

FIRST NATIONS TELEHEALTH NETWORK

MARCH 2019

As the First Nations Telehealth Network continues to grow and provide ongoing connections to education and clinical sessions, we just wanted to send a quick reminder on some videoconferencing basics within our network.

When participants register for an education session or a meeting session, the First Nations Telehealth Network does not book your room. When registering you are confirming your connection to the videoconference session not booking the actual room. You must book your room at your location prior to registering on the First Nations Telehealth Network Portal. For more information on how to book videoconference rooms at your location, contact your location manager.

Some sites may have more than one videoconference unit on location. There are sites with clinical and boardroom units. It's important to know what room/unit you have booked to use at your location. Double bookings can happen and our scheduling departments work hard to make sure there are no scheduling conflicts.

We add a 30 minute connection time on to our education sessions. This time allows for our Bridge Technician's to troubleshoot any technical difficulties and help the presenter prepare their content for the session. You are not required to be in the room for the full 30 minute connection time, although, we do recommend you check in at least 10 minutes before the session you make sure you are connected. If you experience any issues, you can receive immediate technical support at 1-888-999-3356.

NEWS

Subscribe Today



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

Don't Forget



March 10, 2019 Daylight Savings starts! Don't forget to move your clocks forward 1 hour. Sunset will be an hour later than the day before, meaning we will see more sunlight in the evenings.

UPCOMING SESSIONS



IMPORTANT UPDATES TO NIHB/AB CLIENT SPECIFIC & NURSE AUTHORIZER PROCESS

MARCH 14, 2019

About this session

Updates to the NIHB/AB Client Specific & Nurse Authorizer Process. This information pertains to the recognition of registered nurses as recommenders of the Medical Supplies and Equipment.

Presented by Nicole Liboiron and Marilyn Ogins

TECH TALK



Each month we use this space to offer technical safety tips. We have offered information on holiday shopping, password protection and most recently, tax information safety. Now we want to hear from you! Do you have a question about cyber safety? Have you heard a tip that needs fact checking? Submit your question below. Our offices will highlight some of question in our next issue of the First Nations Telehealth Network Newsletter.

New Recordings

February was a very busy month for recordings; there were 6 sessions recorded last month. All recorded videos can be found on the First Nations Telehealth Network Portal. A full list of the sessions can be found on our website. Just go to the calendar and look for the record symbol on the sessions listed.



*Cannabis Legalization and its Impact on Indigenous Communities in Alberta recording is now available. Visit our website for more information www.fntn.ca

Upcoming Events



For a full listing of all upcoming sessions visit the First Nations Telehealth Network Portal at www.fntn.ca



HARM REDUCTION SERIES



REDUCING STIGMA AND BARRIERS WITHIN PREGNANT CLIENTS

MARCH 20, 2019

10:00—11:30

Join us for the third session in the Harm Reduction Series. This session will look at the barriers and stigma that pregnant women face while using substances. Morgan Chalifoux and Kelti Gore will present; Morgan and Kelti work with the H.E.R Pregnancy Program. This program operates under a harm reduction philosophy and strives to decrease barriers to health care & engage women in their pregnancy. The program targets those women who are most marginalized, multi-challenged, often homeless, and are not connecting to any other community supports. The team works with women throughout their pregnancy and up to six months postnatal.

This session will be interactive and discussion led. If you have any questions you may want answered or any topics discussed, feel free to share your ideas prior to the session. Questions or suggestions can be sent to vchelp@fntn.ca All submissions will be confidential unless otherwise requested.

SAFER SUBSTANCES USE: AN OVERVIEW OF PSYCHOACTIVE SUBSTANCES AND METHODS OF CONSUMPTION

MARCH 13, 2019

14:00—15:00

This videoconference session will provide an introductory level overview of the common psychoactive substances that people may consume and the personal benefits that they may provide the people who consume them. At the end of the presentation, participants will feel more comfortable in discussing safer consumption openly with people who use substances in order to reduce risk of harm and foster trusting relationships.

LEARNING OUTCOMES

- Identify and understand the different categories of psychoactive substances and the physiological effects they produce
- Develop an understanding of why psychoactive substances may be appealing to some people
- Understand the different routes and methods of consumption of psychoactive substances: equipment involved, and safer consumption practices
- Identify the different levels of harm associated with different routes of consumption
- Incorporate safer consumption education into conversations about substance use and interactions with people who use substances

PRESENTED BY: Sara Gill, Educator & Jennifer McLaren, Edmonton Zone Lead. Both speakers are Registered Nurses with provincial AHS Harm Reduction Services Team



DIABETES 101 SERIES

DIABETES 101 SERIES: MANAGEMENT- NUTRITION 101

March 21, 2019

13:30 – 15:00

The fourth session of Diabetes 101 takes at how nutrition can help prevent and manage diabetes and prediabetes.

Learning Outcomes:

- Understand why people eat the way they do
- Understand how different foods affect diabetes management
- Understand how timing of meals and portion sizes impact blood sugar control
- Identify strategies to promote healthy eating
- Know where you can get help



Presented: Kathleen Gibson RD CDE

Kathleen Gibson is a Registered Dietitian with Indigenous Services Canada. Kathleen has lived with type 1 diabetes for more than 24 years, and is a Certified Diabetes Educator. Some of you may remember her from the time of SLICK! She is passionate about helping other people with diabetes live well and in a good way.

Previous Sessions: Have you missed any of the other sessions in the Diabetes 101 series? Visit the Diabetes 101 series page on the FNTN portal. The series page offers quick access to any recorded videos and handouts in the series.

FREQUENTLY ASKED QUESTIONS



I am new to my health centre and I have never used the videoconference equipment. There is an education session that I really want to attend, what do I do?

To register for an education session just follow these simple steps!

1. Book your videoconference room at your location. Each health centre and organization has its own way of doing this. Talk to your manager to see how room bookings are done at your location.
2. Register for the session on our website at www.fntn.ca
3. Make sure your equipment is ready to connect 30 minutes before the start of the session (power turned on, connected to the network..etc)

If you are new to videoconferencing and have never used equipment before, you can find training videos and handouts on our website at www.fntn.ca These videos walk you through how to register for sessions, how to use the equipment and so much more!

Please note that some interactive features of this newsletter have been removed. For a full interactive newsletter please subscribe to our website at www.fntn.ca



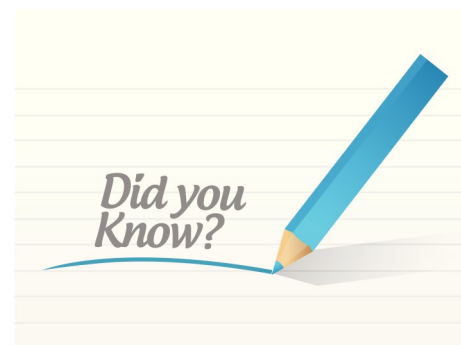
First Nations Telehealth Network

1-888-999-3356

vchelp@fntn.ca

www.fntn.ca

Did You Know?



We offer connections to video conferences offered by several different organizations. Education sessions are primarily offered by, but are not limited too: Alberta Health Services, FNIHB and First Nations Telehealth Network (FNTN). FNTN and FNIHB are clearly labelled on the calendar with different colored icons.

What is the difference for participants when sessions are offered from different organizations?

- **Question & Answer Period-** There might not be a Q&A period or there might be a limited one
- **Video Recording-** The session might not be recorded depending on the organizations?

What is the difference for session organizations when sessions are offered from different organizations?

- **AHS-** If hosting from AHS all the organization is done from their end
- **FNIHB-** Contact the presenters and create/organize the session. Send information to FNTN to advertise the session on the calendar. Set up the presenter with the laptop, introduce the session, read recording advisories. manage the Q&A period.
- **FNTN-** Contact the presenters and create/organize the session. advertise the session on the calendar Set up the presenter with the laptop, introduce the session, read recording advisories. manage the Q&A period.