



November 2016
Volume 1, Issue 6

November was a busy month for First Nations Telehealth Network, with over 20 advertised education sessions. These sessions are free to attend and covered a wide range of topics from Palliative Care, Tuberculous Education and many more. Over 47 First Nations communities registered to attend and were connected to education services.

A few key sessions to happen this month was the second session in the Telehealth Speaker Series, and the Mental Health Act and its Application. The Telehealth Speaker Series session entitled Fire: Staying Smart was presented by Leon Smallboy from TSAG. This month's Speaker Series session, Fire: Staying Safe, provided some much needed information on how to keep yourself, your family and your home safe from fire hazards. Leon Smallboy, TSAG Fire Safety Coordinator, discussed how a fire inspection is conducted, how to test smoke alarms and how to use a fire extinguisher. Overall the session was engaging and provided an opportunity for everyone's "burning" questions to be answered. You can attend the third installment of the Speaker Series on December 3 where we will be joined by Hal Eagletail to discuss Spiritual Well-being.

We want to take this time to thank everyone for their continued support in the growth of telehealth within their communities. This newsletter was designed to highlight telehealth and the success it has in each community. Community feedback and participation is always appreciated and welcomed so please contact us if you have any questions or concerns that need to be addressed.

Have a safe and warm holiday season. See you in the New Year!

Sincerely,
First Nations Telehealth Network Support Team.

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Upcoming Speaker Series Session

**First Nations Telehealth Network Presents:
Spiritual Well-being**

Date: December 3, 2015

Time: 10:00 – 11:30

Presenter: Hal Eagletail

About this presentation:

Although the holiday season is happy for most, it may be a time that is hardest for some. Join us as Hal Eagletail helps us learn about spiritual well-being from a cultural perspective. This session is meant to be interactive and can be a fantastic opportunity to get your questions answered!



**First Nations Telehealth Network and
AHS Presents: Kids Asthma- An
Overview**

Date: December 10, 2015

Time: 10:00- 11:30

Presenter: Kathy Courtney, Respiratory
Educator, RRT

About this presentation:

Life has many moments that take your breath away, Asthma should not be the cause of them. Join us as we learn about Asthma in children from diagnosis to treatment to management, This session is meant to be interactive so come with any questions you may have!

Upcoming Featured Sessions

Spiritual Aspects of Forgiveness & Regret When Caring for Palliative & End of Life Patients

Date: December 10, 2015

Time: 3 pm- 4 pm

Alberta Health Services Presents: Aboriginal Health Telehealth Learning Series

Date: December 16, 2015

Time: 12 pm - 1 pm

This series offers dynamic, thought provoking discussions and presentations related to aboriginal health

Ethical Challenges in Caring for Patients Who are Transgender

Date: December 18, 2015

Time: 8:30 am - 9:30 am

What is the First Nations Telehealth Network?



The First Nations Telehealth Network allows connectivity to First Nations communities and Health Centres across Alberta. This connectivity is used for Telehealth and essential internet and data services.

- 51 First Nations Sites are connected to the network. These sites include: Health Centres, Treatment Centres and offices.
- 9 Other endpoints are located on the network. These connections are used with Physicians, Nurse Practitioners, DDC (Drug Distribution Centre) and Canada Place

Each newsletter will focus on different parts of the First Nations Telehealth Network and how the network supports and focuses on the delivery of connectivity to each community. Stay tuned for more information!



ATTENTION ALL TELEHEALTH USERS!

Do you want to be featured in our Telehealth Newsletter? First Nations Telehealth Network is looking to highlight a community and the successes Telehealth has brought. We invite Telehealth users to send us their positive stories and opinions on Telehealth. If you are interested in being a part of the newsletter contact us at 1-888-999-3356 or by email at vhhelp@firstnationsth.ca



Under the Microscope with Dr. Chris Sarin

Hello. My name is Chris Sarin FNIHB eHealth Medical Advisor and I have been involved with the First Nations Telehealth Network and its precursors for about ten years. You may ask what role a doctor has in supporting a Telehealth Network. Good question. I think my role is to support First Nations in using technology to improve health in programs that they develop and implement. I think the possibilities are endless and the way we use technology will continue to grow and change rapidly.

I have seen a lot of changes over my first ten years in this role. I am especially proud that TSAG, a First Nations organization, has taken ownership of all aspects of the Telehealth program. I am also proud that many First Nations in Alberta are now using videoconferencing technology to connect with health providers. Connectedness is an interesting concept that is known to improve physical health and mental wellbeing. I think connectedness fits with aboriginal concepts of wellbeing- connectedness to land, to tradition, to culture, to elders, and to language. It is not a new concept.

This Newsletter is one of our ways to increase connectedness between First Nations Telehealth users. I will be using this section to discuss a number of topics related to technology, answer common medical and public health questions (related to technology- no medical advice will be dispensed!), and hopefully stimulate new ideas as to what can be done through telehealth and videoconferencing. I hope you enjoy it and the rest of the newsletter,

First Nations Telehealth Portal

First Nations Telehealth Portal has a publicly accessible directory available 24/7. This directory is equipped with the most current up to date information. The following can be found on the directory.

- Site Name
- Site Phone Number
- Dial String
- Dial String for sites to dial outside of the network and outside of the province

To access the directory simply visit www.firstnationsth.ca and select INFO/HELP at the top of the screen. Then click on the Site Connection Directory link. The directory will open up in PDF form for you to print and download as needed.

First Nations Telehealth Portal

Home Calendars Library Info/Help Contact

CONNECTED. INFORMED. HEALTHIER.

Home NEWSLETTER CONTACT EMAIL US SUBSCRIBE

Announcements

Monthly Newsletter

First Nations Telehealth Network is happy to introduce the monthly telehealth newsletter. This newsletter is designed to keep all First Nations Telehealth users up to date on current information, scheduled sessions and new developments in the Telehealth Network. You can view the newsletter app month on the First Nations Telehealth Portal by simply going to the top of the page and selecting the Library Tab.

You can also view the newsletter by selecting this link: <http://www.firstnationsth.ca/Library/FirstNationsTelehealthNewsletters.aspx>

If you wish to receive the Monthly Telehealth Newsletter simply subscribe to email notifications on the First Nations Telehealth Portal or email the Telehealth Support Team with your request. Our email is info@firstnationsth.ca

Unavailable Sites

The following sites are currently unavailable for Video Conference use:

1. Garden River Boardroom

Corporate Videoconference Rooms

The following rooms have been enabled with corporate videoconference equipment:

- Canada Place #1116 (RED) Taskroom
- Canada Place 5-046 (CFL Boardroom)
- Canada Place #R Taskroom
- Canada Place #02 (HQS Boardroom)
- Canada Place #0300 Taskroom
- Canada Place #-028

These rooms are corporate videoconference rooms and as such connections to First Nations Health Centres in Alberta and the use of our bridge will not be possible. Any questions for support should be directed to the IT National Service Desk at 1-800-416-8994

Quick Links

[View Telehealth Calendar](#) [Request New Session](#)

Questions Corner



Gregory Kadwell is part of the Telehealth Support Team and is one of our newest members. First Nations Telehealth sat down with him to welcome him to the team and get to know him better. Read below to find out more about Gregory!

What is your role in the First Nations Telehealth Network?

I am a Bridge Operator and Systems Administrator. In English, that means when a conference is requested, I build a call from a technical standpoint and connect each individual endpoint to any others that they will be sharing the session with. Beyond that, I am one of the guys that troubleshoots any technical problems and answers the support number when a community member needs technical help.

What do you think the benefits of using Telehealth are?

I would have to say the biggest benefit of Telehealth would be the distribution and sharing of knowledge. I feel Telehealth really comes in to shine, in that: the ability for a patient to be linked up with a specialist that is the best fit for dealing with their specific condition is now readily available to each and every Health Centre we

provide service to. This goes above and beyond just having a video call, but also with new clinical peripherals available on the market today, full patient examinations can be completed by doctors that are not able to be physically present.

We have bridged learning sessions where nurses were able to join in and ask questions without needing the funding and time off to actually be physically at a session in a major city. I believe that Telehealth is a resource that better equips health professionals, in both large cities and remote communities, to be united in humanities fight against sickness and disease.

What kinds of hobbies do you enjoy?

My wife and I are avid Geocachers when the weather is nice, I love finding all kinds of hidden scenic beauties in places you would never expect; often tucked away in the middle of the city. For those that don't know, Geocaching is a like a public scavenger hunt where people hide little canisters of trinkets and things in some of their favorite spots and then others have to find them using GPS coordinates. Often times they are hidden on hiking trails inside tree stumps, or even tucked off to the side in areas people walk past every day.



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:

Monday – Friday 8:00 am-5:00 pm