

HEALTH PLUS

Heat And Your Health

What can I do to protect myself and others?

All heat illnesses can be prevented by following these simple steps:

- **Stay aware and be prepared**
 - Know daytime and night-time temperatures-both outdoors and indoors- by checking your local weather forecasts and the thermostat in your home.
 - Stay up to date on weather alerts so you know when to take extra-care.
 - If you have an air-conditioner, make sure it is working properly before the hot weather starts.
- **Stay hydrated**
 - Drink plenty of water (that's the best liquid) before you feel thirsty.
 - Avoid alcoholic beverages, as they can increase the amount of water lost by the body.
- **Stay cool and keep out of the sun**
 - Plan outdoor activities for cooler parts of the day, but remember to wear insect repellent since mosquitoes are out too.
 - If you are outdoors during the hottest part of the day, shade yourself from the sun with

an umbrella or a wide-brimmed hat with lots of ventilation (to allow the sweat on your head to evaporate), wear loose-fitting, breathable, light-coloured clothing, and remember to wear sunscreen to limit ultra-violet (UV) ray exposure.

- If there is no air-conditioning at home- go to a cool place such as an air-conditioned mall, public library, or community centre.
- Take a cool bath or shower or go for a swim to cool off.
- Avoid using your oven or other appliances that could heat your home more.
- Limit physical activities during the hotter parts of the day or exercise in an air-conditioned

place.

- **Take care of yourself and others**
 - Check on family members, neighbours and friends - especially older adults and those with chronic conditions. Visiting is best because it is easier to identify signs of heat illness that could be missed over the phone.
 - Never leave people or pets in your care alone in closed vehicles or direct sunlight.

Article and information from the Manitoba Government website, www.gov.mb.ca/health/publichealth/environmentalhealth/heat.html



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Birdtail Sioux Youth Running To Raise Awareness

His message is one of conviction “Don’t give up, and follow your dreams.” And that is just what 16-year-old Birdtail Sioux First Nation resident Caleb Saulteaux is doing. Caleb began his journey on Wednesday morning July 25th at 6 am when he left his home

community and for the next two days ran until he reached the Brandon Regional



Health Centre (BRHC) on Thursday around 1 pm, a distance of about 136 kilometres.

His motivation was to help raise awareness for those with diabetes and on dialysis and inspire them never to give up. One of those individuals is his grandmother Myrna Bunn. She has been coming to BRHC three days a week for the past 22 years for her dialysis

treatment which takes about three and a half hours each time. Caleb says she is not alone, many in his community and other First Nation communities have diabetes and require dialysis because of kidney failure. His grandfather Aaron McKay helped him organize his

run and drove alongside him. Caleb said he also had some

running and cycling companions at times showing their support. In addition, people donated money along the way. Caleb took the money he collected and distributed it among patients in Birdtail Sioux coming in for treatment to help with costs.

This isn’t the first time this grade 10 student made the journey he also did the same

run back in 2016. His passion for running continues to grow, this year Caleb also took part in the Manitoba Half Marathon and came in second place in his age group. He also tackled the Saskatoon Marathon 10k run placing third in that event. In his community of Birdtail Sioux Caleb says he tries to be a mentor and role model to other youth. As Caleb ran up to the front of the Brandon Regional Health Centre with police escorts beside him, he stopped and shook their hands for their assistance, commenting “One day I want to be a police officer.” And that is the dream he is following.



Nurse Practitioner Services are Offered at the Ste Rose Primary Health Care Centre (SRPHCC)

Cathy Scofield-Singh, Nurse Practitioner is available Monday to Friday, from 8:30 to 4:30pm. SRPHCC is located at 603-1st Ave. East, Ste Rose du Lac. She is currently accepting new patients. Please call 204-447-4080 for appointments. Walk in appointments are often accepted.



A Nurse Practitioner is able to offer a full range of medical services including: physical assessments, referrals to specialists, ordering of tests, medication initiation and refills, monitoring of chronic conditions, and education/promotion of health. A holistic approach is used to provide primary health care service.

PMH NOW HAS INSTAGRAM



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Nora Kaye Receives Bonnie Schultz Memorial Award

The Bonnie Schultz Memorial Award is given to a Pharmacist who demonstrates outstanding excellence in optimizing patient care, compassion, empathy, concern, excellence in communication skills, demonstration of skilled practice, mentorship, high practice standards, innovation and serves as a role model. These are qualities that Nora brought to work with her every day of her career.

Nora graduated from the University of Manitoba in 1969 as the Gold Medalist of her class. This was the standard that Nora set for herself in every area of Pharmacy that she worked in. After a 47 year career, Nora retired, spending her last 11 years working in the Neepawa Health Centre Pharmacy.

Nora was a valued member of every health care team she was involved with, as she brought leadership, team building and high standards to all of these groups. She developed many long lasting professional and personal relationships with her colleagues, including Bonnie Schulz, the dedicated pharmacist that this award remembers. All of us who have had the pleasure of working with Nora are better for the time they spent with her.



Pictured L-R: Nora Kaye, retired PMH pharmacist receiving the Bonnie Schultz Memorial Award from Susan Lessard Friesen, Registrar of the Manitoba College of Pharmacists.

PMH Career Opportunities



Home Care Attendants

Brandon, Dauphin, Boissevain, Erickson, Carberry, Russell, Swan River, Grandview, Benito, Deloraine, Shoal Lake, Glenboro & Treherne are looking for part time Home Care Attendants to be part of their team.



Physiotherapist

Dauphin, Brandon, Russell, Souris & Swan River currently have positions open for a **Physiotherapist**.



Social Worker

Swan River is looking for a **Full Time Permanent** Social Worker.



Environmental Services

Melita, Treherne, Boissevain & Killarney are looking to add new part time team members to their **Laundry/Housekeeping Department**

Visit our website at www.prairiemountainhealth.ca and click on the 'Careers' tab for more information about these and other career opportunities within Prairie Mountain Health!

You can also follow us on Facebook and Twitter to see current job options available in PMH.



Brandon University Health Studies Research Spotlight

Families' Experiences Living with Acquired Brain Injury: A Narrative Inquiry Study

Brandon University Health Studies faculty often partner with Prairie Mountain Health as an organization or with staff to make research happen. The goal is to improve the health of the community.

IT can happen in a split second – a motor vehicle injury, a fall, an assault, a sports injury, stroke, aneurysm, infection of the brain, or a tumour. Your loved one is rushed to the hospital - the diagnosis is acquired brain injury (ABI). While ABIs occur in individuals, families' lives are dramatically affected by ABIs. Individuals with an ABI can experience a range of cognitive, behavioural and emotional impairments, often not visible, that may cause significant disruptions and changes. These post ABI changes can directly impact individuals' and families' experiences and include an overwhelming sense of loss.

The purpose of this research study was to examine families' experiences living with ABI. The research question was: How do families make sense of their experiences living with ABI?

In a western Canadian province, six family units which included the person with the brain injury and family members were interviewed together. During the interviews, families were asked to talk about their lives before the acquired brain injury event, now living with the brain injury and then their thoughts about their futures. Participants were all over the age of 18. The severity of brain injury ranged from moderate to severe. Families were diverse in their make up; from dual and single parent families to a mixture of step and blended families. The stories the families told fit into the following themes.

Recovery Journey

The recovery journey focuses on the

trauma of the ABI and the continuing impact. This theme is also about the families' experiences with the health care system. In the immediacy of the health crisis they experienced support, however, leaving the hospital often meant they were on their own. Families experienced a health system that provided patient focused episodic care.



Individual and Family Loss

Individual and family losses is about the multiple loss experiences. The person with the ABI experienced loss of: identity, memory, quality functioning, quality of health and independence. Families experienced the ongoing loss of the person they once knew or the loss of the person who could have been. Families also experienced financial and social loss. The emotional impact of these losses included: stress, grief, depression, shame and embarrassment.

For these families' huge amounts of energy went towards the shifting and adaptation to different roles: from partner to caregiver, grandparent to parent and child to parent. However, families were transformed in their abilities to positively cope and grow through these challenges. Families exhibited acceptance, understanding and empathy for changes demonstrated by their loved ones. Families strove to educate themselves, heal themselves,

and became closer and more connected to each other. Family beliefs changed to viewing the ABI event as a blessing and a stronger value in family.

A Patchwork Future

The theme a patchwork future depicts the families' ambiguity about their future: positive yet uncertain. As families continue to think about the future (i.e. retirements, marriages, grandchildren), and while there is hope for continued recovery there is a cautiousness, worry, uncertainty and fear of either regression or the return of another ABI event.

Implications

These families' stories tell us that the impact of the ABI event on their loved one and family has been significant and is ongoing. Family supports they experienced from the health care system are missing from their stories. It appears that minimal supports exist for families and that health care professionals need to acknowledge and attend to the entire family system and not just the individual and primary care giver. The first step is for health care professionals to purposefully 'think family' and then adopt intentional actions to assist individuals and their family units throughout the stages of recovery.

Jane Karpa is an Assistant Professor and the Masters in Psychiatric Nursing Coordinator in the Department of Psychiatric Nursing at Brandon University, located at the Winnipeg site. She is currently completing her PhD with the University of Manitoba. Her PhD. Advisory Committee Chair is Dr. Wanda Chernomas, RN, PhD, and her PhD. Advisory Committee members are Dr. Kerstin Roger PhD, and Dr. Tuula Heinonen PhD.

PMH Palliative Care Services and Bereavement Support

Palliative Care is a commitment to whole person care that helps to relieve suffering and improve the quality of life for those who have a life limiting illness that cannot be cured. It is an approach to care that focuses on physical care, emotional needs, spiritual care, cultural needs, pain and symptom management and end of life planning.

Palliative Care services are available at no additional cost. There is also a Palliative Care Drug Program that is available for Manitoba residents who are registered with a Palliative Care program that provides individuals with the medications they need at no cost.

A referral to the Palliative Care Program can/should occur when an individual has been diagnosed with a progressive, life-limiting illness that cannot be cured. A referral to the Palliative Care program can be made by anyone including the person themselves, a family member, friend, Physician, or any health care provider. A referral can be made by either completing a Palliative Care referral form with your Physician or health care provider or by contacting the Palliative Care Coordinator and completing one with them in person or over the phone. Once a referral has been made to the Palliative Care Program the Palliative Care Coordinator will contact you to arrange a time to meet with you and your family in your home, a hospital, or a Personal Care Home to talk about your needs and develop a plan of care.

Information and contact details for the Palliative Care Coordinator in your area can be found on the Prairie Mountain Health website at www.prairiemountainhealth.ca under “Programs and Services” and by then clicking on “Palliative Care” and “Contact Palliative Care”.

Support offered for bereavement services can be accessed through



Palliative Manitoba as it offers a Province-Wide Telephone Bereavement Support Program. This program offers one-to-one telephone support by trained bereavement volunteers for individuals grieving the death of their loved one no matter where they live in the province. This service offers a safe, anonymous environment to grieving individuals where they can speak freely and openly about their feelings. Each individual can expect to receive a weekly call from a trained bereavement volunteer once a match has been made. This service can be accessed by phone at 204-889-8525 (Toll Free 1-800-539-0295), by email at

info@palliativemanitoba.ca or by going to the Palliative Manitoba website at www.palliativemanitoba.ca.

For grief support for children there is a grief camp called “Camp Bridges” that is open to any child in Manitoba aged 7 – 15 years (revised age limit as of 2018) who is grieving the death of a someone significant in their lives. This camp, which runs annually in May, can accommodate up to 50 campers each year. It’s funded entirely through donations which allows it to be offered to campers for no fee.

Camp Bridges will provide a safe environment where the campers have opportunities to interact and share their feelings with other children in similar circumstances. They may learn to understand their grief, recognize that they are not alone, and that their feelings are normal. The camp is not designed to provide grief therapy, but will acknowledge the loss and grief, honour memories, and participate in regular outdoor activities that are part of any other camp experience. Camp Bridges is facilitated by dedicated trained volunteers who create a warm, fun filled, caring atmosphere where campers are able to enjoy the outdoors and grow an understanding of their grief. For more information regarding Camp Bridges please either contact your local Palliative Care Coordinator or go www.prairiemountainhealth.ca and click on the Camp Bridges link that can be found under Palliative Care.

DRHC Palliative Care Unit Donation

The Felix family recently donated funds for the purchase of a cabinet bed for the Palliative Care Unit Family Room at Dauphin Regional Health Centre (DRHC). The \$2,500 donation was in honour of Hilda Felix.

Pictured: front left are DRHC Care Team Manager Jean Ann Fisher, Joe Felix, with daughters, Marie Sawyer, Kathy Baxter, Chris Carefoot and Colette Robinson. At back right are Palliative Care nurses Rebecca Kutcher and Kelly Berezowski.



Home For The Summer Program Begins In PMH

Fresh off a very successful Rural Week initiative, Prairie Mountain Health (PMH) is well into another beneficial approach—the Home for the Summer Program. Home for the Summer is a joint initiative with Manitoba RHAs and the formerly known Manitoba Office of Rural and Northern Health (ORNH). ORNH is now a part of the Manitoba Health Care Providers Network.

The program provides students with hands-on clinical or site experience overseen through job shadowing roles. It originally started with medical students but now extends to nursing and allied health-care students (which includes career areas like public/community health nursing and pharmacy).

Four medical students (three in Brandon, one Dauphin) are participating in the program this year, which started June 11th and spans a period of 6-10 weeks. This year, the Nursing/Allied Health component features nine students within the health region in sites that include Brandon, Dauphin, Swan River and Virden. Students do not start or finish all at the same time. The region works with them regarding availability and how many weeks they wish to participate. The program requires a minimum six-week commitment.

PMH provides some funding support for student wages within the term positions. ORNH provides a majority share of these costs. Students originate from the area and need to be enrolled in a health care training program that fits a future need for PMH.

One example that illustrates how the initiative can come full

circle, is the journey of Dr. Savana McKay, from the Swan River Valley. As a first-year medical student, McKay participated in the program in 2013. Upon graduating from medical school and completing her residency, McKay started her medical practice within the Swan Valley Primary Care Centre in the summer of 2017.

Besides valuable hands-on work experience, students are required to complete a project/ or case report which are identified ahead of time with their preceptors/health region. The presentation of these projects occurs at a provincial round table session in the fall.

Last year, one of the projects involved research involving a mumps outbreak within Prairie Mountain Health. A complete background on the Home for the Summer Program, and some of the past projects associated with it, can be seen online at www.ornh.mb.ca/home_for_the_summer_program



Dauphin MRI Suite Update: Fall 2018 Start Anticipated

Together with Shared Health, Prairie Mountain Health is pleased to provide an update on the MRI project at Dauphin Regional Health Centre (DRHC).

According to latest timelines, the MRI unit will arrive in October for installation. After a period of testing and validation, we expect the unit will be clinically operational within DRHC in November.

Diagnostic Services, Shared Health Chief Operating Officer Petr Kresta says the MRI unit is being manufactured by Siemens in Germany and the DRHC building addition is being outfitted to receive the unit.

“It takes about 12 to 16 weeks to manufacture and ship to a site that is fully prepared to receive the MRI.”

Kresta went on to say that preparing the suite means temporarily removing an exterior wall, to make space to move the unit into the building when it arrives on site. This requires precise coordination and planning.

“Between the manufacturing work, the remaining site work, and purchasing some specific MRI safe small equipment, like stretchers and wheelchairs, we anticipate the site being ready in November 2018.”

The process is underway to fill positions with qualified staff required for this new service. Shared Health will provide training for the successful candidates to ensure they have the appropriate skills to deliver the service.

Once operational, the Dauphin site will become the second one — along with Brandon — within the Prairie Mountain Health (PMH) region to offer MRI services.

Further updates on this project will be provided over the course of the coming months.



Dauphin MRI Building

Roblin District Health Centre & PCH Receives Donation

Roblin Health Centre and PCH received a grant from Roblin.jpgtheir local Roblin & District Health Care Auxiliary group for \$11,722. This money has been earmarked for wall dividers at the hospital, recliners for the palliative care unit and a wheelchair ramp scale.

Pictured:

Jesus Dangat, Care Team Manager accepts the cheque from Donalda Dayson of the Auxiliary group.



Pinkest Owl 2017

Proceeds of \$10,000 from the 2017 Pinkest Owl Golf Tournament were presented to the Foundation's Board Chair, Linda Noto, at the 2018 event held June 9. Targeted for the Western MB Cancer Centre, this donation will help BRHC cancer patients pay non-funded extra costs that may arise during treatment. To date, this "pretty in pink" group have contributed almost \$60,000 "fore" the Foundation.

Thank you to the event organizers, participants, and sponsors, for helping us make a difference in the healthcare of all served by the BRHC.

Pictured:

Organizing Committee members Stacie Popien, Cheryl Roscoe, Shauna Danyluk, Julie Genaille, Cora Lea Baker and Carla Richardson with the Foundation's Linda Noto.



ACC Announces Practical Nursing Site In Russell

Russell will be host to Assiniboine Community College's next rural rotating Practical Nursing program delivery site, with classes starting in January 2019.

The two-year diploma program offering has space for 25 students. Applications will be accepted between August 20 – September 7. All applications accepted within that two-week window will be treated equally in a lottery system, however, those applicants living within a 100-kilometer radius of Russell will be given preference in the first lottery draw.

In addition to the permanent nursing programs offered across Manitoba at Assiniboine's campuses in Brandon, Dauphin and Winnipeg, the college has a rural rotating site currently running in Melita.

Currently, applications are open for the nursing programs being delivered in Brandon and Dauphin, with Brandon having a two-year waitlist.

The demand for Assiniboine nursing graduates is high; 100 per cent of graduates surveyed from the 2016-17 academic year said they had jobs, making on average \$54,121 a year.

Graduate LPNs secure careers in hospitals, personal care homes, medical clinics, private agencies and the community.

Those interested in learning more about the program entrance requirements, application process, and other details should visit assiniboine.net/nursing for more information.



Lead In Drinking Water: A Health Perspective

Dr. Amy Frykoda, Medical Officer of Health- Prairie Mountain Health

In April 2018, the City of Dauphin issued a caution to residents about lead in drinking water. Although the city's treated water supply contains no detectable level of lead, the city was being proactive and decided to sample water from individual properties within their distribution system following a request from the Province. New drinking water guidelines recommending testing for lead at the taps in homes and buildings are anticipated, and water systems were asked to begin assessing lead levels at the tap.

Lead typically gets into tap water as it passes through distribution systems, service connections and plumbing pipes in the home. The highest lead levels in tap water are often a result of leaching from lead service lines.

Early results showed lead levels in drinking water samples from some properties in Dauphin with lead service lines were higher than the current Canadian drinking water guideline, and recommendations were provided by the City to these properties along with their independent water test results (*Further details are available on the City of Dauphin website (www.dauphin.ca)*)

As Medical Officer of Health for Prairie Mountain Health, I want to express my gratitude for the excellent work done by the City of Dauphin and the Manitoba Office of Drinking Water on this matter. I appreciate the leadership shown by Dauphin City staff, and look forward to working with other communities on this issue. I wanted to further touch on the health risks of exposure to lead, and why we are encouraging testing of your drinking water, especially if you have lead service lines.

Human exposure to lead has declined significantly in the last 30 years due to the removal of lead in gasoline and lead in paint. **However, recent information indicates that lead can have effects on health at lower levels of exposure than were previously known.**

Everyone should minimize lead exposure as much as possible. **However, due to lead's effect on the developing brain, children and unborn children are more sensitive to lead exposure.** Lead exposure, even at low levels, has been associated with developmental delays of childhood behaviours, a decrease in language skills, intellectual disability and delayed puberty. Population studies of low levels of lead exposure in children has shown associations with reduced intelligence quotient (IQ) scores and adverse effects on behaviour compared to children who had less exposure to lead.

The health effects of lead exposure are usually not obvious, but a number of health systems can be affected. The higher and longer the exposure to lead, the greater the effect on health. Water levels around 0.010 mg/L would be considered a low level lead exposure and may have some effects on intellectual development and behaviour of children. Population studies have also shown associations with increases in blood pressure and reduced kidney function in adults with relatively low levels of lead exposure. High levels of lead exposure have additional health impacts, although these would not be anticipated with exposure to lead in drinking water. High lead exposure can cause heart disease, depression, reduced fertility, fatigue, nerve damage, memory loss and can affect concentration and sleep as well as a number of other symptoms.

Please see the Manitoba Health, Seniors and Active Living fact sheet for more information by visiting: www.manitoba.ca/health/publichealth/environmentalhealth/lead.html

Dauphin residents are encouraged to have their water tested, especially if they have a lead service connection or live in an older home where solder or plumbing fixtures may contain lead. The City of Dauphin has a program in place to assist homeowners in getting their water tested for lead, and is offering free lead testing for homes with lead service lines. To arrange to get your **water tested**, please contact the **City of Dauphin at 204-622-3202.**

Residents in other communities who wish to have their water tested should refer to the Manitoba fact sheet on Lead in Drinking Water and contact their water provider to see if a program is in place to assist with testing.

Where lead levels are high, homeowners are advised to utilize a NSF-certified filter for lead removal or alternate appropriate water. **This is particularly important for those who have children in the home or if children are planned.**

For more information see:

- Manitoba fact sheet on Lead in Drinking Water www.gov.mb.ca/waterstewardship/odw/public-info/fact_sheets/factsheet_lead.pdf
- City of Dauphin website with information on how you can test for lead in your home or business' drinking water. It also provides detailed information regarding water filter options. www.dauphin.ca/publicworks/lead/
- Health Canada's Final Human Health State of the Science Report on Lead 2013 www.hc-sc.gc.ca/ewh-semt/pubs/contaminants/dhhssrl-rpecsceph/index-eng.php
- Additional health questions can be directed to Health Links toll-free at 1-888-315-9257.

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