



Protecting Our People

Discussion around Community Health Nursing

By: Crystal Point, BScN, RN

Musqueam CHN



Today's Discussion -

- ▶ Introduction
- ▶ Importance of the Community Health Nurse (CHN) in First Nations Communities
- ▶ Various Responsibilities of the CHN in my community
- ▶ Examples of programs and events from Musqueam
- ▶ Success Stories
- ▶ Time for Questions...



I acknowledge that every First Nations Community is different and thus has different expectations and needs with their healthcare providers! I am just simply sharing my role within Musqueam

My road in health care....



■ Home Maker:

- 2004 – 2007 worked with Elders and community members with mobility challenges to assist them to maintain their homes (meal prep, household duties, laundry, etc....)

■ Medical Laboratory Assistant:

- May 2008 – Graduated from VCC with a Medical Laboratory Assistant
- April 2009 – January 2017 – Worked at Vancouver General Hospital as a Med Lab Assistant; (2012 – 2017 PT)

■ Nursing Career:

- September 2015 – Graduated from VCC with a Bachelors Degree in Nursing
- March 2015 – High Acuity Nursing Level I, British Columbia Institute of Technology

■ Acute Care:

- October 2015 – Transitional Care Unit at UBCH
- March 2016 – High acuity unit, Orthopedic/Trauma Unit at VGH

■ Community Nursing:

- 2016 - Nurse Manager with Vancouver Native Health Society, Positive Outlook Program
- 2017 – 2018 – Richmond Home Health, Community Health Nurse
- 2017 – Present – Musqueam Community Health Nurse; (worked on a casual basis as the HCN/CHN since 2016)



Who we are...



We are traditional hən̓q̓əmin̓əm̓ speaking people. Today, we are a strong, growing community of over 1300 members. Many of our members live on a small portion of our traditional territory, known as the Musqueam Indian Reserve, located south of Marine Drive near the mouth of the Fraser River.

Our lands and waters continue to support our cultural and economic practices while serving as a source of knowledge and memory, encoded with our teachings and laws.



Musqueam Indian Band

- **Staff of over 130 employees**
 - Multiple buildings and facilities run by Musqueam

- **Musqueam Health Department, Community Centre:**
 - Staff of over 25 people, largest department within the Band
 - Health Admin, youth and Elders' outreach workers, Art + Play Therapist, two NNADAP workers, Chronic Disease Management Coordinator.... To name a few....
 - Community Health Nurse & Home Care Nurse

- **Musqueam Primary Care Clinic:**
 - Operates out of the Musqueam Elders' Centre, but transitioning into a new space
 - Nurse Practitioner, 5 days per week
 - Family Doctor once per week

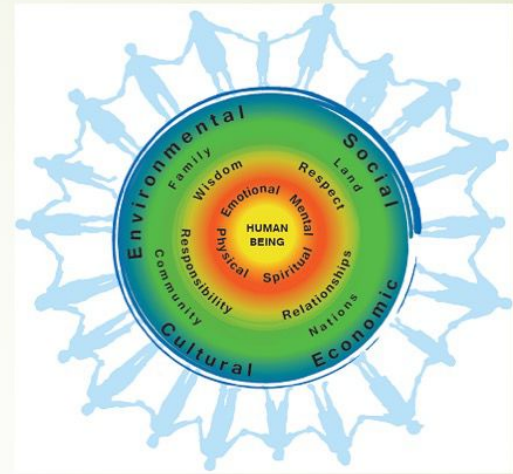


Indigenous Health

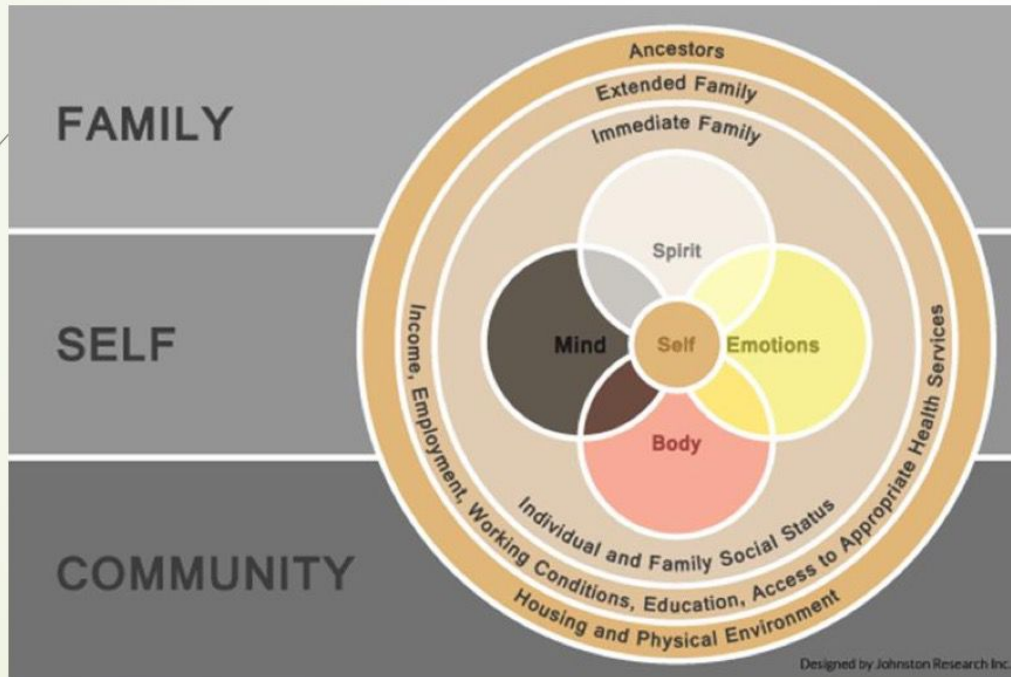


“The Aboriginal worldview highlights concepts of wholeness, balance, the importance of relationships with [self] family, community, ancestors, and the natural environment. An individual's identity, status and place in the world are tied to the family, and to one's ancestors traditional territory and the community. Each of these elements has implications for the design and delivery of healing programs.”

- Unknown



- First Nations Health Authority



- Johnston Research Inc.



Community Health Nursing, MIB

Based on the practice that each person is responsible for their own health – Our premise is that the health of the family reflects the health of the community.

The Community Health Nurse & the Nurse Assistant's role is to support the client by:

- Linking the client with the resources and/or support services
- Utilizes the nursing process in the development, coordination and provision of:
 - culturally sensitive health programs
 - aimed at wellness promotion and disease prevention
 - Screening: Diabetes, Dental, Mammograms, TB, BP
 - Provide prenatal classes, vouchers, resources & supplies



Crystal Point, BScN, RN., Community Health Nurse

Arlene Haldane, Nurse Assistant to CHN + HCN

Community Health Nursing *continued...*

Work in cooperation with other agencies, health professionals, and staff in the delivery of health care;

- ▶ individual, group and community level to achieve healthy outcomes
- ▶ provide opportunities for community members to improve the status of health
- ▶ Participates in the design and delivery of community health programs that address the health promotion, illness prevention and health protection across the lifespan
 - ▶ Including educational programs & workshops
- ▶ Provide community members with the necessary information, skills, capacity and opportunities to improve and maintain individual, family and community health



Community Health

Health Across the Lifespan:

- ▶ **Maternal Child Health**
 - ▶ Preconception, antepartum, postpartum, & infancy to toddler
- ▶ **Child and Youth Health**
 - ▶ 3 years – 18 years old
- ▶ **Adult Health**
 - ▶ Primarily screening & educational events (chronic disease prevention)
- ▶ **Elders Health**
 - ▶ 60+
- ▶ **Palliative and End of Life**
 - ▶ Collaborate with Home Care Nurse, and VCH Community Nursing and Physicians

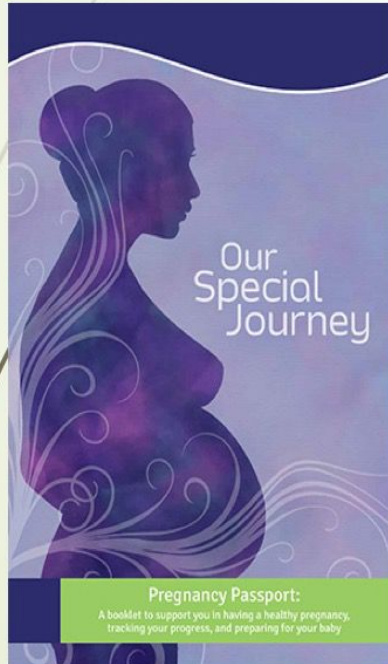
- ▶ **One on One teaching**
 - ▶ THN, Diabetes, BP
- ▶ **Group teachings**
 - ▶ Anaphylaxis, Seizures
- ▶ **Raising awareness events**
 - ▶ Movember, Breast Ca, World Diabetes Day, National OD Awareness Day
- ▶ **Workshops**
 - ▶ Chronic Disease, Nutrition
- ▶ **Community Wide Events**
 - ▶ Aboriginal Day, Harm Reduction Events, Village of Wellness
- ▶ **Liaising between different local health organizations**
 - ▶ Robert + Lily Lee Dental Group, VCH, St. Paul's Hospital Diabetes Clinic, South Mental Health Team, BCCSU...

Maternal Child Health & Early Childhood Education



- To provide support in the area of maternal reproductive health, infant health and promote healthy development in early childhood
- Canada Prenatal Nutrition Program (CPNP) guidelines/directives (drop in group, one to one consultations, provide referrals and linkages as needed for each family, ie speech language, pediatrician, dental...etc..
- Kindergarten Readiness events, partner with the MIB Daycare, VCH Public Health (Nurses, OT, SLP), and our own Musqueam Primary Care clinic to ensure our school aged children have a smooth transition into Elementary School

Musqueam's Pre/ Postnatal Group:



- **Drop in style** (Dads encouraged to attend as well), family or friends are welcome to attend with expectant mother
- **12pm – 2pm, Tuesdays**
- **Lunch & snacks provided**
- **Different topic covered each week** (mental health, nutrition, substance use, safe sleep...)
- **Plenty of resources and information** available to expectant mother to assist with a healthy delivery and baby
- **Well baby visits**, (home visit PRN) baby's weight, and measurements, assessments



Musqueam's Pre/ Postnatal Group:

Registrants who are eligible are entitled to the following:

- \$25 voucher to Save On foods (milk, eggs, fruit, veggies...etc...), once a week from confirmation of pregnancy until baby is 3 months old
- Reimbursement for two nursing bras
- Reimbursement for a Prenatal class, of the families' choosing
- One time gift per family of a electronic Breast Pump
- Box of breast pads per week until baby is 12 months
- Welcome Bag for baby, once he/she is born with all necessities essential for first weeks of life!



Highest participation when incorporating local Musqueam artists or activities:



Local artists to learn to do traditional crafts (ie beading, cedar weaving)



Musqueam Language Department – created hən'qəmin'əm' onesies



➤ **Janice Carrol – Musqueam Art + Play therapist** – brought in to do crafts/keepsakes around major holidays (ie Mother's Day, Father's Day, Halloween, Christmas...)



Local Photographer to do themed prenatal photoshoots, newborn shoots



Incorporate family and community into program as much as possible as well (ie Grandparents Day, National Aunt/Uncle Day, invite the Elders to join for lunch to reminisce on current and traditional motherhood traditions)

MIB Community Child Dental Screening

In collaboration with Robert + Lily Lee Dental Group, VCH in the development and implementation of an on reserve dental program:

- Services provided to preschool aged children, primarily children 0 – 3 years old
- Dental screenings 3 – 4x/year
- Dental hygienist visits 9x/year (pre and postnatal group + youth outreach)

*Currently negotiating to provide increased opportunities for preschool aged children in the area of Speech-Language Development



Vancouver Coastal Health
Promoting wellness. Empowering lives.

Musqueam Community Health

Bring your under 36-month old child for a Free First Dental Check-Up, fluoride treatment and toothbrush.

The Public Health Dental Team will be
At: **Musqueam Community Centre (Yoga Room)**
On: **Monday, January 14th, 2019**

To make an appointment contact:
Crystal Point, CHN or Arlene Haldane, Assistant
at 604-263-3261

***Please bring your child's BC Services Card**

Dental health promotion provided for children, and free first dental visit exam by a dentist

Vancouver Coastal Health, Public Health Dental Program



UBC Active Kids

- Partnership between UBC Kinesiology and Musqueam Health and Recreation departments
- 6 – 8 week term, 3x per year
- Geared towards kids between 18m and 3 years old, and a group for 4 – 5 year olds; parent participation for toddlers 3 and under
- UBC Coaches create games and activities each week for the kids, and families
- Snacks provided, and reusable water bottles
- Draws and prizes at the end of the term



Youth Workshops:

- Sexual Health
- Girls Group
- Respecting Tobacco / Vaping
- Two Spirit
- General Health (ie Diabetes screening, and education)
- Drum making, traditional songs, art/painting



The importance of Screening:



Screen.
For Wellness.

Cervix Screening

Answering your questions about cervical cancer screening

- There is an overrepresentation in health conditions when it comes to First Nations populations (ie cardiovascular complications, diabetes, various types of cancer), in order to stay head of these conditions early education and intervention is required
- There is always updated information and recommendations coming out with regard to screening (how often, type of tests/scans) and it is important to maintain up to date information to our community members
- **Screening is now a standard part of ALL our health events:**
 - Diabetes (random blood sugar testing); Blood Pressure; pamphlets and resources
- **Mobile Mammogram Bus** is booked here in Musqueam 2 – 3 times per year, about 25 women screened each time (list fills fast, and even a waitlist to walk in)
- **Seabird Mobile Diabetes Clinic**
 - Diabetes bloodwork, eye screening and education provided

Screening Continued...



| Pressure Category | Approximate | Approximate | Approximate |
|----------------------|---------------|--------------|----------------------|
| Normal | Less than 120 | Less than 80 | Normal |
| Elevated | 120-130 | Less than 80 | Watch Blood Pressure |
| Stage 1 Hypertension | 130-140 | 80-90 | Take Medication |
| Stage 2 Hypertension | 140 or higher | 90 or higher | Take Medication |
| Stage 3 Hypertension | 160 or higher | 95 or higher | Take Medication |

Elders Health



- ▶ We think of our Elders as traditional knowledge keepers and their input is extremely valuable and respected
- ▶ Elders Coordinator, M-F
 - ▶ Various Elders activities (knitting night, photo night, luncheons)
- ▶ CHN coordinates with other health staff to assist in programming and events
- ▶ Once per week CHN is in the MIB Fitness Centre to do vitals and safety checks on Elders with Chronic Disease Management Coordinator
- ▶ Workshops/health events on Elder specific topics, requested by them (ie Wills workshop, Falls, Medication, Fitness/chair exercise class, Tai Chi)
- ▶ Invitation to ALL health events/workshops