, but do not have TB disease. The only sign of TB infection is a positive reaction to the tuberculin skin test or TB blood test. Persons with latent TB infection are not infectious and cannot spread TB infection to others.

Overall, without treatment, about 5 to 10% of infected persons will develop TB disease at some time in their lives. About half of those people who develop TB will do so within the first two years of infection.

Of special concern are persons infected by someone with extensively drug-resistant TB (XDR TB) who later develop TB disease; these persons will have XDR TB, not regular TB disease.

A Person With Latent TB Infection:

- Usually has a skin test or blood test result indicating TB infection
- Has a normal chest x-ray and a negative sputum test
- Has TB bacteria in his/her body that are alive, but inactive
- Does not feel sick
- Cannot spread TB bacteria to others
- Needs treatment for latent TB infection to prevent TB disease; however, if exposed and infected by a person with multidrug-resistant TB (MDR TB) or extensively drug-resistant TB (XDR TB), preventive treatment may not be an option

A Person With TB Disease:

- Usually has a skin test or blood test result indicating TB infection
- May have an abnormal chest x-ray, or positive sputum smear or culture
- Has active TB bacteria in his/her body
- Usually feels sick and may have symptoms such as coughing, fever, and weight loss
- May spread TB bacteria to others
- Needs treatment to treat TB disease

Persons with TB disease are considered infectious and may spread TB bacteria to others. If TB disease is suspected, persons should be referred for a complete medical evaluation. If it is determined that a person has TB disease, therapy is given to treat it. TB disease is a serious condition and can lead to death if not treated.

>> Adapted from <http://www.cdc.gov/tb/publications/factsheets/general/ltbiandactivetb.htm>



Do it for me! Help my Generation be TB Free! Taking treatment for TB infection stops TB from spreading to our children and our community!

Upcoming Events:

STONY RAPIDS

- Mar 8 & 10 - Grief Support Group @ Stony Rapids School 7:00-8:30pm
- Mar 29 - Nutrition Month Event @ Northern Store - 1:30pm
- Mar 31- Apr 3 - Carnival
- Saturdays - Recreation Nights - 7:00pm @ Stony Rapids School gym

BLACK LAKE

- Mar 14-20 - Carnival
- Mar 15 - Nutrition Month Event @ Northern Store - 1:30pm
- Mondays - AA Meetings 7:00pm-9:00pm
- Thursdays - Women's Domestic Violence H.O.P.E. Group Meetings Health Clinic @ 6:00pm-9:00pm

FOND DU LAC

- Mar 7-13 - Carnival
- Mar 24 - Nutrition Month Event @ Northern Store - 1:30pm
- Women's Group - Mondays

URANIUM CITY

CAMSELL



- Red** Apple
Watermelon
- Green** Avocado
Broccoli
Kiwi
Peas
- White** Chicken
Mushroom
Onion
Popcorn
Rice
- Yellow** Yogurt
Banana
Lemon
Pineapple
- Orange** Mango
Orange
Salmon
- Purple** Beets
Eggplant
- Brown** Beef
Oatmeal
Tuna
Walnuts
- Multi-Colors** Beans
Pear
Peppers
Squash



Cooking on a Budget

Ingredients:

- 2 tsp (10 mL) vegetable oil (pantry)
- 1 onion, chopped (0.88)
- 1 sweet green pepper, chopped (\$3.24)
- 2 cups (500 mL) grated (unpeeled) potatoes (\$2.06)
- 6 eggs (\$2.52)
- 2 tbsp (30 mL) water (free)
- 1/4 tsp (1 mL) salt (pantry)
- 1/4 tsp (1 mL) pepper (pantry)

Total cost: \$8.70 Cost per serving (Serves 4): \$2.18

>> Item prices from Stony Rapid stores - Recipe adapted from CanadianLiving.com



Tip:
Serve the omelette with a favourite warm chunky pasta sauce.

Directions:

- 1 In 8-inch (20 cm) nonstick skillet, heat vegetable oil over medium-high heat; cook chopped onion, green pepper and grated potatoes, stirring often, for about 15 minutes or until potatoes are golden brown.
- 2 Meanwhile, whisk together eggs, water, salt and pepper; stir into vegetable mixture. Cook over medium heat, stirring gently with wooden spatula, for about 30 seconds or until starting to set. Cook, without stirring, for about 2 minutes longer or until bottom is golden. Slide omelette onto large plate; invert pan over plate and invert again to turn omelette. Cook for 1 to 2 minutes or until knife inserted in centre comes out clean. Cut omelette into quarters.

Nutritional Information Per serving: about

cal 196	pro 11g	total fat 10g	sat. fat 3g
carb 16g	fibre 2g	chol 322mg	sodium 244mg
% RDI:			
calcium 5	iron 16	vit A 16	vit C 55

