



McCrone Publications Inc.

HEALTH *beat*

July 2006
Volume 9, Issue 6

www.mccronehealthbeat.com

BURNTWOOD REGIONAL HEALTH, MANITOBA

A place where home, work & nature share the same brilliant space!

The Burntwood Regional Health Authority offers attractive employment opportunities for dynamic individuals in search of health care careers. We offer career advancement, an inviting atmosphere and wonderful colleagues. But that is just the start. In addition to great colleagues, our northern regions offer the rugged beauty of nature as you have never seen before.

The Burntwood Regional Health Authority (BRHA) has a total dedicated staff of 450, offering quality Health Services to six different communities. Our health centers in Pikwitonei, Thicket Portage, Wabowden, Lynn Lake, Leaf Rapids, and Thompson ensure the BRHA maintains its core values of **"Northern Health in Northern Hands."**

In addition to the community hospitals, the BRHA also owns and operates a comprehensive

Community Health Resource Centre in Thompson providing primary health services as well as health promotion/education and illness prevention programs.

In the fall of 2006, the Burntwood Regional Health Authority will be seeing the opening of a 35-bed, brand-new, state of the art, Personal Care Home, offering long-term care services within the City of Thompson. This new facility will be the first phase of development which will eventually include the creation of a 5-bed Acquired Brain Injury Centre.

Another recent development includes the expansion of our Kidney Dialysis Unit. Our Haemodialysis treatments will more than double, resulting in an even greater opportunity for our region to recruit health care professionals.

Still undecided about Northern Manitoba?
We are based in Thompson, Manitoba, a vibrant city of 15,000.

Thompson is an ideal place to raise a family – with small town flavour in this, the third largest city in Manitoba. In addition to health care services, Thompson is a centre for transportation, communication, education, and government services.

Lifestyle

The Burntwood Region is nestled in the rugged and beautiful Canadian Shield – pristine lakes, surrounded by extraordinary natural beauty of the boreal forests. Urban comforts and a compelling host of recreation amenities await you, while at the same time being only a few steps away from great hunting, fishing, boating, skiing, snowmobiling, hiking, etc.

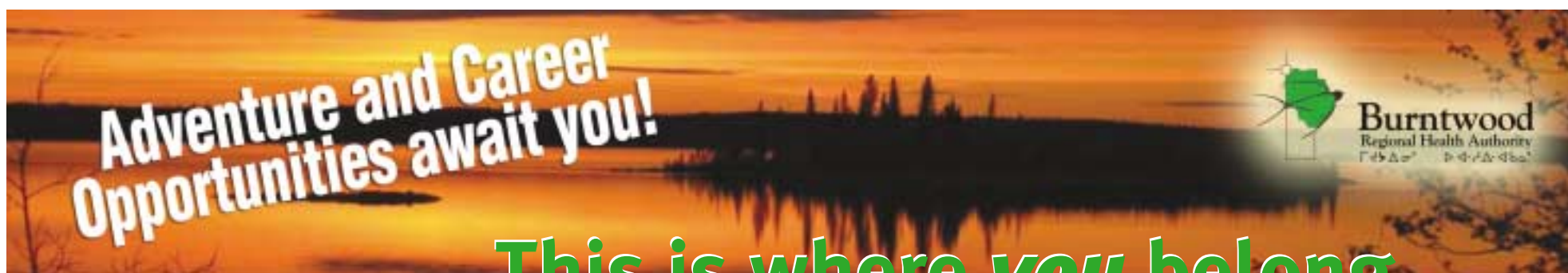
Over 60 community clubs and programs are available – suiting a wide variety of interests.

Growth

In an environment that supports personal and professional growth, many educational opportunities exist for you. Teleconferences, grand rounds, and in-house training are just a few of the opportunities to discover yourself and to discover us!

Join our Winning Team

The BRHA understands that relocation can be a difficult decision to make. For many, the countless preparations can be a real deterrent to your career destination. The BRHA offers competitive wages, an employee benefit program, pension, EAP and relocation assistance. Come and join our team, in a place where home, work and nature share the same brilliant space!



We are currently recruiting:

Speech Language Pathologist, Sonographer, Physiotherapist,
Clinical Dietitian, Laboratory Technologist, Radiology Technologist

- We offer to you:*
- A great group of colleagues
 - A great environment in which staff can enrich themselves, technically, professionally & personally
 - Educational opportunities
 - Excellent Relocation Allowance in accordance with current policies
 - Excellent Salary & Benefits according to the appropriate Collective Agreement, including Northern Allowance Premiums.

For more detailed information on employment opportunities within the BRHA, please visit our website at www.brha.mb.ca or contact the Regional Recruiter: 867 Thompson Drive South, Thompson, MB R8N 1Z4 Ph: 204-778-1455 or Email: recruiter@brha.mb.ca

OPPORTUNITY

GROWTH

ADVENTURE

July 2006 - Vol. 9, Issue 6

For more information please contact:

Advertising: Cheryl Lee

cheryl@mccronehealthbeat.com

Toll Free – Ph 1.800.727.0782

Publisher: Jan Henry, McCrone Publications

jan@mccronehealthbeat.com

Letters & Articles: Jay Sherwood

jay@mccronehealthbeat.com

Graphic Design: Jackie Vogt

design@mccronehealthbeat.com

Published by:

McCrone Publications

9768 – 170 Street, #319

Edmonton, AB T5T 5L4

Ph: 780.413.9342 Fax: 780.413.9328

Toll Free – Ph: 1.800.727.0782

www.mccronehealthbeat.com



Our Mission

To provide healthcare professionals with job opportunities, continuing education, new products, resources, and editorials to help them succeed in their careers.

Publication Policy

HEALTHbeat is published in print and online (with a link direct to your web page) and distributed at no cost to healthcare professionals throughout Canada in hospitals, community health centres, extended care facilities, clinics and health science faculties at colleges and universities.

Editorial Policy

HEALTHbeat assumes no responsibility or liability for claims made for any products or services reported on or advertised in the publication.

All contents are the property of HEALTHbeat and cannot be reproduced in any form without written consent of the publisher.

Articles submissions are welcome. They should be original and signed by the author. HEALTHbeat reserves the right to edit all articles submitted.

Subscriptions

A new low rate of \$25/yr, please call McCrone Publications for more information. To have HEALTHbeat delivered to your facility contact McCrone Publications at the numbers listed.

Publications Mail Agreement No. 40029443

Return Undeliverable Canadian Addresses to:

McCrone Publications, 9768-170 Street #319

Edmonton, AB T5T 5L4

email: info@mccronehealthbeat.com

The key is to choose high quality, healthy, nutrient-dense snackfoods

by Tyron R. Piteau, B.H.K., C.H.E.K. Exercise Coach*

For those of us in the health care industry, it's often too inconvenient or for that matter too much effort to put together a meal of organic vegetables and a piece of high quality chicken. With such a fast paced occupation, one of the last things you are thinking about is "I hope I'll have time to prepare, cook, and eat a good meal." So what does someone do in this situation? Eat at a fast food restaurant? Eat a candy bar? Have a latte? Well, if you want to have vitality you won't do that for any length of time. The key is to choose high quality, healthy, nutrient-dense snackfoods. Yes, you read that correctly! Snackfoods can be healthy and nutrient-dense, you just have to be a wise shopper and know how to read labels. You may be thinking, "Aren't these snacks going to be tasteless and boring? I feel if I'm going to snack I might as well eat what tastes good no matter if it's healthy or not." I'm sure what I'll share with you will more than satisfy your hunger and your tastebuds.

Excellent nutritious snack foods are nuts and seeds. Nuts and seeds are rich sources of natural oils, with nuts ranging in total fat content from 60% to 80% of calories. Pecans, almonds, cashews, macadamia nuts, and peanuts contain a high amount of the good monounsaturated fat, oleic acid; walnuts and seeds such as flax and chia on the other hand contain the essential polyunsaturated fat, alpha linolenic acid,

also called omega-3. Seeds such as pumpkin, sunflower, sesame are a rich source of the essential polyunsaturated fat, linoleic acid, also called omega-6. Before munching on these nutritious snacks you need to prepare them properly. Soak them in water with a pinch of sea salt overnight to rid them of any antinutrients. Seeds and nuts have phytates in their outer coat that disrupts mineral absorption in the colon and inhibits enzyme activity.¹ The soaking process makes the nuts and seeds easier to digest and their nutrients more readily available.¹ What I recommend is to soak a huge batch of whatever nuts or seeds you like overnight. The following morning rinse them off a few times and stick them in the oven for 6-10 hours at a low heat (less than 150°F) just enough to soak up the remaining water. Place them in a sealed plastic container in the refrigerator and they'll last for a number of months. Try to avoid roasted nuts and seeds as the high heat can turn the fats rancid.

Another snack you may want to consider is a high quality trail mix containing such things as pecans, almonds, cashews, macadamia nuts, walnuts, brazil nuts, raisins, dried unsulphured apricots, dried papaya, dried pineapple, or dried unsweetened coconut. I recommend one that has had the nuts soaked for the reasons mentioned above. Similarly, a granola mix may satisfy your hunger and

tastebuds. Try finding one that does not include refined oats, refined sugar, refined salt, or artificial sweeteners, but preferably one that includes for instance, whole sprouted organic buckwheat groats, organic flaxseeds, sprouted organic sunflower seeds, sprouted organic pumpkin seeds, and organic dates and raisins for natural sweetening.

Another snack worth considering are cookies (again, you read that correctly) that feature either nuts, butter or coconut oil, natural sweeteners, and are made from sprouted wheat flour or an alternate sprouted grain such as spelt. Coconut is an excellent oil to include in baked goods as it is rich in medium-chain fatty acids, which the body absorbs directly from the small intestine for quick energy.¹ Research has shown that coconut oil, like butter, promotes normal brain development, is less likely to cause weight gain than polyunsaturated oils (specifically the refined, heated, and rancid ones), contributes to strong bones and the health of the immune system, and has antimicrobial effects due in large part to lauric acid, a medium-chain fatty acid.¹

Lastly, if these don't satisfy you or you just want an alternative, consider trying a high-quality, nutrient-dense whole food energy bar. If you've considered this before but were bombarded with too many to choose from and got confused, let me make a suggestion. Any energy bar will do if it is made with high-quality, whole food ingredients without unnecessary additives, preservatives, and artificial sweeteners.

Ultimately snackfoods don't have to be decadent. Indeed, they can be nutritious and tasty if you just know what to look for as well as what to avoid.

Bon appetit!

Bibliography

1 Fallon, S., Enig, M. G., Ph.D., Nourishing

Traditions: The Cookbook That Challenges Politically Correct Nutrition and the Diet Dictocrats, 2nd Ed. (Washington, DC: New Trends Publishing, Inc., 1999).

2 Rubin, Jordan. "E.A.T.: What Foods Are Extraordinary, Average, or Trouble?" GPRX. 2005.

www.biblicalhealthinstitute.com/Resources/EATWhatfoodsareExtraordinaryAver/tabid/90/Default.aspx

* Tyron Piteau B.H.K., R.K., C.H.E.K. Exercise Coach

The Maker's Body: Corrective Exercise and Health

themakersbody@gmail.com or 604-626-2342

Medflight Air Ambulance

is accepting resumes for

Flight Nurses

for its base in Yellowknife

Qualifications: **BCLS, BTLs, ACLS, PALS**

- Minimum two years EOR/ICU experience
- Must have or be able to obtain **NWTRNA** registration
- Previous flight/northern experience an asset

Please send resumes to:

Pat O'Connor

344 Old Airport Rd.

Yellowknife, NT X1A 3T4

Phone (867) 873-9099 Fax (867) 873-2093

email: medfligh@internorth.com

Healthy Snackfood Suggestions

(compiled by Tyron Piteau B.H.K., R.K., C.H.E.K. Exercise Coach)

Extraordinary Snackfoods

Nuts and Seeds (organic, raw, and/or soaked is best)

- almonds (raw or dry roasted)
- pumpkin seeds (raw or dry roasted)
- hemp seeds (raw)
- flaxseeds (raw and ground)
- sunflower seeds (raw or dry roasted)
- almond butter (raw or roasted)
- tahini (raw or roasted)
- pumpkin seed butter (raw or roasted)
- hemp seed butter (raw)
- sunflower butter (raw or roasted)
- walnuts (raw or dry roasted)
- macadamia nuts (raw or dry roasted)

• pecans (raw or dry roasted)

• hazelnuts (raw)

• Brazil nuts (raw)

Snacks

- healthy food bars
- goat's milk protein powder
- flaxseed crackers
- raw food snacks
- healthy macaroons
- healthy trail mix
- organic cocoa powder
- organic chocolate spreads
- carob powder

Fruits (organic fresh or frozen is best)

- blueberries
- strawberries
- blackberries
- raspberries
- lemons
- limes
- apples
- apricots
- grapes
- melons

• peaches

• oranges

• grapefruit

• pears

• plums

• kiwis

• pineapples

• bananas

• mangos

• papayas

• dried fruits (no sugar or sulfites)

• raisins

• figs

• dates

• prunes

Beverages

- purified, nonchlorinated water
- natural sparkling water, no carbonation added (i.e., Perrier)
- unsweetened or honey-sweetened herbal teas
- raw vegetable or fruit juices
- lacto-fermented beverages
- coconut water

Sweeteners

• unheated raw honey

• date sugar

Average Snackfoods²

Nuts, Seeds, Beans, and Legumes

(organic is best)

• tofu

• peanuts (dry roasted)

• peanut butter (roasted)

• cashews (raw or dry roasted)

• cashew butter (raw or roasted, in small quantities)

• soy nut butter (in small quantities)

Beverages

(organic is best)

• pasteurized vegetable juices

• pasteurized fruit juices (not from concentrate)

• fresh ground coffee (limit to one cup per day)

Fruits

• canned fruit in its own juices

Snacks

• healthy popcorn

• baked corn or rice chips

• milk or whey protein powder from cow's milk

• rice protein

• soy protein (non-genetically modified)

Sweeteners

• honey

• Stevia

• organic dehydrated cane juice

• maple syrup

• agave nectar

• xylitol

• barley malt

• brown rice syrup

Trouble Snackfoods²

Nuts and Seeds

• nuts roasted in oil

• honey-roasted nuts

Beverages

• commercial beer and wine

• sodas

• chlorinated tap water

• fruit juices or drinks with artificial flavors

• fruit juices or drinks made from concentrate

Fruits

• canned fruits in syrup

Sweeteners

• sugar

• corn syrup

• high fructose corn syrup

all artificial

sweeteners, including:

• aspartame

• sucralose

• acesulfame K

• sorbitol

• maltitol

Miscellaneous

• snack foods with sugar, partially hydrogenated oils, artificial sweeteners, or unbleached flour

David Rainham M.D., C.C.F.P.
Family Physician, Author, Speaker

Stress and Your Health

"The human body is designed to resist an infinite number of changes and attacks from its environment. The secret of good health lies in successful adjustment to these changing stresses" - Adapted from Harry J. Johnson

What decides when illness will strike us? If I'm stressed out, will I get sick? These are fascinating questions for which we don't have clear answers yet. We get sick for many reasons – our genetic makeup, exposure to toxins and germs, nutrition, weight, fitness, the state of the immune system – and pure luck. We have long known that emotions have a large influence on our physical health. We have progressed from seeing the mind and body as separate to seeing them as intimately linked, so we cannot divide illness into purely "emotional" or "physical" types.

If being stressed leads to overeating, smoking and drug abuse, then it's obviously a direct cause of illnesses such as diabetes, lung cancer and cirrhosis of the liver. As well, our overall stress

level plays a large role in deciding when we get a particular disorder, the intensity of the symptoms and the frequency of flare-ups. And there's no doubt that our attitudes and stress coping skills are vital factors in our quality of life when we do get ill.

New research is giving us fascinating insights into the mind-body connection - and how too much stress might actually make us ill. It's been found that people who experience excessive amounts of anxiety, depression, hostility, anger, fear, cynicism, loneliness and pessimism are much more at risk for illness than those who have a healthy balance of emotions and feelings. These emotions are linked to a long list of medical problems: heart attack, stroke, asthma, arthritis, migraine, diabetes, tension headaches, high blood pressure, skin problems, coughs and colds, back pain, bowel disorders, poor sleep, fatigue and sexual difficulties, addictions, accidents, as well as certain cancers. As well, there are the

common but poorly understood syndromes such as fibromyalgia, irritable bowel syndrome, and chronic fatigue syndrome, for which the relative contributions of mind and body are not yet clear. If you have a medical disorder such as heart disease or diabetes you stand a good chance of having anxiety, depression, or substance abuse problems as well. Sometimes the emotional difficulties are the result of the medical illness and sometimes you just have both because both are common.

Are you 'getting sick' of trying to balance your home and work life, or of dealing with a really difficult person? You're quite normal!

The body responds to threats or 'stresses' in three stages:

- 1) The emergency 'fight or flight' response prepares us to fight or run away from danger.
- 2) If the threat continues, the body secretes a hormone called cortisol.
- 3) Cortisol has important effects on the body and brain.

It's the second and third phases of the stress

response that can wear us down and make us sick. If cortisol levels stay high, the immune system produces more 'cytokines'.

One of these substances, interleukin-6, is associated with increased inflammation which is linked to heart disease, stroke, type 2 diabetes, certain types of cancer, arthritis, depression and fatigue. These harmful stress by-products seem to linger long after the stressful situation has ended, with the result that long-term stress not only causes "wear and tear" on our bodies and minds but major health problems as well.

The good news is that there's a lot we can do to take control of our responses to life's problems and to enjoy better health.

Remember: *"With health, everything is a source of pleasure; without it, nothing else, whatever it may be, is enjoyable."* - Schopenhauer

Dr. David Rainham is a Family Physician, author and speaker. You can read more about how to reduce stress and live with balance at www.stresswinner.com/Personal/UltimateHealth.asp

From the Editor's Desk

Did You Know...?

by Jennifer (Jay) Sherwood, BScN, MEd.

Once again, I am writing this column to share with you some of the many snippets of information that come our way here at HEALTHbeat. This column highlights a small sample of the information that has arrived during the last couple of months. All of this comes from press releases, lists and other such things that are available. Apart from editing, I am passing it along to you as it comes to me. Be advised, HEALTHbeat does not endorse or otherwise support any of the products, new ideas etc.

Did you know...

emWave™ Personal Stress Reliever is a sleek portable device no bigger than a cell phone that trains you to easily reduce emotional stress, such as frustration and anxiety, in real-time. Based on the science of coherence, emWave detects your pulse, converts the data, and indicates your coherence level through colorful light displays. Simply stated, more coherence equals less stress. Whether you need to de-stress at the office, unwind before bed, or loosen up on the golf course, emWave is an anytime-anywhere stress solution. emWave is a complete system that includes an ear sensor, battery charger, carrying case, Quick Start Guide, owner's manual, and Coherence Coach™ CD. To learn more, visit: www.emwave.com.

VICTORIA – The Vancouver Island Health Authority (VIHA) will become the first healthcare organization in Canada to use decision-support technology for mental health and addictions clinicians and clients, according to VIHA CEO Howard Waldner. The new system will enable clinicians and clients to make more informed decisions about their care.

TORONTO – Assisted by \$8.8 million in development funds from Health Canada,

the Canadian Pharmacists Association has launched a web-based medication management tool that's designed to offer quick decision-support at the point of care. The CPhA calls it "a second opinion from Canadian experts on what works, when – that you can consult anytime, anywhere."

VICTORIA – More than 500 physicians across British Columbia have embraced the new opportunity to use the Province's PharmaNet system in their medical practices, since the system was expanded in December 2005 to reach physician practices, announced Health Minister George Abbott.

EDMONTON – Capital Health and the University of Alberta have officially opened the Zeidler Gastrointestinal Health Centre, the new home of the Division of Gastroenterology. The 30,000-square-foot, three-storey building located next to the University of Alberta Hospital is Canada's first clinical facility dedicated solely to gastroenterology patient care and research.

EDMONTON – The University of Alberta and Capital Health announced the most ambitious commitment to research in women and children's health that the region has ever seen, with the investment of \$37 million in a new institute.

EDMONTON – Effective July 1, Albertans will benefit from more coordinated province-wide programs that focus on patient safety and quality healthcare as the Health Quality Council of Alberta is established as a provincial health authority. "Designating the Health Quality Council as a health authority is consistent with the government's health reform goals to have a health system that is focused on the patient," said Iris Evans, Minister of Health and Wellness.



The Yukon has various opportunities for nurses throughout the territory:

Registered Nurses for ER, OR, ICU, Surgical, Pediatrics, Maternity, Medical and Psych speciality in an urban hospital setting

General Duty Nurses to provide emergency, acute care, respite beds for rural hospital setting

Community Nurse Practitioners to provide primary care and community health programs in rural Yukon

Flight Nurses to provide emergency medevac services, in-flight nursing care

Community Health Nurses to provide public health, baby clinics, STD counselling, prenatal/postnatal care

Detox Unit Nurses to provide nursing care and supervision to clients in alcohol/drug withdrawal, assisting them in their recovery process

Continuing Care requires registered nurses and licensed practical nurses to work in one of three long term care facilities providing adult and child respite, dementia care, residential and adult day programs

Salaries range from \$56,089 to \$76,379 dependent upon position/location

Retention bonus \$3000 to \$6000 per year based on position

Urban hospital includes bonus in salary

For more information, contact:

Tracey Maher,
recruitment advisor,
phone: 867-667-8389
fax: 867-667-8338

e-mail: tracey.maher@gov.yk.ca
website: www.hss.gov.yk.ca/recruit/

Yukon
Health and Social Services

Editorial: Deployment of Health Professionals:

One Answer to the Shortage

by Jennifer (Jay) Sherwood, BScN, MEd.

According to Health Canada there is a growing body of evidence that suggests that there is a current and impending imbalance, in the supply of health professionals across a wide variety of disciplines. This assertion is supported by the Canadian Nurses Association, the Romanow and Kirby reports and the World Health Organization among others. To address these and other issues related to the revitalization of Canada's Health System, Health Canada has developed a Health Human Resource Strategy. The overarching goal of the Pan-Canadian Health Human Resource Strategy, is to ensure that Canadians have access to the health providers they need both now and in the future. Appropriate planning and management of health human resources (HHR) are key to developing a health-care workforce that has the right number and mix of health professionals to serve Canadians in all regions of the country. The Strategy is divided into three parts. These are: Health human resource planning; Recruitment and retention; and, Interprofessional education for patient-centred collaborative practice.

Planning to meet the demands of the health care systems in Canada through the management of health human resources requires good information about a range of health care personnel. The Canadian Institute for Health Information (CIHI) in its publication of the report Health Personnel Trends in Canada: 1995 – 2005,

has begun to fill in the gaps in information about health professional groups other than registered nurses and physicians. This publication represents the only pan Canadian source of baseline data covering such a wide range of health professional groups. Using data from professional groups and licensing bodies, profiles are created for each professional group. Each profile includes an overview of the scope of practice and supply trends. It is designed to provide health planners, researchers and managers with the information they need to manage health human resources in a time of shortage across all professions.

In the description of the strategy there are reports of various studies and initiatives related to recruitment and retention. One of these is focused on the deployment of professionals. To gather more information about the preferred practices for the deployment of health professionals, Health Canada funded a study that resulted in the document "Literature Review and Environmental Scan of Preferred Practices for Deployment of Health Human Resources and Decision Support Tools" (2004). Reiterating current and impending shortages amongst health professionals referred to above, the authors sought through a review of the literature and scanning the environment to identify the different and innovative means of responding to these shortages.

In the literature review section it was found that the bulk of the literature focused on physicians and nurses with other professional groups receiving secondary attention. Strategies that emerged from the literature review included the redefinition of the roles of health professionals; working towards full scope of practice; and, the promotion of interdisciplinary collaboration. The review did not identify many support tools and most of those that were identified were theoretical models.

The environmental scan findings were consistent with the findings from the literature review. Key

strategies included substitution; expanded scope of practice; and, team delivery models. As well, other major trends that emerged were the use of telehealth and telemedicine to increase access to health professional services; use of paraprofessional health workers; and, increased use of "assistants". Educational programs to support interdisciplinary practice have been put in place and there are efforts to recruit by providing training and practicums in remote and rural communities.

The authors of the final report of this study concluded that there is a need among health planners to "reconceptualize" models of health care delivery. It is no longer enough to focus on the numbers of health professionals needed. Rather, there should be a shift in planning for the supply of professionals to planning for the delivery of health services using an optimal skill mix. Skills substitution and expanded scopes of practice for health professionals were shown to be a major deployment strategy. As well, several decades of health reform necessitates moving health human resource planning from a "profession specific" mode to one that is needs driven in specific locales and settings. A number of recommendations based on the findings of the study are also included in the "Conclusion" section of the report.

For more information and to download the full report go to the Health Canada website (www.hc-sc.gc.ca), click on Health System, then health human resources. For the full report from CIHI, go to www.cihi.ca.

References

- CIHI, *Health Personnel Trends in Canada, 1995 – 2004*. Ottawa, Author
- North south Group Inc. *Literature Review and Environmental Scan of Preferred Practices for Deployment of Health Human Resources and Decision Support Tools: Final Report*. Ottawa: Health Canada



PRIMARY CARE NURSING OPPORTUNITIES

Full-time Positions – Immediate

PRIMARY CARE NURSES

In this role you will:

- provide comprehensive nursing services to the patient population of a family practice clinic within the Network;
- assess, manage and support patients, providing appropriate documentation, and work collaboratively with the physician to develop and implement care plans and to provide follow-up with the patient;
- work to full scope of practice with an emphasis on providing comprehensive care, education and guidance to the elderly and/or patients with chronic disease. Duties will vary depending on the clinic and patient population.

Qualifications: BScN with at least 5 years nursing experience. Primary Care Nurses will work with Family Physicians in the community, other health professionals and local and regional programming in a multi-disciplinary environment to ensure a high quality of evidence-based health care to the practice population.

Successful applicants will also have: current CARNA Registration; and BCLS; must have own vehicle and valid driver's license. Preference will be given to nurses with experience in: primary care/community nursing, gerontology, chronic disease management (ie. diabetes, cardiovascular disease).

Please submit your resume to:

Doug Craig, General Manager
Edmonton Southside Primary Care Network
Grey Nuns Hospital, 1100 Youville Drive
Edmonton, Alberta T6L 5X8
Tel: (780)735-7231 Fax: (780)735-7742
Email: dougcraig@cha.ab.ca



Only applicants selected for an interview will be contacted.

The Edmonton Southside Primary Care Network has been established to enhance the delivery of primary care services through local initiatives. It is a joint venture partnership between a group of South Edmonton Family Physicians and Capital Health and is the first Network of its kind established in Alberta.



BANFF MINERAL SPRINGS HOSPITAL

Manager of Emergency Services

Position Summary:

Reporting to the Director of Patient Care, this front-line management position is responsible for providing overall leadership to Emergency/Ambulatory Care and EMS Services. This position is accountable for the effective and efficient delivery of competent and compassionate healthcare in accordance with the values of the Banff Mineral Springs Hospital.

Competencies:

- Excellent analytical, organizational, planning, teaching, problem solving and decision-making skills required.
- Demonstrated team-building abilities.
- Ability to supervise, teach and mentor staff.
- Ability to define and establish standards of care.
- High standard of written, oral and interpersonal skills.

Qualifications:

- Bachelor of Nursing Degree required.
- Current CARNA registration.
- Management experience desired.
- 3 – 5 years recent Emergency experience required.
- Experience and knowledge in pre-hospital care an asset.

Registered Nurses – Operating Room

Qualifications:

- Post basic Perioperative Course with 3-5 years of current O.R. experience desired.
- Demonstrated high level of knowledge and skills in an Operating Room.
- Evidence of effective organization, problem solving, and collaboration skills essential.
- Current registration with CARNA required.

Other Nursing Positions

Full-time, Part-time, Float and Casual nursing positions are available in a variety of clinical areas in our facility that has a reputation for excellence in Orthopedic, Plastic and Emergency medicine.

Visit our website www.banffmineralspringshospital.ca for more information on these and other positions.

Please submit your resume, clearly stating the position you are applying for to:

Banff Mineral Springs Hospital, Human Resources,
Box 1050, 305 Lynx Street, Banff, AB, T1L 1H7, Fax: (403) 762-4143,
Email: hr@banffmineralspringshospital.ca

Editor's Note: In the May issue of HEALTHbeat, an article by Tyron Piteau, BHK, RK was published without the references or bibliography that the author provided. This omission has led to some confusion amongst our readers. I apologize both to the author and you, our readers for our publication error.

The following is a reformatted list of references that was provided by the author in his original submission. We are publishing it for your information. JS

Are Soy and Soy-based Products Good or Bad?

References and Selected Bibliography

- Attaie, et al. Journal of Dairy Science 83 (2000):940-944; Jensen, Goat's Milk Magic: One of Life's Greatest Healing Foods (Escondido, CA; n.p., 1994).
- Baum, et al. Journal of Infectious Diseases (2000); Patrick, et al., Alternative Medicine Review (1999).
- Chek, Paul. You Are What You Eat CD Series. Chek Institute, San Diego, CA, 2002.
- Daniel, Kaayla T. The Whole Soy Story: The Dark Side of America's Favorite Health Food New Trends Publishing, Inc., March, 2005.
- Fallon, S., Enig, M. G., Ph.D., Nourishing Traditions: The Cookbook That Challenges Politically Correct Nutrition and the Diet Dictocrats, 2nd Ed. (Washington, DC: New Trends Publishing, Inc., 1999), 29; citing J.J. Rackis, et al., Qual Plant Foods Hum Nutri 35 (1985): 232;
- Fallon, S., Enig, M. G., Ph.D., Nourishing Traditions: The Cookbook That Challenges Politically Correct Nutrition and the Diet Dictocrats, 2nd Ed. (Washington, DC: New Trends Publishing, Inc., 1999).
- Fallon, Sally and Mary Enig, Ph.D., "Soy Products for Dairy Products – Not So Fast," Health Freedom News, September 1995;
- Fallon, Sally and Mary Enig, Ph.D., The Ploy of Soy (San Diego, CA: Price-Pottenger Nutrition Foundation).
- Gurd, Vreni. "Eat – The Soy Controversy." April 2, 2006. <http://home.ezine.com/221/221-2006.04.02.08.00.archive.html>.
- Haenlein, G. F. W., "Goat Management: Lipids and Proteins in Milk, Particular Goat Milk," Delaware Cooperative Extension, <http://bluehen.ags.udel.edu/deces/goatmgt/gm-08.htm>; L. S. Hinckley, "Quality Standards for Goat's Milk," Dairy, Food and Environmental Sanitation 11 (1991): 511-512.
- www.westonaprice.org/federalupdate/aa2004/actionalert_033004.html.
- www.westonaprice.org/soy/index.html
- Mehaia, M. A., "Studies on Camel and Goat Milk Proteins: Nitrogen Distribution and Amino Acid Composition," Nutrition Reports International 39 (1989): 351-357.
- Park, Journal of Dairy Science 74 (1991):3326-3333;
- J. A. Gamble, et al., "Composition and Properties of Goat's Milk as Compared with Cow's Milk," Technical Bulletin No. 671, United States Department of Agriculture, 209280 (1939): 40-41.
- Price, Weston A. "Possible Legal Action On Medical Problems Caused By Soy." Weston A. Price Foundation. 2004. 4 Jan. 2004.
- Rubin, Jordan. The Maker's Diet. Siloam, Lake Mary, FL, 2004, 103.

Summer Relief

in the Northwest Territories

Spend this summer on the frontiers of northern healthcare in the Northwest Territories.

As a health and social service professional, you can put your skills and initiative to work and truly make a difference. The experience of a full scope of practice combined with an integrated team approach makes northern nursing practice unique and desirable!

In small Northern communities, nurses are a continuous presence in care delivery, the contact between clients and health or social services, unlike southern, urban centres, where nurses frequently work in one specialty. But it's the norm in small Northern hamlets where there may be only one or two nurses, a community health representative, a social worker and one visiting physician, all of whom are part of the community wellness team.

As a nurse in one of our Northern communities, you're responsible for the day-to-day operations of a well-equipped health centre. You handle everything from routine assessment and monitoring of patients to critical decision making in emergencies. Depending on your length of service, you'll hold regular clinics, develop outreach programs in preventative health, handle school health programs, provide immunizations and treat communicable diseases. You'll decide if medical evacuation is needed in cases of severe illness, injury or high-risk pregnancy. And if you work in larger Northern centres, you'll visit outlying hamlets and take calls on a rotating basis.

Hospital nurses practice in regional facilities in four locations throughout the NWT – Hay River, Yellowknife, Fort Smith and Inuvik. As a qualified professional, you can make a vital contribution in maintaining our high standards of acute nursing while practicing

in mixed wards and rotating through day surgery, emergency, in-patient units and maternal-child.

Life in the Northwest Territories is a cultural adventure in itself. Most smaller communities are quiet hamlets where life has a different, traditional pace. Society is a complex blend of people, where cultural awareness is essential in your daily work. The NWT is home to approximately 44,000 people living in 32 communities of various sizes. Some communities are accessible by road while others can be reached only by plane.

Looking for adventure and challenge?

If you're a nursing professional with the desire to work where your skills and experience can do the most good, unique opportunities await you in the Northwest Territories this summer. Discover job satisfaction combined with a quality of life unlike anywhere else in Canada. In this unspoiled part of the world, you will gain a greater appreciation of our aboriginal cultures. **And the outdoor adventure...**

**Join us
this summer
for an
experience of a
lifetime!**

For more information, contact:
Nurse Recruitment Officer
Dept of Health and Social Services
Government of the Northwest Territories
Toll Free: 1-877-241-9357 or
Email: hlthss_recruitment@gov.nt.ca



Bigstone Health Commission Employment Opportunity **COMMUNITY HEALTH NURSE**

The Bigstone Health Commission (BHC) is incorporated as a non-profit corporation. We are working toward assuming the responsibility for the delivery of federally funded health services to all Bigstone Cree Members. Our Vision is to enhance the quality of life for all Bigstone Members and all others living within the Bigstone Traditional Territory. Our goal is to accept the responsibility and authority to manage and control health services within the Bigstone Traditional Territory. Currently, the BHC Head Office is seeking a Community Health Nurse to join our BHC Nursing Team on a full time basis to assist us with achieving our goal.

Qualifications: Possess a B.Sc. Degree in Nursing from a recognized university; Licensed with the College and Association of Registered Nurses of Alberta; Minimum of 1 year experience in Community Health Nursing in a Northern Community; Valid clean driving license; Be medically fit; Ability to understand Cree language will be an asset.

Duties and Responsibilities:

- Promote wellness through an integrated team approach with various health partners;
- Provide public health, baby clinics, STD counselling, prenatal/postnatal care;
- Organize and jointly conduct breast screening and cervical cancer clinics with health partners;
- Make client/family referrals to other agencies and professionals when need is identified;
- Maintain accurate records, documents, and reports;
- Participate in community health planning;
- Possess excellent interpersonal communication skills, as well as organizational skills;
- Proficiency with computers, effective teaching skills;
- Accept direction and support continuous improvement and development of position;
- Able to work independently with minimum supervision;
- Communicate with various members of the public in a pleasant and respectful manner;

Apply with cover letter and resume in confidence to: Human Resources
Bigstone Health Commission, P.O. Box 1020, Wabasca, AB Fax: (780) 891-2738

Application Deadline: Open until filled.

No phone calls please. We thank all who apply, however, only those selected for an interview will be notified.



Five Hills Health Region Moose Jaw, SK & Area

Does living in a safe family-friendly community with affordable housing, low cost of living and a 5 minute commute to work appeal to you?

Typical 3 bedroom bungalows sell for \$50K - \$150K depending on the community – Assiniboia, Moose Jaw, Central Butte, Craik, Gravelbourg.

EMPLOYMENT

DIRECTOR OF CONTINUING CARE
MANAGER, ACCESS CENTRE

CARE MANAGER – PIONEER LODGE, MOOSE JAW

DIRECTOR, NUTRITION AND FOOD SERVICES

NURSING SHIFT COORDINATOR – MOOSE JAW UNION HOSPITAL

MEDICAL LABORATORY TECHNOLOGISTS (PERM. & TEMP. FULL TIME)

NURSES: Casual/temporary employees qualify for benefit plans; recognition

of experience used for placement on salary scale, recognition of education, shift differential, weekend premiums.

Seniority and vacation accrual rate is portable.

OPPORTUNITIES

Call Human Resources toll-free at 1-888-425-1111 or visit
www.fhhr.ca for details about career opportunities.

Vacancy list is updated weekly.

**Summer Relief
in the Northwest Territories**

Spend this summer on the frontiers of northern healthcare in the Northwest Territories. Community Health (Outpost) and Hospital based nursing positions are available now. Travel costs and an array of other benefits are included to ensure that your summer spent in the NWT is truly an experience of a lifetime!

Call our Nurse Recruiter at 1-866-241-9357 to plan your summer nursing in the north!

For a complete listing of nursing opportunities, go to www.hr.gov.nt.ca/employment

Identifying and Dealing With Bullying in the Workplace

Dr. Louis H. Francescutti
M.D, PhD, MPH, FRCPC, FACPM

Director for the Alberta Centre for Injury Control and Research

When:

October 6, 2006 (Edmonton)
October 11, 2006 (Calgary)

Where:

Westin Hotel – Edmonton
TBA – Calgary

Time:

8:30-11:30 a.m.
12:00-1:15 p.m. Lunch provided

Cost:

\$199.00

The Bully Profile

...how to recognize them
...understanding their behaviours

Zeroing in on your situation

....is your situation unique?
...call it what it is

Techniques to handle the bully

....learn practical skills

Held as part of APEGGA's ongoing professional development series

For more information and to register, go to: www.apegga.org



The Association of Professional Engineers,
Geologists and Geophysicists of Alberta

August Observances

This is the August calendar of annual health observances and recognition dates for healthcare. Health observances are days, weeks, or months devoted to promoting particular health concerns. This information will come in handy for community relations programs as well as employee appreciation events. Health professionals, teachers, hospital staff and community groups can use these special times to sponsor health promotion events, stimulate awareness of health risks or focus on disease prevention.

August Observances 2006	Dates
Cataract Awareness Month	1-31
Children's Eye Health & Safety Month	1-31
Eye Injury Prevention Month	1-31
Health Center Week, National (2nd week)	6-12
Health Unit Coordinator Day	23
Immunization Awareness Month, National	1-31
Medic Alert Month	1-31
Minority Donor Awareness Day, National	1
National Night Out: America's Night Out Against Crime (1st Tuesday)	1
Pain Awareness Month, National	1-31
Psoriasis Awareness Month	1-31
Responsible Gaming Education Week (1st 5-day week starting on Monday)	7-11
Spinal Muscular Atrophy Awareness Month	1-31
World Breastfeeding Week (always same dates)	1-7

HEALTHbeat Classifieds

HAWAII NEEDS

Telemetry Nurses and experienced critical care, L&D, BMT, LTC, home care, psychiatric, O.R., Emerg, neonatal & ped ICU nurses. Families welcome. Full-time positions with benefits. Call Linda Beechinor **1-808-779-3001** or e-mail L.Beechinor@verizon.net or Fax (808) 395-7428.

NURSING USA INC.

USA – UK – Middle East
Great Allowances
Alberta - RN, LPNs, PCAs

1-866-77-NURSE

TravelTax

Headed to the US?
Get Cross border tax help from a former traveler.
U.S. and Canadian tax preparation
IRS Audit Assistance
www.TravelTax.com - 866.272.7871

NUNAVUT ARCTIC COLLEGE

Providing opportunities for life long learning

Nunavut is a unique part of Canada facing unique geographical, economic, social and cultural challenges and opportunities, so Nunavut Arctic College (NAC) is different from other post-secondary institutions. Our wide-range of top-quality courses and programs are based on the traditional values of Nunavut's people, and are designed to help students pursue life-long learning and personal development in an increasingly modern society. Nunavut Arctic College is proud to be Nunavut's own college – the premiere provider of post-secondary education and training programs for the people of Nunavut for more than 20 years.

Nunavut became Canada's third territory in 1999. When it was still part of the Northwest Territories the government of NWT established an Adult Vocational Training Centre in Fort Smith. It offered trades training and one of the first teacher education programs for aboriginal peoples in North America. Post secondary programming was available in what is now Nunavut during the '70s but never on a regular basis. Inuit in the eastern part of the NWT were forced to seek education far from home and linguistic and cultural differences contributed to low completion rates. The first opportunities available to the residents of the eastern part of the territory were the teacher education program and a housing maintainer program. In the early '80s the legislative assembly of the NWT recommended the establishment of Arctic College. In 1995, not long

before Nunavut Territory was created, the NWT government established Nunavut Arctic College with the passage of the Public Colleges Act. Currently, the College boasts three campuses in Nunavut and 24 learning centres.

Nunavut Arctic College's mission statement speaks to such things as strengthening the people and communities in the territory and providing opportunities for life long learning. They provide career programs delivered with partners throughout the Arctic and eastern Canada and through such partnerships make the benefits of both traditional and southern science available to its citizens.

The Bachelor of Science in Nursing (Arctic Nursing) is offered in partnership with Dalhousie University in Halifax. The program is four years in length and is designed to educate Inuit as nurses to respond to the health needs of the people of Nunavut. The content of the program is especially selected to emphasize awareness and respect for the Inuit culture and will prepare Inuit nurses for leadership positions. All four years of the program are taught at Nunavut Arctic College. In 2004, the first students graduated from this program. Upon completion of the four year program, the graduates are awarded a BScN (Arctic Nursing) degree conferred by Dalhousie University. They are also eligible to write the Canadian Registered Nurse Examination. This nursing program will provide its graduates with the

See Arctic College page 7

Neuroscience Nursing

Expand your mind...

your career
your skills
your opportunities

Advanced Studies in Critical Care Nursing certificate program – Neuroscience Nursing stream – is open to registered nurses or senior undergraduate nursing students.

- Distance delivery with computer access
- Part-time flexibility
- CNA certification exam preparation
- Receive course credit for CNA Neuroscience Nursing certification

Enroll today at Mount Royal College

For more information visit: www.mtroyal.ca/accn or call 1-888-240-7202
Calgary & area call (403) 440-6755



MOUNT ROYAL COLLEGE CONTINUING EDUCATION

Health & Human Service Certificate Programs

Addiction Studies
Addiction awareness & prevention. Classroom or online delivery.

Children's Mental Health
Supporting children through a holistic perspective. Online delivery.

Child Learning Through Play
Foundation of play. Blended format - classroom and online.

Managing Conflict in Today's Workplace
Manage conflict effectively and constructively in the workplace. Online delivery.

INFORMATION: 440-6867 E-MAIL: cehealth@mtroyal.ca

conted.mtroyal.ca



The 4th International Multidisciplinary Conference on Spirituality & Health

November 9-11, 2006

The 4th International Multidisciplinary Conference on Spirituality and Health: Interweaving Science, Wisdom, and Compassion, will be held November 9-11, 2006, in beautiful Vancouver, BC, at the luxurious Westin Bayshore Resort & Marina. Provincial, national and international experts in the field of spirituality and health will gather for keynote presentations, dialogues, oral research papers, experiential workshops, and informal events covering the issues from all perspectives by researchers, scientists, and practitioners from multiple disciplines. The conference co-chairs, Dr. Lyren Chiu and Dr. Soma Ganesan, and the Vancouver Research Network for Spirituality and Healing, have planned an outstanding program. The conference will feature the following world renowned presenters:

- **Dr. Steven K H Aung, MD, OMD, Ph.D.** - Associate Clinical Professor, Departments of Medicine & Family Medicine, University of Alberta, Edmonton, AB
- **Dr. Susan Folkman** - Professor and Director, UCSF Osher Center for Integrative Medicine, San Francisco, CA
- **Dr. Roshi Joan Halifax, Ph.D.** - Abbot, Upaya Zen Center, Santa Fe, NM
- **Dr. Harold G Koenig, MD, MHSc** - Professor of Psychiatry and Behavioral Science, Duke University Medical Center, Durham, NC
- **Dr. Michael M. Mendiola, Ph.D.** - Associate Professor of Christian Ethics, Pacific School of Religion/Graduate Theological Union, Berkeley, CA, USA
- **Dr. Christina M. Puchalski** - Director, The George Washington Institute for Spirituality and Health; Associate Professor of Medicine, Healthcare Sciences, The George Washington University School of Medicine; Associate Professor of Health Management and Leadership, The George Washington University School of Public Health School and Medicine and Health Sciences, Washington, DC

- **Dr. Lorraine Wright** - Professor Emeritus of Nursing, University of Calgary, AB
- **Rev. Prof. Stephen Graham Wright** - Visiting Professor of Faculty of Health and Social Care, St. Martin's College, Carlisle; Chair of the Sacred Space Foundation; Editor of Spirituality and Health International, Cumbria, UK

This international conference will address how spirituality relates to health and the health sciences. A growing body of scientific evidence shows a relationship between spirituality, spiritual practices and positive health outcomes. The spirituality-health interface has the potential to influence clinical practice, education, health policy and research. Additionally, this conference aims to provide a diverse, multidisciplinary, multi-faith forum, in order to provide updates of the science and research, examining the effect/impact of spiritual practices on health and well-being; describe aspects of spirituality and its subsequent implications for health care; and promote the awareness of spiritual well-being of health care professionals. Because of its diverse nature, it will be of interest to health care professionals from all disciplines within conventional and complementary systems, as well as researchers, educators, and affiliated practitioners who are interested in spirituality and health. We encourage those from diverse cultural, ethnic, philosophical backgrounds and from all faith communities to attend this conference.

For further information regarding the 4th International Multidisciplinary Conference on Spirituality and Health, please visit www.interprofessional.ubc.ca or call: 604-822-0054 (toll free: 1-877-328-7744), or email ipconf@interchange.ubc.ca.



Arctic College from page 6

basic skills required to practice in the variety of nursing positions available in Nunavut including community health centres.

An eight month Health Access Program is available for students who do not meet the academic requirements for admission to the nursing program.

NAC also offers a Human Services Certificate and Diploma in Human Services with either a Drug and

Alcohol or Social Work specialty at the Cambridge Bay Campus--contact the Campus at 867 983 4108 for information about this program.

For more information about NAC and the Nursing Program: Website: www.nac.nu.ca Phone: Toll free to the Registrar 1-866-979-7222 Fax: (867) 979-7103



Nursing & Health Care Leadership/Management Distance Education Program

GRANTING BOTH UNIVERSITY CREDIT AND CERTIFICATE
Endorsed by CNA - All courses individually facilitated by an educational consultant

Leadership/Management (6 units credit)

- 9 month course completion
- both theoretical and practical content important in today's work environment

Conflict Management (3 units credit)

- 6 month course completion
- explore the types and processes of conflict in health care organizations and applies theory and research to conflict situations in the current workplace.

Leading Effective Teams in Health Care Organizations (3 units credit)

- 6 month course completion
- study of leadership, team dynamics impacting the workplace, types of and team structure in health care organizations

Quality Management in Health Care Organizations (3 units credit)


- 6 month course completion
- theories, concepts including safety culture leadership in creating a culture of accountability
- critically analyzes and applies paradigms to address quality and safety issues in workplace

Advanced Leadership/Management in Health Care Organizations

- 9 month course completion
- Enhance health care skills related to leadership/management topics
- including transformational and quantum leadership, emotional intelligence and organizational culture.

Decentralized Budgeting (1 unit credit)

- 4 month course completion
- concepts of financial management and budgeting preparation
- important to professionals involved with decentralization management



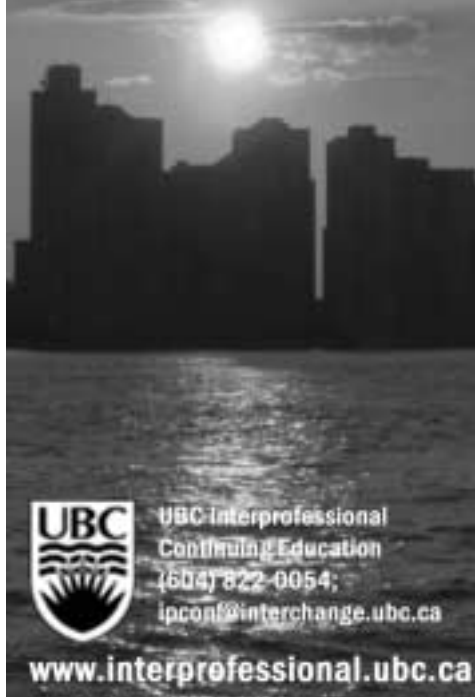
**NEW!
2006**

for further information please contact: **Nursing & Health Care Leadership/Management Distance Education Program**
McMaster University, School of Nursing Phone: (905) 525-9140 ext. 22409 Fax: (905) 570-0667
Email: mgtprog@mcmaster.ca Website application/info: www.fhs.mcmaster.ca/nursing/distance/distance.htm
Separate application and admission requirements are necessary for admission to the B.Sc.N Program

The 4th International Multidisciplinary Conference on Spirituality and Health

Interweaving Science, Wisdom and Compassion

November 9-11, 2006: The Westin Bayshore Resort & Marina: Vancouver, British Columbia, Canada



UBC Interprofessional Continuing Education
1604) 822-0054;
ipconf@interchange.ubc.ca

www.interprofessional.ubc.ca

Loma Linda University Marital & Family Therapy Master of Science Degree Canadian Campus

- Theory integrated with Clinical Training
- Current systems approaches to treating couples & families
- Flexible program with full or part-time studies, and certificate program
- Commuter friendly: one day/week on campus plus monthly intensives
- Courses work toward professional affiliation with AAMFT and CAP
- Many career opportunities

Candidates must have a 4-year Baccalaureate



APPLICATIONS FOR THE PROGRAM WILL BE ACCEPTED AT ANY TIME

For information:

E-mail: llumft@cauc.ca

Call: (403) 782-3381, ext. 4095

Visit our website at:

www.llu.edu/llu/grad/mfam/canada

Parish Nursing Program

"The PARISH NURSE is a professional registered nurse who links faith and health for wholeness."

Open to licensed Registered Nurses

A total of 3 distance courses

- PN485 Parish Nursing
- PN375 Admin & Team Ministry
- PN302 Christian Doctrine

Receive a Parish Nursing certificate

Apply now for September start!

toll free: 1-866-479-5200, ext 241

e-mail: parishnursing@concordia.ab.ca

www.parishnursing.concordia.ab.ca





CONCORDIA
University College of Alberta

Advanced Studies in Mental Health Certificate Program

Keep your skills and knowledge up-to-date

DISTANCE DELIVERY for more information:

Call: (403) 440-6053 Toll free: 1-800-240-6891
www.mtroyal.ca/mentalhealth

WE ARE CURRENTLY RECRUITING FOR RNs IN ALL SPECIALTIES.

It's a great time to be a nurse!

Is travel nursing right for you?

Solutions Staffing Inc., places Registered Nurses and Allied Professionals into short term assignments throughout British Columbia. Come join us and hundreds of nurses who have taken advantage of...

- ...Personal and professional growth
- ...Assignments that vary in length from 1-13 weeks
- ...Paid travel and accommodations
- ...Exceptional wages and benefit packages
- ...The opportunity to visit new and exciting destinations throughout BC

Contact us today! SOLUTIONS STAFFING INC.
www.travelnurse.ca
or tollfree 1.866.355.8355



A career that works for you,
because you've worked for a career!



Leading the way... To your best career ever!

We lead the way by bringing the right people, technology, facilities and opportunities together to deliver excellent patient care. Our people form a pool of the most talented health-care professionals in the world. As an employer in one of the most rapidly growing communities in the country, we offer attractive salary and benefit packages, flexible work arrangements and learning and mentorship opportunities. Relocation assistance may also be available.

We have opportunities throughout our acute care facilities and in community locations in both urban and rural settings.

Immediate job opportunities exist in medical and surgical units, including specialty areas such as renal, neurosciences, OR/RR, critical care, mental health, maternal and child health.

Recruitment is currently underway to staff a 45-bed acute care medical unit at the Foothills Medical Centre, to open September 2006. This innovative new unit will have a combination of acute care and medical short-stay beds optimizing best practice and models of care delivery.

For additional information please contact:

Ph: 1-877-713-5333

Marilee.King@CHR-Recruitment.com

Connie.Smith@CHR-Recruitment.com

**Or visit www.calgaryhealthregion.ca
and click on the Careers link**



calgary health region

A world of Health Care opportunities are just one click away at

www.mccronehealthbeat.com!

Healthcare Professionals

Worldwide Healthcare Career & Education opportunities to browse through! One Click Away from our featured advertisers - a valuable resource for healthcare professionals! Complete copies of HEALTHbeat's current and past issues available for downloading! All the latest articles published in HEALTHbeat each month available for browsing!

Healthcare Recruiters

Reach over 100,000 internet visitors each month with HEALTHbeat Online and 200,000 readers at 1700 locations across Canada with HEALTHbeat Magazine. If you would like more information on how you can reach healthcare professionals, contact McCrone Publications at

1-800-727-0782 or
www.mccronehealthbeat.com