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Speaker Series Summary

2015-2016 marked the start of the 6th Annual Telehealth Speaker Series. This year's series was centered on the concept of the Four Elements. Each "element" had 2 sessions touching on topics related to health, safety or culture.



As this series has ended we begin the process of planning the next one. Is there a particular topic you would like to learn more about or a speaker you would like us to host? If so, please let us know! We want to organize sessions that you would be interested in attending so any ideas and suggestions are welcome.

Look for a detailed Speaker Series breakdown in the next issue of the Telehealth Newsletter

Fentanyl Information Series

Session 1 of 4 : Update on Fentanyl in Alberta– Focus on First Nations

Date: April 13th

Time: 10:00 to 11:30

Featuring Dr. Nicholas Etches, Medical Officer of Health for Calgary Zone of Alberta Health Services and Dr. Chris Sarin, FNIHB Lead of Fentanyl Response.

This session will include:

- Update on the Fentanyl Crisis in Alberta
- Review of the latest provincial data on the impact of Fentanyl
- Discussion of the evidence for the Take Home Naloxone program, which is designed to lower the rate of opioid overdose deaths in Alberta
- Discussion of the FNIHB/FN components of the Take Home Naloxone program

Target Audience- All those involved in mental health, addictions, and preventive programs on reserve in Alberta, including Health Directors, NNADAP staff, Front Line Workers, leadership and other band staff (non-Health).

Presenters- Series Moderator will be Dr. Chris Sarin, FNIHB lead of Fentanyl Response. Supported by David Turner- AHS Aboriginal Health Program, and Trish Hanson Alberta Health Take Home Naloxone Program.

This series will be recorded for later viewing. Further sessions will follow later in the Spring of 2016. Subscribe to the First Nations Telehealth Portal for updates on when the next sessions will occur.

FNTN and the Arthritis Society Presents

Arthritis 101: Learning about the common types of arthritis and their treatments.

Date: April 28th, 2016

Time: 10:00—11:30

This session will provide information about the most common types of arthritis that people can develop (osteoarthritis and inflammatory arthritis) and how they are detected. In addition, we will talk about how arthritis affects people's lives and what treatment options exist to decrease its negative effects. By the end of this session, participants will be able to:

- 1) Recognize the difference between osteoarthritis and inflammatory arthritis manifestations.
- 2) Characterize the burden of arthritis on First Nation peoples' lives and function.
- 3) List the best options available to manage osteoarthritis and rheumatoid arthritis.

Presenters:

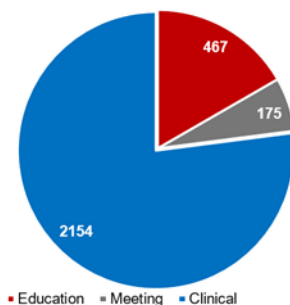
Dr. Cheryl Barnabe

Assistant Professor, Departments of Medicine and Community Health Sciences, University of Calgary
Rheumatologist, Alberta Health Services

Dr. Adalberto Loyola Sanchez, MD, MSc, PhD Postdoctoral Scholar *Cummings School of Medicine*, **University of Calgary**



Education, Clinical and Meeting Usage April 1, 2015 – December 31, 2015*



Community Video Conference Reports

Telehealth usage reports are compiled and sent out to communities on a quarterly basis. The reports are community specific and detail how often a community has participated in an educational, clinical or meeting session. A general overview of usage is also sent out. This provides communities with an opportunity to see types of sessions provided over videoconference and compare frequency of usage. Included above is an example of graph included in the general report. The graph above highlights usage from April 2014- March 2015.



Community Highlight

Has Telehealth had a positive impact within your community? Do you know of any patient success stories that occurred because of Telehealth. Share your story with us and have it featured in next month's issue!

New Videoconference Equipment

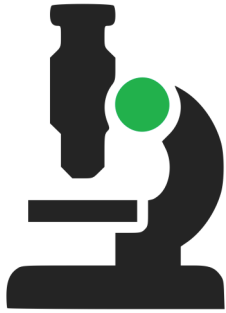
In late 2015 and early 2016, First Nations Telehealth Network was given the opportunity to evergreen some of the older existing equipment on the network. Since November 2015, over 51 units have been changed over.

Some of the features of this new equipment are:

- Slimmer remote with rechargeable
- Smaller video conferencing system
- Compatible with new clinical peripherals
- Ability to have multiple calls at once (500 Series only)
- Easier content sharing capabilities



Regardless if your community has the existing equipment or was given a new system, this will not affect any video conferencing capabilities. The distribution of the new equipment was based on age of the existing system and the usage of the equipment over the past fiscal year.



Under the Microscope with Dr. Sarin

Thanks for your interest in the Newsletter. This month's column will provide a brief background on a very serious public health issue and invite your input into our efforts to ensure accurate information is in the hands of First Nations people. Fentanyl is a highly toxic opioid medication, in the same family as morphine or heroin, that is increasingly being illegally manufactured and distributed in Alberta. It comes in many different forms, including in pill format where it may be sold as counterfeit oxycodone. Drug users at times are not aware that they are taking Fentanyl and the concentration of the drug being taken is highly variable.

The issue of grave concern is that Fentanyl has a markedly increased rate of overdose deaths as compared to other street drugs. Last year there were 272 deaths in Alberta linked to Fentanyl use and this is a significant increase from prior years.

There is an effective intervention called Take Home Naloxone that can reduce overdose deaths. Ensuring that First Nations are full participants in the province wide Take Home Naloxone program is a priority. It has been well demonstrated that drug users, bystanders, family members and the general public can be easily trained to recognize an opioid overdose and administer this medication and save lives. That is why distribution of Naloxone kits is such an important component in the Fentanyl response.

Our team at TSAG is busy developing a targeted Telehealth series related to the ongoing Fentanyl crisis in Alberta. We have received feedback from the sessions that were offered through Alberta Health Services (and still available for viewing on the Telehealth portal) that more information targeted specifically to First Nations is needed. We are aware that a number of First Nations are working with FNIHB, AHS, and other organizations to increase access to Take Home Naloxone. The first session in the Fentanyl Response Series will occur on April 13th at 10am. Please contact First Nations Telehealth Network to register. More information on this session and other sessions in the series can be found above in this newsletter or online at the First Nations Telehealth Portal.

We believe that all First Nations need to prepare for the arrival of Fentanyl in their community and that these sessions will be of value in supporting the community response. Please provide suggestions related to Fentanyl, Take Home Naloxone, or any other topic of interest by emailing First Nations Telehealth Network at vhelpp@firstnationsth.ca or by phone at 1-888-999-3356.

Until next time,

Christopher Sarin MD CCFP FRCPC



Lunch and Learn Presentation

On March 8, 2016 the First Nations Telehealth Network was requested to participate at Health Planning and Management Continual Learning and Information Sharing Workshop, 2016. It was a great opportunity to share a brief introduction to the First Nations Telehealth Network to an audience from across the province. The presenters for the event were Amal Hassen (Telehealth Program Officer) and Brittani Norstrom (Telehealth Scheduling and Admin). During the presentation Brittani and Amal discussed the following topics and provided a brief

First Nations Telehealth Network is....

On-site support

First Nations Telehealth contracts technicians to be at each Health Centre either monthly or bi-monthly. During this visit each piece of video conferencing is tested to ensure it is functioning properly. The following is tested during each visit

- Camera movement
- Remote function
- Connecting to a call
- Audio quality

We may also request the technician to take an up to date picture of the equipment so our technicians who are in the office can offer better customer service when a troubleshooting phone call comes in on the support line. All this information is then kept on our internal equipment management system so we have as much current and up to date information to help all users.





Questions Corner

In early March, First Nations Telehealth Network brought on a new team member. Taylor is a welcome addition to the group as a Bridge Operator. Read below to find out a more about Taylor!

1. What is your role within Telehealth

My role is the First Nations Telehealth Bridge Operator, I manage the videoconferences between health centres, doctors and patients, ensuring that everything goes smoothly. I also setup and configure new videoconferencing equipment to be deployed to health centres and other sites.

2. What do you think the benefits of Telehealth are?

The benefits to Telehealth seem apparent, improved overall efficiency concerning time, cost, and availability. You no longer have to spend time and money traveling by car or plane to visit a doctor if you live in a remote location, additionally people who may have not otherwise been able to have consultations with a medical professional due to immobility, cost or other now have a much more convenient method of communication. Convenience is also a bonus as you can run a large scale meeting at a multitude of remote sites at the same time, which may never have been possible if you wanted to have it all in person. I'm sure the possibilities are continually growing.

3. If you could pick a super power what would it be and why?

If I were to have a superpower, it would be telekinesis; that way I could just use my mind to do everything from typing to travelling to tinkering.

First Nations Telehealth Speaker Series: The Four Elements



The First Nations Telehealth Network is pleased to present the annual First Nations Telehealth Speaker Series. This year the speaker series will look to dive into the four elements (earth, water, fire and air) and see how they relate to First Nations in Alberta. Each element will be broken down into two sessions which include cultural significance and health and safety. The series will run from October 2015 to April 2016.

To register for upcoming sessions in this series, [click here](#) to visit the Telehealth Calendar page.

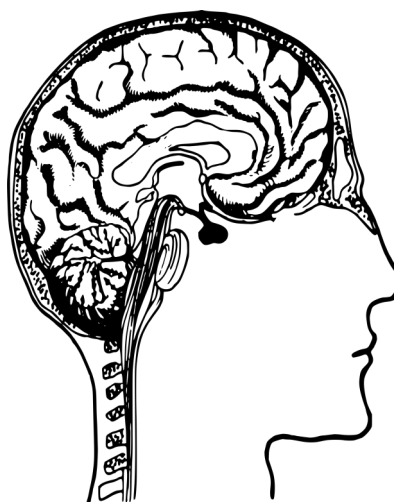
First Nations Telehealth Portal

The First Nations Telehealth Portal is a publicly accessible website where all videoconference information for the network can be found. There is a calendar to see all upcoming Telehealth events, a directory to access all sites and a video archive. Recently through feedback from communities, First Nations Telehealth Network has added a Telehealth Series page. In this section, just simply click on the picture associated with the specific series. From there the page will expand to reveal all the handouts, videos and registration information associated with all the sessions of that specific series.

Health Fair Information

Is your community health centre hosting a health fair this spring? First Nations Telehealth Network would be happy to participate and share valuable information on Telehealth and TSAG programs.

Telehealth is an easy way to attend clinical appointments without having to travel and leave your community. It also allows health centre staff and community members to attend FREE education sessions. If you are interested in having First Nations Telehealth attend your health fair contact our team at 1-888-999-3356.





First Nations Technical Services Advisory Group Inc.



2016

**13th Annual TSAG
Golf Tournament Fundraiser**

**Wednesday, June 22nd, 2016
Cougar Creek Golf Resort
2519 - Highway 1b
Carvel, Alberta**

**Registration: 7:30 AM
Shotgun Start: 8:30 AM**

Entry Fee: \$1000 per Team
Includes:
18 holes with cart
BBQ Dinner
Prizes for Every Golfer
Hole-in-one Prizes
Men's and Women's KP Jackpots

CALL FOR SPONSORS & REGISTRANTS!

All proceeds go to TSAG Youth Initiatives for Alberta First Nations, including our 8th Annual Environmental Youth Camp!

SPONSORSHIP OPPORTUNITIES:

- Hole sponsors
- Eagle, birdie, and hole-in-one sponsors
- Lunch sponsors



We are also seeking **GIFT CERTIFICATES** and **MONETARY DONATIONS** to purchase great prizes for each hard-working golf team!

To become a sponsor today, call TSAG at 780.483.8601





We Want to Hear From You!

First Nations Telehealth Network encourages involvement from all communities and its members. If you have any questions or want to contribute material for our next newsletter, please contact us! Feedback is always welcome.

Phone: 1-888-999-3356

Email: vchelp@firstnationsth.ca

Telehealth Scheduling & Admin

Monday-Friday 8:00 am-12:00 pm, 1:00 pm-4:30 pm

Telehealth Bridge & Technical Support: