



TSAG PRESENTS

# First Nations Telehealth Network

January 2017

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Happy new year and welcome back from TSAG! We would like to welcome the two new hires to the Telehealth team. Justin and Lawrence have joined the scheduling and bridging teams and we are excited to have them!

February is shaping up to be a very busy month for video conferencing. With a few First Nations hosted sessions, this month is sure to be a very educational month.

You will be able to find out more information about upcoming sessions later on in this newsletter or by visiting our website at <http://www.firstnationsth.ca/>

Wishing you a very Happy New Year,

First Nations Telehealth Network

# Upcoming Sessions Calendar

February 2017				
Mon	Tue	Wed	Thu	Fri
		1	2 FNTN and Street works Present: Harm Reduction and Drug Use	3
6 Lunch and Learn Street Drug Trends With Detective Harris	7	8 Growth Monitoring for infants and Children—Public Health	9 FNTN and Thunderbird Partnership Foundation Present: Honoring our Strengths: Relying on Indigenous Culture to Promote Wellness	10
13	14	15 Palliative Care Education for Health care Aides—North Zone  AUA Sleep and Dementia  FNIHB STTBI Presents: HIV—What's New!	16	17
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27	28 FNIHB CDC Presents Immunization Program Overview			

# FNIHB PRESENTS

## FNTN and Streetworks Present: Harm Reduction and Drug Use

**Date:** February 2nd

**Time:** 10:00—11:30

**Session Description:** This session will explain Harm Reduction from both a policy and practice perspective. It will examine international perspectives, discuss the topic of "addictions", and look at specific substance use as an example on how to put theory into practice.

### Learning Outcomes:

The participants will:

- Gain an understanding of Harm Reduction theory and practice
- Discuss substance use from a Harm Reduction perspective
- Recognize when Harm Reduction interventions are the most useful

### Speaker Information:

Marliss Taylor, RN, BScN, Program Manager,  
Streetworks (Edmonton)

Registration Link: <http://www.firstnationsth.ca/Home/RegisterVC.aspx?eid=10472>



# FNIHB PRESENTS

## FNTN and Thunderbird Partnership Foundation Present: Honoring Our Strengths: Relying on Indigenous Culture to Promote Wellness

### Summary of Keynote Address:

The Indigenous Wellness Framework relies on Indigenous culture and knowledge to describe Hope, Belonging, Meaning and Purpose as critical indicators of wellness of a whole and health person. These indicators have been identified from sacred indigenous knowledge and from community based knowledge rather than from academic knowledge. Because this knowledge comes from community then it makes sense that Hope, Belonging, Meaning and Purpose are concepts that also indicate wellness for families and indigenous communities as well as individuals. This keynote address will provide an overview of the Indigenous Wellness Framework and the meaning of measurable indigenous mental wellness indicators. It is hoped that this description will offer support for Indigenous knowledge within community programs and services, supported by Elders and Indigenous Cultural Practitioners.

### **Learning Objectives:**

At the end of this keynote, participants will have:

1. Increased knowledge of an indigenous framework with indicators of wellness
2. Increased knowledge of how the Framework can be used to help guide the design and delivery of mental wellness programming that meets Indigenous community needs and priorities.
3. Knowledge on how to access the indigenous wellness assessment instrument.

**Presenter:** Carol Hopkins, Executive Director, Thunderbird Partnership Foundation



**Date:** February 9th

**Time:** 10:00—11:30

**Registration Link:** <http://www.firstnationsth.ca/Home/RegisterVC.aspx?eid=10477>

## FNIHB STTBI Presents: HIV - What's New!

**Date:** February 15th

**Time:** 09:00 ~ 11:00

**Session Description:** This session will provide information on new information on HIV in the areas, transmission, risks, testing, prevention included PEP (Post Exposure Prophylaxis), PrEP (Pre Exposure Prophylaxis), Treatment as Prevention, UNAIDS 90-90-90 solution, Canada and FNIHB Alberta response. Learning about the new advances in HIV including looking at how risks calculate into acquiring/transmitting HIV.

**Learning Outcomes:** By the end of this session, participants will be able to:

- Recognize the various risk factors to acquiring HIV.
- Importance of early testing
- Changes in HIV testing
- Treatment
- The various types of prevention
- Benefits of: the UNAIDS 90-90-90 solution and Canada and FNIHB AB Region perspectives

**Presenter:** Karen Saganiuk RN BScN, STBBI Prevention Program Coordinator, FNIHB AB Region

Registration Link: <http://www.firstnationsth.ca/Home/RegisterVC.aspx?eid=10543>

## FNIHB CDC Presents: Immunization Program Overview

**Date:** February 28th

**Time:** 13:00 ~ 15:00

**Session Description:** Open to all staff involved in immunizations or education/follow-up relating to immunizations

**Learning Outcomes:**

- Understand how vaccines work (including AEFIs)
- Review current immunization program

**Presenter:** Ruth Richardson

Registration Link: <http://www.firstnationsth.ca/Home/RegisterVC.aspx?eid=10541>



# FNIHB PRESENTS

## FNTN and Arthritis Society Present: Skin, Tendons, Entheses and Joints: Psoriasis and Psoriatic Arthritis Affect Them All!

**Session Date:** February 23rd

**Time:** 10:00 — 11:30

Where: Video Conference

Registration Link: <http://www.firstnationsth.ca/Home/RegisterVC.aspx?eid=10377>

**Session Description:** Psoriasis is a common inflammatory disease involving the skin, while Psoriatic Arthritis is characterized by inflammation of tendons and entheses, as well as peripheral and spinal joints. This session will provide key points to identify Psoriasis and Psoriatic Arthritis through history, physical examination, and investigations. Treatment goals and algorithms will also be introduced.

### Learning Outcomes:

- Recognize the features of psoriasis
- Recognize the features of psoriatic arthritis
- Initiate an initial work-up to confirm the diagnosis of psoriasis and psoriatic arthritis
- Be familiar with the initial treatments for psoriasis and psoriatic arthritis

### Speakers:

Cheryl Barnabe, MD MSc FRCPC

Dr. Vimal H. Prajapati, MD, FRCPC, DABD

Registration Link: <http://www.firstnationsth.ca/Home/RegisterVC.aspx?eid=10377>





# **Community Success Story**

## **Frog Lake First Nations**

*"Source Water Protection Planning is integral for all First Nations; we need to ensure that there are healthy water bodies for future generations."*



First Nation communities in Alberta face many challenges to accessing clean drinking water. According to Health Canada, as of November 28, 2016, there were 10 public and semi-public Boil Water Advisories (BWA) in First Nation communities in Alberta. BWAs exist for a variety of reasons from damaged or inadequately maintained cistern/holding tank to inadequate disinfection at the treatment plant. Adequate treatment of water is an absolute necessity, but to ensure clean and healthy drinking water it is best to be proactive and start at the source. Source water refers to the lakes, rivers and aquifers where communities get their drinking water.



Young Water Monitors, Frog Lake First Nation (2013)

***“What we learned was to better protect our water at the source and to effectively reduce the impact of on and off reserve land use activities, we needed a strategy or a plan, a Source Water Protection Plan (SWPP).”***

Frog Lake First Nations 121 & 122 are located next to Frog Lake in northeast Alberta (Treaty 6) and are home to 1,788 on-reserve members. “Over the years,” says Kendra Quinney, GIS Technician at Frog Lake Lands Department, “we have noticed an increase in oil and gas activity and a decrease in our water levels. On top of that, our nation is growing and more and more new houses are being built, putting more pressure on our water systems.”

As a result of concern for the source of their drinking water, Frog Lake First Nation partnered with TSAG on the Young Water Monitors project in 2013. “The goal of the project was to start a community-based water monitoring program in Frog Lake,” says Kendra, a project participant. “What we learned was to better protect our water at the source and to effectively reduce the impact of on and off reserve land use activities, we needed a strategy or a plan, a Source Water Protection Plan (SWPP).”

A national assessment of on-reserve drinking water systems confirmed in 2011 that most First Nations in Canada did not have a SWPP, and only one existed in Alberta. This identified gap motivated TSAG to collaborate with Indigenous and Northern Affairs Canada (INAC) and Dr. Bob Patrick from the University of Saskatchewan to develop a First Nation on-reserve SWPP guide and template. The guide and template was piloted first with Siksika Nation in south-east Alberta in 2012, and in 2013, Frog Lake First Nation came on board.



Frog Lake First Nation SWPP Working Committee



After four months of meetings, the working committee, with representatives from health, public works, education, and lands departments including Kendra, the plan champion, completed the 5 steps of the SWPP process. Since then, the working committee has implemented several management actions from their SWPP including placing a 250 m buffer around the lake, developing a waste transfer station, decommissioning a number of commercial underground fuel tanks, and organizing an annual cistern cleaning program. "In 2015, there were 189 private water system BWA issued in Frog Lake. A lot of these BWAs were the result of inadequately cleaned/maintained cisterns, which is the responsibility of the homeowner. This year, we tested 123 houses and only half were contaminated (59), which is a considerable improvement," reports Kendra.

In addition, they have initiated a Traditional Land Use (TLU) study, a feasibility study on alternative drinking water sources for Frog Lake First Nations, a landfill survey to test for leachate and a survey of ground water sources - three test wells were drilled and four underground aquifers were located. "We had one oil and gas energy company propose to do a project not even 20 m from the spring that feeds our source water," Kendra highlights. "A SWPP in this case gave us the leverage to challenge their proposal which in the end, was not approved."

***"A SWPP in this case gave us the leverage to challenge their proposal which in the end was not approved."***



But with project success, often comes challenges and lessons learned. A strong SWPP working committee ideally has participants with backgrounds in environmental health, public health, solid waste management, and community planning, as well as youth and elder representatives. “Bringing all these people together creates the best SWPP; however, it can be challenging to juggle schedules and other commitments to have everyone come to meetings,” says Kendra.

A SWPP in most cases requires a plan facilitator and resources for elder honorarium and lunches. Fortunately, TSAG was awarded funding in 2016 to continue supporting interested First Nations in Alberta in the development of SWPP through providing a plan facilitator and support resources to participating Nations. TSAG plans to engage with at least 30 more First Nations in Alberta over the next 2-3 years.

Kendra recommends to other First Nations who are interested in developing a SWPP to get youth involved and include them in the planning process, as they are the future leaders of the community. “SWPP is integral for all First Nations; we need to ensure that there are healthy water bodies for future generations.”

For more information about SWPP, please contact Laura Machial at [lmachial@tsag.net](mailto:lmachial@tsag.net) or 780.483.8601.



Kendra with Lea Quinney, Frog Lake Lands Department & Laura Machial, TSAG

## Video Conference Training

First Nations Telehealth is happy to provide another method to learn about video conference units. This training is great if you are new to video conferencing or if you just need a refresher on using the equipment. The training is located on our new training tab, on our website <http://www.firstnationsth.ca/>, and can be accessed any time.

From there you can learn:

1. How to turn the equipment on and off
2. How to use the video conference equipment (Including remote, camera and microphone us)
3. How to make a call
4. How to register for an upcoming session and what to do when registered
5. How to navigate and use the First Nations Telehealth Portal

All of this can be done by watching **Short and Simple Training Videos** any time.

If you have any further questions please contact our telehealth scheduling team at 1-888-999-3356 (option 2 then 2 again) or by email at [vhelph@firstnationsth.ca](mailto:vhelph@firstnationsth.ca)

### Did you know?

The First Nations Telehealth Network Portal has a large library of archived videos and handouts for public view. If you have ever missed a session or are interested in learning about a topic check our library! The First Nations Telehealth Network has over 90 sessions to view at any given time!

Visit [www.firstnationsth.ca](http://www.firstnationsth.ca) to find our more!

## Frequently Asked Questions

### How do I know when I am connected to a session?

When connected to a session, you should see the presenting site and/or their content (if applicable). If you are scheduled to be in a session but you only see yourself on the TV or you see a black screen contact the First Nations Telehealth Network at 1-888-999-3356.

### Who do I call if I am having technical issues?

If you experience technical difficulties call the FNTN at 1-888-999-3356. This is an automated number; option 2, option 1 will direct you to immediate technical support. Option 2, option 2 will direct you to scheduling.



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Follow us for up to date information on  
TSAG and the First Nations Telehealth Net-  
work as well as receive advertisements on  
upcoming sessions.

LIKE OUR PAGE TODAY!

@FNTSAG



# Telehealth Games



H C N D J A R S W S T E E F N  
 E W O R R N U H F O T H I S Z  
 A S I B U X A Q Y A R R F D T  
 L C T Z E P R X R B W K V G B  
 T M U X P Y A B Q E A Z O T J  
 H N L Y A U E I N X I B S U I  
 Y U O G O L Y E K J R P Y J T  
 A M S N E F X X K M P T K A N  
 N Q E C X P J I N U D I X X E  
 E M R T Y E Z K B Z J U M F M  
 Y T R A P N F L O Z X J D Q Y  
 J E R Q Y L T W E H C T G H U  
 M I D N I G H T R N P O O U H  
 G K Q X G A D M P C W P P K C  
 S V H G A W O O D Y J Z G K Q

BABY

PARTY

CELEBRATE

RESOLUTION

HAPPY

WORKOUT

HEALTHY

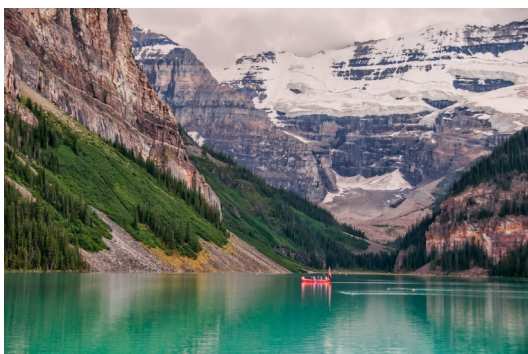
YEAR

MIDNIGHT

NEW

\_\_\_ A \_\_\_ Y N \_\_\_ W Y \_\_\_ AR!

Hint: Here is to a great 2017!



### CONTACT US

First Nations Telehealth Network encourages involvement from all communities and its users. 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](mailto:vchelp@firstnationsth.ca)

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



### Telehealth Scheduling & Admin

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