

# First Nations Telehealth Network

Monthly Newsletter

May 2018

## NEWS

# 2811

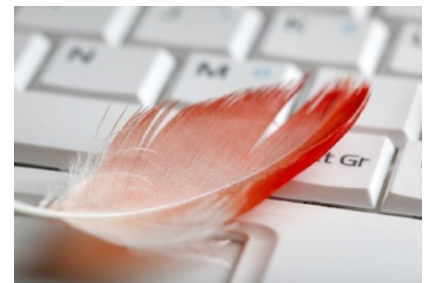
In 2017/2018 there was a total of **2811 hours** of usage on the First Nations Telehealth Network.

That is **117 days** straight of videoconferencing!!!!

## WELCOME

April was the start of the ***Trauma Information Series***. This series has provided attendees with information on trauma, abuse and treatment options. If you have missed the first two sessions, we still encourage users to attend the remaining sessions in the series. Don't forget to register below for the third session in the series: ***Trauma 101***. The First Nations Telehealth Network has also partnered with several prominent organizations to provide First Nations Telehealth Network users with a new installment of the ***Fentanyl Information Series***. More information on this series can be seen below.

The First Nations Telehealth Network experienced a scheduled outage on April 23. The updates did not proceed as planned due to some unexpected technical errors therefore another network outage will be taking place. The upcoming outage will take place in late June and/or early July. A specific date is yet to be scheduled. Further information will be posted on the First Nations Telehealth Portal and an email to all subscribers will be sent out with all the details.



## NEWSLETTER BREAK

The First Nations Telehealth Network will not be sending out a newsletter during July and August. We will be using this break to revitalize our network communications. During this time you can access all our Telehealth services and find any important information on the First Nations Telehealth Portal ([www.firstnationsth.ca](http://www.firstnationsth.ca))

## FENTANYL INFORMATION SERIES

### Update on the Opioid Crisis in Alberta First Nations

Focus on Naloxone

May 10, 2018

10:00 am—Noon



Join us on May 10 to discuss updated information on the current opioid crisis in Alberta. This session will provide users with newer information on the impacts of Fentanyl within First Nations in Alberta. This update will include changes about the naloxone programs available to communities.

***This session will include:***

1. Increase understanding of the impact of the opioid crisis on reserve in Alberta
2. Review how opioid overdose prevention is being supported through Alberta Health Services Community Based Naloxone Program
3. Discuss common questions related to overdose prevention, including the role of Intranasal Naloxone

**Presenters**

- Dr. Chris Sarin, Deputy MOH and Opioid response lead for FNIHB Alberta
- Amy Woroniuk, Director, Harm Reduction, Communicable Disease Control, Population, Public and Indigenous Health Alberta Health Services
- Jacqueline Ming, Regional Pharmacist, FNIHB AB

**How to Register:**

To register for this session visit the First Nations Telehealth Portal ([www.firstnationsth.ca](http://www.firstnationsth.ca))

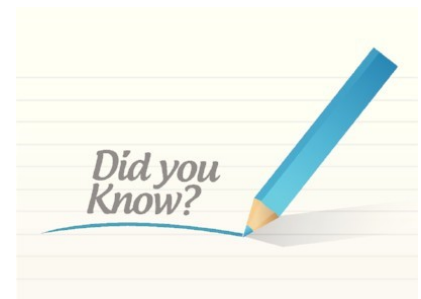
For more information on the upcoming sessions in the *Fentanyl Information Series* subscribe to the First Nations Telehealth Network today!



**SURVEY REQUEST**

The First Nations Telehealth Network needs your help! Please consider filling out this short survey. All information and feedback is valuable in helping us provide communities with important services and information. The following survey can be completed online and will take less than 5 minutes of your time.

[Click here](#) to take the survey



**LIVE STREAM**

The First Nations Telehealth Network offers live web streaming from your computer for most education sessions. If you are unable to attend an education session from your videoconference equipment, just contact our offices to see if you can attend via live stream

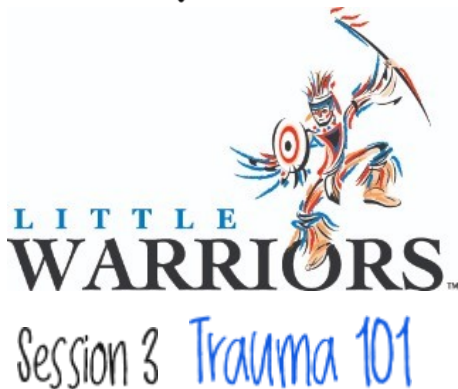
# TRAUMA INFORMATION SERIES

First Nations Telehealth Network

&

Little Warriors Presents:

Trauma Information Series



May 17, 2018

10:00 am—Noon

Join us for the third session in the **Trauma Information Series**. This session, titled **Trauma 101**, will focus on the different types of trauma for and individual, family, as well as larger community and the impacts across the spectrum of what is defined as “trauma”. Inter-related issues of addictions, family dysfunction, and mental health will be briefly presented. We will discuss evidence-based treatment interventions relating to brain science and briefly review the key principles of trauma-informed care.

## Learning Outcomes

- Understand what “trauma” is
- Learn about the different types of trauma
- Treatment interventions for trauma and a basic understanding of trauma informed care

**How to register:** Visit [www.firstnationsth.ca](http://www.firstnationsth.ca) to register

Join Our  
Mailing List!

Join our electronic mailing list to get the following right to your inbox:

- Emails on recently added sessions
- Reminders on upcoming education session deadlines
- Electronic version of the monthly First Nations Telehealth Newsletter
- Important information on upcoming sessions and information on the FNTN



**I attended a videoconference and was told I would be getting an email with handouts and an evaluation. I haven't received this email. What do I do?**

You will only receive an email regarding a session if you registered for the session and provided to your email upon registering. All registrations are done online on the First Nations Telehealth Portal. If someone else from your site registered and you just attended in the room they booked, you will not receive an email. In order to receive an email, you must sign up individually for the session. Just simply register the site you are attending from. If you have registered with your email and still did not receive any correspondence contact our offices.

## FEATURED TELEHEALTH SESSIONS



### Simplifying Breastfeeding- Part 2

June 4, 2018  
10:00 am - Noon

**Speaker:** KC Zagrodney, Lactation Consultant, Stoney First Nation

**Target audience:** CHR, Nurse, Dietitian

This 1 hour presentation is the second of a two part series on breastfeeding. KC will talk about what to expect in the first few days of breastfeeding and beyond. Following the presentation, you will have an hour for asking questions.

**Outline:**

- Feeding cues
- First few days
- Is baby getting enough
- Medical reasons to supplement
- Expected diapers
- Breastfeeding problems – sore nipples, latch
- Expressing breastmilk

**Did you miss Part 1?** Simplifying Breastfeeding was recorded and will be available to view on the First Nations Telehealth Portal

**How to register:** Visit [www.firstnationsth.ca](http://www.firstnationsth.ca) to register



### VIDEOCONFERENCE STATS

Do you want to know how much your equipment is being used and what sessions its being used for? You can request to view your videoconference stats!

**Who can request these numbers?**

- Health Directors
- Real Presence Users
- Tribal Council Directors

***Please Note:*** You can only request numbers for your office/health centre/Real Presence account. You will not be able to request and view other communities information.



### FOR MORE SESSIONS..

Visit the First Nations Telehealth Portal to view a full calendar of all upcoming sessions.

[www.firstnationsth.ca](http://www.firstnationsth.ca)

## TRAINING VIDEOS

The First Nations Telehealth Network provides access to training 24/7. You can access pre-recorded training videos on the First Nations Telehealth Portal. These training sessions provide viewers with in depth training on:

- How to use the equipment
- How to register for sessions
- How to use the First Nations Telehealth Portal

These videos are perfect for new employees or just anyone needing a refresher on the equipment. Click below to view the training library

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There are over **363** recorded *Education Sessions* available to watch on the First Nations Telehealth Portal!

To view any of the recorded sessions visit [our website](#) today!

## CONTACT US



### First Nations Telehealth Network

1-888-999-3356  
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[www.firstnationsth.ca](http://www.firstnationsth.ca)

*This newsletter is sent electronically to all subscribers of the First Nations Telehealth Network. Some features are not available in the PDF versions of this newsletter. To receive an electronic copy right to your inbox, subscribe to our webpage today!*