

# THE PULSE

Vol #2 Issue 2



A Newsletter of the Nishnawbe Aski Nation (NAN) Aboriginal Health Human Resources Initiative (AHHRI) & the Indian and Inuit Health Careers Program (IIHCP)

## Is a Health Career Right for You?

*Are your favourite TV shows "Grey's Anatomy," "E/R," and "Scrubs?" Or maybe as a student you breezed through Biology and Chemistry while everyone else struggled to get a passing grade. If you've ever thought of a career in the healthcare field, here are a few things to consider as you move forward with your career plan.*

### **1. What is your motivation to pursue a healthcare career?**

What are you hoping to gain? Do you want to help others? Is money motivating you? These are good reasons that may prompt you to consider a career in healthcare. However, it is important to realize that although a medical career is extremely rewarding and often lucrative, healthcare professionals experience high levels of stress, and the field requires a great deal of commitment, endurance and hard work. Knowing your motives will help you stay focused later.

### **2. How are you going to obtain the education and training needed for your career?**

Learn about the education and training required for the various medical jobs. Being a doctor or a nurse can be a significant investment of time and money. Be sure you have thought about financing the necessary education, and how you will balance that with the time you will need to complete all of the coursework required. If you want to be a physician but do not have

15 years to devote to school and training, there are plenty of other options such as being a Physician's Assistant or Nurse Practitioner, which may not require quite as many years of training.

### **3. Are your skills and strengths a fit for the healthcare industry?**

Most healthcare careers require excellent interpersonal and communication skills, some level of technical or mathematic capacity, and a strong work ethic. Additionally, most medical jobs entail a great deal of responsibility and maturity.

Your patient's well-being, and even their lives could depend on the quality of your work. If you love to learn new things, that will also serve you well because the healthcare field changes constantly with the development of new technology, advanced procedures, emerging treatments, and even new diseases.

### **4. What specific role within the healthcare field is most suitable for you?**

What is your passion? No matter what drives you, there is a role for you in the medical field. You may have considered being a nurse or a doctor. However, allied health care offers another whole world of opportunity. For example, if cardiology (heart health) is a cause that moves you, you could be a cardiologist, a cardiovascular technician, or a cardiac nurse. If you love working with kids, pediatrics could be the field for you.



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## 5. Where do you want to work?

In which type of environment would you be most comfortable, and most successful? For example, if hospitals seem too cold or too large, you probably should not be a surgeon or a hospital nurse. If you do not enjoy interacting with people, you might be happier working in a lab.



## 6. How will your health career impact your family and personal life long-term?

Be sure to consider how your life and your family will be impacted while you are in school, completing training, and after you get a job. For example, if you become a doctor or nurse, you may be required to work nights or weekends while you are on call. Additionally, are jobs available in your area, or will you have to relocate at some point? It is crucial to give this thought now, before you begin to invest energy, time, and money towards obtaining your new career in the healthcare field.

## Classes Begin for the 2010-2011 NNEP Students

On September 9, 2010 the staff, instructors and resident Elder (Gerry Martin) of the Native Nurses Entry Program (NNEP) at Lakehead University welcomed the 25th intake of students. This year's class has a total of twenty-two (22) students enrolled, eighteen (18) of which are new students. Many First Nation communities from across the region are represented in the make-up of the class including the NAN communities of Nibinamik, Sandy Lake, Bearskin Lake, Sachigo Lake, Kingfisher Lake and Taykwa Tagamou (New Post). 21 of the 22 students are female.

The NNEP is anxiously awaiting the move back to their home in the Braun Building, which was damaged by fire in the summer of 2008. Sandra

Cornell, NNEP Manager, says that once that happens, they may begin making plans to formally celebrate the 25th Anniversary of the NNEP.

The NNEP is a 9 month access program that provides the necessary academic and self-development skills required to enter and successfully complete the Bachelor of Science in Nursing (BScN) degree program at Lakehead University. Students who successfully complete the NNEP are guaranteed entry into Year 1 of the Lakehead University BScN program. We wish this year's class every success as they embark on their journey!

*Students from the 2010-2011 NNEP Class complete paperwork during their orientation.*




## Career Spotlight: Midwife

Are you a caring, nurturing individual? Can you be trusted to keep the personal matters of others confidential? Do you have excellent communication and organizational skills? If so, a career as a midwife may be for you!

A midwife is someone who is trained to assist a woman during childbirth. Many midwives also provide prenatal care for pregnant women, birth education for women and their partners, and care for mothers and newborn babies after the birth.

A midwife may be a man or a woman. Midwives may deliver babies in the mother's home, in a special birthing center or clinic, or in a hospital. Most midwives specialize in normal, uncomplicated deliveries, referring women with health problems that could require hospitalization during birth to a hospital-based obstetrician.



Historically, in all cultures, women experienced in childbirth have traditionally attended births, and generally gained their knowledge through apprenticeships with older, more experienced midwives.

Today, formal education and training is required to practice midwifery in Canada.

Midwifery education in Canada leads to a baccalaureate level degree in midwifery. It is currently offered at the following universities:

- Laurentian University
- McMaster University
- Ryerson University
- Université du Québec à Trois Rivières
- University of British Columbia
- University College of the North - Kanaci Otinowawosowin (Aboriginal Midwifery) Baccalaureate (KOB) Program

In Ontario, midwives are independent practitioners and have their own offices/clinics. Depending on location and years of service the salary range for midwives in Ontario is \$69,000 to \$92,000 annually plus benefits.

More information about this rewarding career can be found through the Canadian Midwifery Regulators Consortium at <http://cmrc-ccosf.ca> and the Canadian Association of Midwives at <http://www.canadianmidwives.org>.

### Fun Fact

*In your lifetime, you'll shed over 40 pounds of skin.*

## News Bulletin

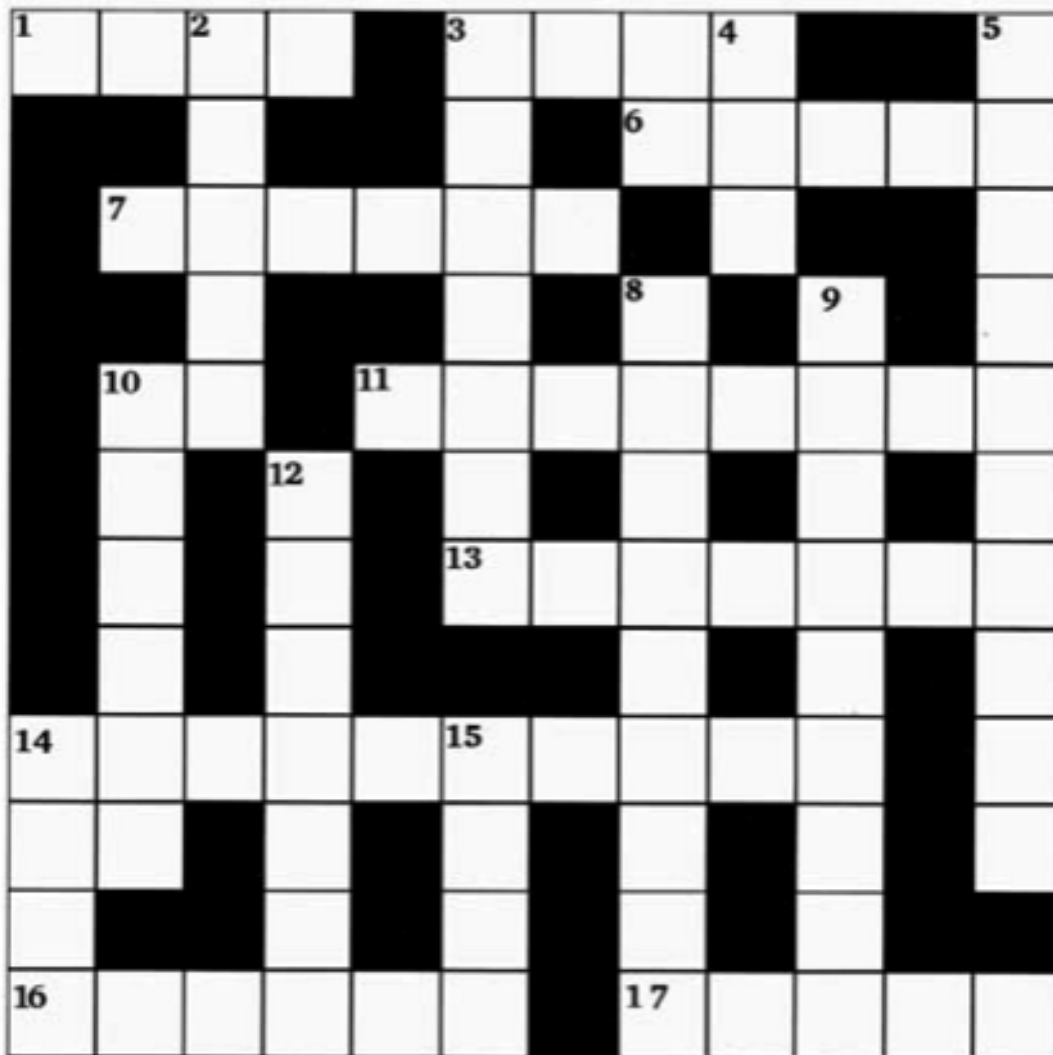
• **The 2010-2011 NAN Health Careers Grants Program** has begun! This is an opportunity for NAN communities, Tribal Councils and affiliated organizations to receive up to **\$5,000** to develop and implement health careers promotional activities. Don't delay; the deadline of **Monday, October 4, 2010** is fast approaching!

• The NAN AHHRI/IIHCP program is holding a **Digital Art/Project Contest to Promote Health Careers!** The purpose of the contest is to highlight and promote the health care providers, programs and/or facilities that exist in NAN, thereby encouraging others to follow the path that leads to a rewarding career in health.

All styles of artwork, photography and visual projects where digital processes/media of any kind are used in the creation of the final work are acceptable. The contest is open to NAN members 30 years of age and under. Enter your work for a chance to win the Grand Prize of \$500! Contest deadline: **Monday, November 1, 2010.**

The guidelines and applications/entry forms for both of these initiatives are available at <http://ahhri.nan.on.ca> or can be obtained by contacting Loretta Sheshequin, AHHRI Coordinator, toll free at **1-800-465-9952**, directly at **(807) 625-4955** or by email at [lsheshequin@nan.on.ca](mailto:lsheshequin@nan.on.ca).

# Health Word Search



## CLUES DOWN

2. The elements of a skeleton.
3. People qualified to practise medicine.
4. If you're sick, you want to ..... better.
5. Vehicles for transporting sick or injured people.
8. Surgical act carried out in a "theatre".
9. Portable structure for carrying the sick or the injured.
10. Protected against a disease or a virus.
12. Person who is undergoing treatment.
14. A very dangerous modern illness.
15. An irritation, to irritate.

## CLUES ACROSS

1. A rigid structure enclosing your heart, lungs etc.
3. This sometimes means medicine, but not always.
6. A fluid that is contained in blood.
7. To contaminate.
11. A place where people with serious medical problems are treated.
13. Man or woman who cuts people open.
14. Powerful form of medicine; penicillin is one.
16. To close a cut or a wound with a needle and cotton.
17. Man or woman whose job is to care for the sick.

## Nishnawbe Aski Nation - Mandate

Nishnawbe Aski Nation (NAN) represents the legitimate socioeconomic and political aspirations of its First Nation members to all levels of government in order to allow local self-determination while establishing spiritual, cultural, social, and economic independence.

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