Whether you want a unique wilderness adventure or a special work experience, Nunavut offers a great variety of both. In most communities a short hike will take you to peaceful alpine meadows and ponds with exquisite arctic flowers and migrating birds. In winter and spring there is cross-country skiing and snowmobiling to take you out on the land for tea and bannock or just to enjoy the serenity and incredibly varied arctic landscape. And little wonder it’s varied! Covering 1.99 million square kilometers (one-fifth of Canada’s land mass) and stretching 2500 km from east to west and 2500 km north to south, it is larger than most European countries. With a population of only 28,000 it is one of the least populated and unspoiled regions on the planet.

Economic Growth
With the development of its own territorial government and the necessary infrastructure, coupled with mining, construction and tourism, the economy is healthy.

All Nunavut communities have seen an astonishing rate of new construction and upgrading in recent years. Typically, all communities have one or two general stores and a small hotel. Electrical power is derived from diesel generators and most buildings are heated with oil furnaces. Telephone services are via satellite and many communities now have Internet access. CBC Radio and cable television are available in each community. Communities are serviced by frequent air transport.

Effective Program Delivery
The creation of Nunavut as Canada’s third territory has led to the three regional health and social services boards being dissolved and the services they provided being administered through the government’s Department of Health and Social Services. The department has administrative offices in each of the three main centers: Cambridge Bay (Kitikmeot), Rankin Inlet (Kivalliq), and Iqaluit (Qikiqtani). In addition, a Practice Division has been set up in Kugluktuk (Coppermine). This unit ensures role clarity in the various nursing roles including the Community Health Nurses’ expanded scope of practice. A reorganization currently under way will improve the collaboration between nurses, social workers, community health representatives, mental health counselors and physicians.

Programs and Services
Through 25 remote health centers, two public health clinics, a Home Care system, a birthing center in Rankin Inlet and the Baffin Regional Hospital in Iqaluit, the department provides a wide range of services to the people of Nunavut, including:

- health promotion & protection
- laboratory services
- dental services
- diagnostic imaging services
- mental health services
- pharmacy services
- child and family health services
- nutrition & dietitian services
- rehabilitation therapy services
- addiction services
- home support & care services
- social work services
- public health services
- medivac services
- community health clinical services
- birthing services
- audiology & speech language pathology
- disease prevention
- environment health service
- specialty services
- referral services
- palliative care
- urgent & emergency care services
- respite care
- acute inpatient & outpatient services

Nursing in Nunavut
Community Health Nursing is a unique and rewarding experience as nurses coming north have greater autonomy and additional responsibilities. Financial rewards are also excellent with higher salaries, overtime, Northern Allowance of $8,340.00 to $13,965.00 (under review), a special allowance of between $4,500.00 and $9000.00 per year depending on the size of the health center, a Labour Market Supplement of $3,000.00 to improve recruitment and retention and lower income tax.

Hospital Nursing is only available in Iqaluit, the capital of Nunavut, (population approximately 6,000). Opportunities are often available for ‘general duty’, ward nurses, emergency / outpatient nurses and operating room nurses. Nurses also work in Patient Care Management and Specialist Clinics. Most nurses have fulltime work and overtime, Northern allowance of $6,872.00 (under review) and the Labour Market Adjustment of $3,000.00.

Allied Health Professionals
Social Workers, and Dental Therapists are located in large and small communities across Nunavut. A variety of other professionals are found in the larger centers.

Here you will find an opportunity to experience the rich cultural traditions of the Inuit, the fascinating art, mythology and oral history that make them resilient and proud of their heritage, and you will see Canada in a new light. For an exotic adventure in a far away place, check your own back yard!
Children’s health in Canada

Editorial by Jennifer (Jay) Sherwood

A few months ago, Healthbeat ran an article on a Centre of Excellence for Women’s Health. The article held a description of one such centre and the advantages for women who either enter its doors or contact it by telephone or through its website. This month, I want to touch on the subject of children’s health in Canada and in searching the Health Canada website I found that the Federal Government has provided funding for similar Centres for children. Health Canada has adopted a population health approach in helping to maintain and improve the health of Canadians. The population health approach is positioned in Health Canada as a unifying force for the entire spectrum of health system interventions - from prevention and promotion to health protection, diagnosis, treatment and care - and integrates and balances action between them. One of the key elements of the approach is what is called “intersectoral collaboration”. This element and the population health approach in general is reflected in the Networks of Centres of Excellence (NCE), an initiative of Industry Canada and in the National Children’s Agenda (NCA). The NCA has at its core the vision and values for children, founded on the belief that children’s health is a priority for the Canadian public. The elements of the Centres of Excellence for Children’s Well-Being Program are described as the expectations that the federal government holds for all Centres of Excellence, Combining the underlying principles of population health, the NCE and the NCA, Health Canada in active consultation with a range of stakeholders identified three important goals for the program. These are 1) “to ensure that advanced knowledge and key issues of children’s health is disseminated effectively to those who need it most”; 2) “to enhance Canadians’ understanding of, and responsiveness to, the physical and mental health needs of children and the critical factors for health child development”; and 3) “to produce and specify outcomes and/or products that will lead to a wider understanding of issues associated with children’s health and well-being...”. (Centres of Excellence for Children’s Well-Being: Program Guide, October 2000, p. 3 and 4)

Five Centres of Excellence focusing on children have been funded. All are consortia with administrative leadership located in various parts of the country. Each has in common with the other, partnerships with government and non-governmental groups that are geographically distant from the administrative leadership. In other words, Centres of Excellence are a concept, not a physical structure. Each centre will encourage collaborative projects that pull together prevention and intervention strategies using an intersectoral approach to health and will build on the skills of providers.

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: medflight@internorth.com

An exotic adventure close to home.

The opportunity to expand your professional knowledge and skills and the adventure of a lifetime can be yours in Canada’s newest territory – NUNAVUT.

We offer permanent and relief positions, a competitive salary and benefits package, including relocation assistance and housing.

For more information call us today!

Human Resources
Kitikmeot Health & Social Services
P.O. Box 103
Cambridge Bay, Nunavut X0A 0C0
Ph: (867) 983-4081 Fax: (867) 983-4083

Jolenda O’Brien
Kuujjuaq Health & Social Services
P.O. Box 100
Kuujjuaq, Nunavut X0A 0H0
Ph: (867) 645-2311 Fax: (867) 645-2409
jobrien@gov.nu.ca

Terry Newbery
Baffin Health & Social Services
P.O. Box 100, Shn. 1000
Iqaluit, Nunavut X0A 0H0
Ph: 1-800-663-5738 Fax: (867) 975-5737
TNewbery@gov.nu.ca

All salaries and benefits, including a Recruitment and Retention Bonus are under review.
We will contact only those candidates selected for interviews.
Candidates must clearly identify their eligibility in order to receive priority consideration under Article 23 of the Nunavut Land Claim Agreement. Equivalencies will be considered.

Affirmative Action Employer ~ Smoke Free Environment
Stress and your weight

"I'm putting myself on a strict diet. I'm not going to eat between snacks"

"Lose 30 pounds in ten minutes!!" scream the banners and book titles. "The miracle way to guaranteed weight loss!!"

The bad news? There are no quick fixes for being overweight — or for the stresses of modern life. Although obesity is partly genetic, the basic cause is the intake of more calories than we use up.

Some people gain weight when their lifestyle or job responsibilities change, perhaps they eat more, or do less exercise and sports — but for many overweight people stress plays a major role.

Research shows that the best way to lose weight permanently is to persist until you find reasonably healthy, balanced diet and exercise routines that you can stick with until they are a habit. The best rate of weight loss is about one pound per week which means taking in about 250 calories less per day and using up 250 calories more through exercise.

This sounds easy, and it often is — at the beginning, but when people feel stressed, maintaining a change in lifestyle can be very hard. Many experts think that it’s just as important to consider our adjustment to life’s problems as it is to plan an eating or exercise program.

Eating can help ease tension and anxiety — it’s a distraction when you’re nervous, a comfort when you’re feeling lonely or down, and a pleasure when you’re bored or frustrated. And when you’re overloaded, if you have some spare time it’s easier to sit and watch TV than to get out and exercise. In addition, being very overweight creates stress not only by increasing rates of high blood pressure, diabetes, and other illnesses — but also by lowering self-esteem and making daily activities more difficult.

If stress makes weight loss difficult, start keeping track of when you overeat or don’t exercise and try to get in See Stress page 14

Dr. David Rainham, M.D.
Author, Speaker, Stress Management Consultant

Mental Health Services is looking for nursing professionals to fill existing and anticipated term and permanent positions. These positions will appeal to those who can plan, organize and manage a varied workload which includes both clinical and program development responsibilities.

Candidates must have recent experience in assessing and treating a wide variety of mental health problems, including mental illnesses, and providing clinical consultation to allied professionals. We are seeking individuals who can apply research findings to develop innovative programs which build individual and community capacity.

Successful candidates will normally possess a BSN from a Canadian university with specialization in community mental health or psychiatric nursing and must be eligible for registration with the Yukon Registered Nurses Association.

Candidates with equivalent combinations of education and training will be considered. An eligibility list will be established from these competitions to fill future similar vacancies that may arise.

For more information and to obtain a job description, please contact: Dr. Shannon Baskerville, Acting Manager, Mental Health Services at 867-667-8346 or shannon.baskerville@gov.yk.ca

Review date: March 30, 2001
Competition No. 00-ST13

Please apply to Yukon Government Public Service Commission Box 2703, Whitehorse, Yukon, Y1A 2C6 Telephone 867-667-5653 Fax 867-667-5755 Or E-mail: resume@gov.yk.ca

Yukon
Health and Social Services

Yukon where the living is easy

Come north to live in a city that is safe and offers a wide variety of cultural and recreational opportunities to those who chose to live here. Wilderness adventures are easily accessible and country living is 20 minutes outside Whitehorse’s downtown core. You can also enjoy dance, theatre or a string quartet at the Arts Centre near the college.

The Simon Fraser Health Region is committed to delivering superior health care services to the residents of Burnaby, New Westminster, the Tri-Cities and Maple Ridge/Pitt Meadows. We currently have full-time openings available in the following areas for nursing professionals with a BSN, current RNABC registration and a commitment to excellence in health care.

Clinical Nurse Educator – OR

You will provide clinical and educational support to direct care services staff. You have 5+ years acute care experience, inclusive of 2 years in the operating room and a post basic course in Perioperative Nursing.

Coordinator, Clinical Products

You will research, trial, recommend and evaluate patient related products and services, as well as promote standardization of clinical products within the Region and support staff in resolving issues related to products and services. You have 5+ years acute care experience in a managerial role along with working knowledge of research and methodology. Experience in teaching is preferred.

Clinical Resource Nurse – Home Support

You will provide clinical and educational support to home support workers, and act as a clinical resource for all staff. Three years clinical experience in a health care community setting is essential. A BC Dr's license is a vehicle for this position.

Nurse Clinician

Queen’s Park Care Centre

You will be responsible for planning, coordinating, implementing and evaluating residents clinical nursing care. Equally important, you will provide clinical leadership and participate in enhancement of health care practice standards.

You must have at least 3 years clinical experience in a health care facility.

We also have an abundance of opportunities for Registered Nurses/Registered Psychiatric Nurses throughout the Simon Fraser Health Region. Visit our web site for more information. If you want to help shape positive change, both professionally and personally, submit a detailed resume, stating the job title, in confidence to: Human Resource Services, Simon Fraser Health Region, 475 Guildford Way, Port Moody, B.C. V3H 3W9. Fax: (604) 469-3245. Email: verna.campbell@sfhrnnet.bc.ca

We thank all applicants; however, only those selected for interview will be contacted.

www.sfrn.net
Call our employment line at:
(604) 524-2845

Tenure Track Position
ASSISTANT/ASSOCIATE PROFESSOR
NURSING PROGRAM

The University of Northern British Columbia invites applications for a tenure track faculty position in the Nursing Program. The Nursing Program provides professional education in the undergraduate and graduate levels with focus in the areas of Rural and Northern Nursing, Community Health, and Aboriginal Health. The Program offers a 4-year BSN in collaboration with the College of New Caledonia, a Certificate in Rural and Northern Nursing, and a nursing major within an interdisciplinary BC Nursing curriculum.

You have a strong clinical background/clinical nursing experience in gerontological nursing, continuing care and/or chronic disease care. Ideal candidates will have had at least one degree in nursing. You are eligible for registration with the NBCN and have teaching experience along with evidence of scholarship. Successful applicants will be expected to teach at the undergraduate and graduate levels, practice, and pursue a program of research.

Rank and salary are commensurate with education and experience. The appointment is anticipated to commence July 1, 2001.

For more information, visit our Web site: www.unbc.ca
Northwestern Health Services Region

Full-Time Health Care Opportunities in Alberta's Far North

Located in Northwestern Alberta, Northwestern Health Services Region is a progressive regional health organization with over 270 employees serving a small but diverse population of approximately 19,000. Our team-focused advantage is a small community that offers all the amenities of a larger health care facility with the unique freedom and experience of working in a small community. If you are an adventurer, individual looking to explore new community challenge and advancement, you will look forward to hearing from you.

Discharge Planner/Continuing Care Placement Coordinator - Permanent Full Time (Community TBA)

General Duty Nurses - Permanent Full Time (Community TBA)

Long-term Care Registered Nurses & Licensed Practical Nurses - Permanent Full Time (Community TBA)

Community Health Nurses - Permanent Full Time (Community TBA)

Psychologists - Shared Position - Permanent Full Time (Community TBA)

Home Care Manager - Permanent Full Time (Community TBA)

Telecare Project Coordinator

Home Care Registered Nurses & Licensed Practical Nurses - Permanent Full Time (Multiple Positions)

Long-term Care Registered Nurses & Licensed Practical Nurses - Permanent Full Time (Multiple Positions)

Community Health Nurses - Permanent Full Time (Multiple Positions)

Discharge Planner/Continuing Care Placement Coordinator - Permanent Full Time (Community TBA)

General Duty Nurses - Permanent Full Time (Community TBA)

Long-term Care Registered Nurses & Licensed Practical Nurses - Permanent Full Time (Community TBA)

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Community Health Nurses - Permanent Full Time (Community TBA)

Psychologists - Shared Position - Permanent Full Time (Community TBA)

Home Care Manager - Permanent Full Time (Community TBA)
Mills Memorial Hospital
Acute Care
Terraceview Lodge
Long Term Care

Mills Memorial Hospital is a fully accredited acute care facility serving Terrace BC (Canada) and the surrounding area. Terraceview Lodge is a fully accredited Long Term Care facility. The Northwest region of BC represents approximately 20% of the province’s land mass serving a population of 92,000 people. Join us and gain access to BC’s Wilderness country, spectacular scenery, an outdoor enthusiast paradise. Fishing, hiking, skiing, kayaking and more... cultural activities, arts, theatre and entertainment for families.

We require employees in the following areas:

• Registered Nurses/Registered Psychiatric Nurses with experience in Intensive Care, Emergency, Pediatrics, Medical/Surgical, Maternity, Psychiatry and Long Term Care. (Permanent full-time positions open in the Intensive Care Unit, Emergency Unit, Labour/ Delivery Unit and the Operating Room )
• Licensed Practical Nurses in Acute Care Inpatient Unit and Long Term Care Unit. (Permanent full-time position open in Psychiatry)
• Charge Nurses for Medical/Surgical, Pediatrics, Maternal/Child.

Please send resume to:
Human Resources
Terrace & Area Health Council
4720 Haugland Avenue
Terrace, BC  V8G 2W7
Ph (250) 638-4026
or Fax (250) 635-7639

PHYSIOTHERAPIST
REQUIRED FOR SPARWOOD REHAB CLINIC IN SOUTHEASTERN, BC

The Elk Valley & South Country Health Council is currently recruiting an enthusiastic Physiotherapist for a 1 year .6 FTE temporary position (Maternity Leave) plus vacation relief. This is your opportunity to experience a lifestyle most people only dream about. The Elk Valley is an outdoor enthusiast’s paradise with the Fernie Alpine Resort located only 30 minutes from Sparwood.

Your caseload will include a variety of outpatient and/or primarily orthopaedics and sports medicine. You are a graduate of a Physiotherapy Program approved by the Canadian Physiotherapy Association, preferably with 2 years outpatient experience. Current registration with the College of Physical Therapists of BC is required.

Position to commence in April, 2001. Wages and benefits in accordance with the H.S.A. Collective Agreement. Interested applicants should submit a detailed resume outlining qualifications and experience, together with three references to:
Administrator
Sparwood Hospital & Healthcare Centre
Box & Sparwood, BC V0B 2G0
Fax (250) 425-2313

For more information, please contact:
Sheila Marshall
Rehab Clinic
Department Manager
Phone (250) 425-4538

Stikine Health Council
Chief Executive Officer
Dease Lake, British Columbia

Encompassing an area of over 153,600 sq. km, this region in North Western British Columbia boasts several of the most significant parks in Canada. The Stikine Health Council operates the Stikine Health Centre; a bright modern well-equipped diagnostic and treatment centre located in Dease Lake.

Reporting to the Health Council, the CEO will be responsible for the planning and management of health services that are offered by the Stikine Health Centre. The ideal candidate will be a strong team player who will work towards establishing strong working relationships between council, the communities, staff, the Ministry of Health and other health providers in the area.

Those with at least two years management experience, a nursing designation and who are registered or meet the requirements of registration with RNABC, have graduated from a program in health management are invited to send your resume in confidence to
Edith Carrier, Council Chair, Stikine Health Council, Box 386, Dease Lake, BC V0C 1L0
Phone: (250) 771-4444, fax (250) 771-3911 or by email: tom.novak@srchc.hnet.bc.ca
Closing date: March 30, 2001.

Permanent Registered Nurse
Want a change in pace?
This low stress full time position will be of interest to nurses with recent experience in emergency or out post nursing. Hours of operation are Monday to Friday 08:30 to 17:00 with shared second on call with another nurse to assist the Doctor who is on first call.

Duties
Clinical and emergency services along with dispensing medications from the community pharmacy.

Qualifications
• diploma or degree from a recognized nursing program
• 2 years recent experience preferably in an emergency or out post
• must be eligible for registration with RNABC

Please send your resume in confidence to:
Susan Hotson, Nurse In Charge
Box 386, Dease Lake, BC V0C 1L0
Phone: (250) 771-4444, fax (250) 771-3911 or by email: sue.hotson@srchc.hnet.bc.ca
South Fraser Health Region

We’re building a new era in healthcare!

The South Fraser Health Region, the second largest in B.C., is ready to serve the needs of the growing communities of Delta, Langley, Surrey and White Rock. Our population will soon reach 600,000, and our facilities – Delta Hospital, Langley Memorial Hospital, Surrey Memorial Hospital and Peace Arch Hospital – are up for the challenge!

A brand new South Wing is opening in March 2001 at Surrey Health Services! This state-of-the-art facility will house SFHR’s Adolescent Psychiatry Unit, Family Birthing Unit, Pediatrics Unit, Surgical Programs and Intensive Care Unit as well as many other healthcare units. State-of-the-art care facilities in the new Tower will enable us to maintain our commitment to giving the Region a healthy future.

ADOLESCENT PSYCHIATRY UNIT
- Clinical Coordinator, Adolescent Psychiatry
- RNs, RPNs
- Youth Care Workers

ADULT PSYCHIATRY UNIT
- RNs, RPNs

MATERNAL/CHILD PROGRAMS
- RNs, Perinatal
- RNs, Neonatal Intensive Care

SURGICAL PROGRAMS
- Patient Care Coordinator
- RNs, Post Anesthetic
- RNs, Operating Room
- RNs, Surgical Floor

MANAGEMENT
- Manager, ECU & Maple Hills - ALC (2)
- Manager, Central Intake Outpatient & Geriatric Mental Health
- Manager, Inpatient & Emergency Psychiatry
- Patient Services Coordinator, ECU & Surgical Services
- Manager, Frail Seniors Program (2)
- Manager, Clinical Programs, Geriatric Services

OTHER OPPORTUNITIES EXIST FOR:
- Compensation Advisor
- Healthcare Solutions Analyst/Programmer
- Pharmacist, Grade III
- Respiratory Therapist
- Health Records Technicians
- Health Records Technologist
- Medical Transcriptionists
- Medical Radiation Technologists
- Ultrasound Technologists
- Medical Laboratory Technologist
- Registered Nurses – Registered Psychiatric Nurses – Licensed Practical Nurses

The South Fraser Health Region recognizes and values diversity in the workplace. We are a dedicated team of professionals working in a safe and enriching environment and committed to a common goal of a healthy community. We encourage you to join our team. It’s the right move!

Interested applicants are invited to send their resume, by April 1, 2001, to: Recruitment, South Fraser Health Region, 13750 – 94th Avenue, Surrey, B.C. V3V 1Z2.
Fax: (604) 595-6570. E-mail: recruitment@sfhrh.bc.ca

We thank all applicants for their interest and look forward to providing more details on the above opportunities.

Visit our new website. You can view our current career opportunities, job descriptions and apply directly on-line using our electronic application form at:

www.southfraserhealth.com

GO with the flow!

Anybody who says we don’t have the right careers in the right location is paddling upstream. Welcome to the Fraser Valley Health Region in beautiful British Columbia. With four hospitals as well as public/mental health and continuing care programs, we offer exciting healthcare opportunities. And there’s a world of resort-class recreation for you to enjoy every direction you look. We’re seeking:

- Nurses – Medical, Surgical, OR, ER, ICU, Maternal/Child, PACU
- Nurse Clinicians – Maternal/Child, Recovery Room
- Nurse Coordinator – Palliative Care
- Nurse Manager – Maternal/Child
- Nurse Site Leaders
- Licensed Practical Nurses
- Physiotherapists
- Manager – Housekeeping/Laundry Services

We offer a single entry employment system to match you to a broad spectrum of existing vacancies throughout the Region. These opportunities range from clinical positions to management level in Acute Care, Continuing Care, Mental Health Care and Public Health.

Just an hour from Vancouver, the Fraser Valley offers very affordable housing amidst beautiful, rolling farmland, with views of towering mountain peaks. For a rewarding career and lifestyle, please send your resume to: Joel Ross, Regional Director, Recruiting & Retention, Fraser Valley Health Region, 7324 Hurd St., Mission, B.C. V2Y 3H1; Fax: (604) 556-5077; Phone: (604) 556-5089;
E-mail: joel.ross@fvhr.org

The Right Move!

FRASER VALLEY HEALTH REGION

“Integrating Health Care”
Advanced Clinical Nursing Program Expands the Role of Primary Care Nurses

The Advanced Clinical Nursing Program responds to the learning needs of registered nurses who provide primary health care services. The program has continued to evolve as the competencies needed for the role have increased. The program prepares registered nurses to provide expanded health services based on advanced nursing knowledge in primary health care emphasizing client-centered, holistic care, health promotion and disease prevention. Upon completion of the program, the primary care nurse has the knowledge and decision making skills to diagnose and treat people with uncomplicated episodic illnesses and to initiate screening for and monitor chronic diseases. Advanced clinical nurses practice in primary health care settings independently and in collaboration with physicians and other health professionals.

The Advanced Clinical Nursing Program was originally developed by Continuing Nursing Education, Saskatchewan Institute of Applied Arts and Technology (SIAST) in 1993 to respond to the learning needs of registered nurses in Northern and Rural Saskatchewan who provide primary health care services. Program courses include theory related to the concepts of primary health care, advanced health assessment skills, clinical decision-making, diagnosis and treatment of common health problems. The entire program is offered through distance delivery, which means that the learner can continue with employment and personal commitments while taking the program. A faculty member is available by phone, fax and email to provide guidance. Each course starts monthly from September to May, must be completed within 16 weeks requires 8-10 hours per week of study time and may include skill labs. The final clinical course consists of an 8 week field experience.

See SIAST page 15

From SI AST to You

You may take the following Continuing Nursing Education programs and courses through home study. Start dates are monthly from September to May.

Programs

The following programs are offered on a course-by-course basis through home study:

• Advanced Clinical Nursing Program for RNs
• Operating Room Nursing and Techniques Program for LPNs
• Operating Room Nursing and Techniques Program for RNs

Courses

• Advanced Pharmacy for RNs
• Health Assessment for LPNs
• Health Assessment for RNs
• Medications and the Elderly for RNs and RPNs
• Obstetrics for RNs

For more information, or to receive a detailed brochure, please contact:

Continuing Nursing Education
SIAST Nursing Division
Phone: (306) 798-3560
SK Toll Free: 1-800-667-7730 (ext. 3560)
E-mail: wollbaum@siast.sk.ca

Visit our Web Site at www.siast.sk.ca/wascana/programsites/continuenursing

Looking for a career in Healthcare
And a relaxed lifestyle ....

Located in scenic North West British Columbia, the communities of Smithers and Houston, with a combined population of 19,000, offer a multitude of recreational activities for the outdoor enthusiast. If a slower pace of life and more time for family activities interests you, consider these current full-time opportunities:

Pharmacist
Registered Nurses (Med-Surg & Geriatrics)
Drug & Alcohol Counsellor - for Houston, B.C.
Stopping Violence Against Women - for Houston, B.C.

For more information or apply to:
Linda Brown, Acting Senior Health Administrator, Bulkley Valley Health Council
PO Box 370, Smithers B.C. V0J 2N0 Phone: (250) 847-6202 Fax: (250) 847-2446

STRATEGY FOR YOUR HEALTH CARE CAREER

Acute Care Nurses at the Simon Fraser Health Region provide the compassionate care essential to our clients' speedy and healthy return to their homes and communities.

Knowledge, skill, and the desire to continually improve the quality of health care our clients receive are all key attributes of nursing professionals in the Region.

We have an abundance of opportunities for Registered Nurses in all areas at: Burnaby Hospital, Royal Columbian Hospital, Eagle Ridge Hospital and Ridge Meadows Hospital.

Think about your career strategy and consider your options with one of Canada’s premier health care regions. You can visit our website for more information or contact us to learn more about our positions.

Call employment line at: (604) 524-2845

www.sfrh.com
Self-esteem has a profound impact on health, human development and human potential. The purpose of this seminar is to explore the relationship between self-esteem and social relations, achievement and physical and mental health, including anxiety and depression. Strategies for diagnosing and treating self-esteem related disorders are presented, including an extensive resource bibliography.

Participants completing this informative and practical program should be able to:
1. Recognize the negative effects of low self-esteem on behavior and health;
2. Outline conditions which promote positive self-esteem in children and adults;
3. Understand links between self-esteem, depressive disorders and appropriate treatments;
4. Understand the dynamics of self-esteem in depressive disorders, goal setting, achievement behavior and fear of failure; and
5. Describe strategies to minimize stress and burnout.

The purpose of this timely and important topic is to describe the power of mental control and its potential for effecting changes in the immune system, the perception of pain and emotional states. Emphasis is placed on harmful thoughts and healing thoughts as they relate to anxiety, anger, aggression, depression and coping skills.

Participants completing this informative and practical program should be able to:
1. Describe how mental states influence the progression of several chronic medical disorders;
2. Describe how mental states influence the management of pain and the applicability of the placebo effect;
3. Compare and contrast: coping styles associated with stress, anxiety, anger, depression and illusory coping; and
4. Describe how the enhancement of meaning, which often follows a life-threatening occurrence, can improve health and well-being.

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www.hotnursejobs.com; www.canadianurse.com; www.campnursejobs.com and www.medicaljobsonline.com are four of the leading nursing and medical recruitment websites in North America that can dramatically increase your job options. These sites are easy to navigate and save you a tremendous amount of time and effort in conducting your job search. The service is completely free to all medical professionals seeking employment.

These sites allow you to create a profile that is as simple or as complex as you desire - which can highlight educational qualifications, work experience, skills and much more. Be seen by employers who conduct a matching search.

You are also able to view the thousands of jobs and employer profiles available through our clients and reply directly to any potential employer. Jobs range from new graduate, staff and director levels and are available in all types of specialties. You will be able to see what is available to you across both Canada and the USA so that you can weigh up all your options before deciding on the opportunity that you feel is best for you.

If you are planning, or even thinking about a career change we encourage you to make contact with these sites and open up your options to a world of opportunity.

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www.canadianurse.com; www.hotnursejobs.com; www.campnursejobs.com; www.medicaljobsonline.com and www.hotradiologyjobs.com are amongst the most cost-effective healthcare recruitment websites that are dedicated to providing quality leads that result in recruiters receiving qualified resumes for professional level medical and key management positions nationwide.

These sites offer unlimited low cost advertising space compared to the expense of traditional media as well as the ability to measure audience usage. You can literally save thousands of dollars in recruiting fees and advertising expenses as these sites provide an affordable and easy way for healthcare recruiters to attract new employees. For further information, please view these websites, or email: info@canadianurse.com.

Editorial from page 2

and researchers in the area of children’s health that is the particular focus of the centre. They will use both traditional (articles, newsletters, workshops etc.) and less traditional (videos, CDs, internet etc.) to consolidate expert work and open up all your options before deciding on the opportunity that you feel is best for you.

If you are planning, or even thinking about a career change we encourage you to make contact with these sites and open up your options to a world of opportunity.

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RNs attracted to opportunities in the US have many options. The most common arrangement is a 13-week travel assignment. But leaving your home for three months or more can be a difficult decision.

STAT Medical Services, Inc. offers many flexible options in Oregon and Washington. With the severe shortage of nurses, many facilities will commit to short-term schedules, often with blocks of time for trips home.

STAT also provides “traveling casual” work. Nurses can work in the Seattle area for a few days at a time, then return home. These schedules can be set up either days or weeks in advance.

Many nurses in British Columbia have taken advantage of this arrangement. They enjoy the flexibility of driving south for high-paying work while maintaining part-time schedules at home. The 3-hour commute is worth it for nurses who stay for a few shifts. STAT helps arrange lodging and contributes to travel expenses.

Staffing Agencies
There are two types of staffing companies: the national companies that do travel contracts, and the local companies that serve the daily staffing needs of hospitals. STAT Medical Services, Inc. is a locally-based company that serves hospitals in Oregon and Washington. They work closely with facilities that need relief staff and nurses from across the country. STAT screens candidates thoroughly to assure that the facilities can rely on their nurses’ skills and experience. The rule of thumb is a minimum 1 year of current acute care experience, or 2 years for Critical Care and other specialties. As an RN-owned agency, STAT focuses on the needs of nurses and on assuring quality patient care. All hiring decisions and placement decisions are made by Clinical Directors who are RNs and who work in the field themselves.

Licensure and Work Permits
Washington and Oregon both require all RNs to have passed the NCLEX Boards. This is a 2 to 5 hour exam given on-line at testing centers in the U.S. (The better prepared you are, the less questions you have to answer). The first step is to get authorization to take the test. A relatively easy approach is to apply to the state of Minnesota, which processes applications very quickly. With their authorization, the nurse can make an appointment to take the NCLEX. After the exam, the Minnesota license will be issued in less than a week. Then send that license and the NCLEX results to Washington for a license by endorsement, which takes 2 to 3 weeks. Thanks to NAFTA, (and the nursing shortage) the work permit is easy to obtain. With a state license and a letter from the employer in hand, an RN can get a TN Visa on the way across the border.

Traveling Casual Work
If one opts for “per diem” work, rather than a full-time assignment, you would discuss your availability weekly with STAT’s staffing specialists. The Clinical Director will have discussed the various facilities and disciplines with you and determined an appropriate profile. The staffing specialist then compares your profile and availability with the facilities’ needs, and pre-books shifts for you. You can call to update your availability at any time.

As the shortage of nurses intensifies, nurses find themselves increasingly valuable. This motivates employers to offer innovative arrangements like Traveling Casual Work.

For more information, call STAT tollfree at 1-888-860-7828 or visit their website at www.stat-medical.com
We all live under the same sky, some of us have more exciting horizons.

Beyond its desert, Saudi Arabia boasts some of the most cosmopolitan cities and gorgeous landscapes in the world. Its capital Riyadh, as well as Jeddah, are world class business centers. Famous designer labels grace their stores while elegant restaurants line their streets.

The city of Abu Dhabi, United Arab Emirates (UAE) has been called the Manhattan of the Middle East with its high-rise skyline and thriving commerce center. With picturesque sand dunes and beautiful ocean views, Abu Dhabi has a lot to offer its citizens including one of the best healthcare services in the world.

Today, both countries have a modern-day commitment to healthcare and require healthcare professionals for the following facilities:

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For more information on these, and other opportunities in Saudi Arabia and Abu Dhabi, please visit our website at: www.hccaintl.com
New Hospital Open in Saudi Arabia

As Canadians prepare for the coming of spring, some fellow Canadians are already basking in year-round sun. These healthcare professionals are people who longed for adventure and decided to work in Saudi Arabia on one- or two-year contracts.

Last year, Helen Ziegler and Associates, Inc. was staffing a new hospital in Abu Dhabi, the capital of the United Arab Emirates. Now, that new hospital is almost completely staffed. HZA is now helping to staff another new hospital in the Middle East: The King Faisal Specialist Hospital in Jeddah, Saudi Arabia. This new hospital was recently acquired by The King Faisal Specialist Hospital in Riyadh, but this new location is situated conveniently by the coast of the Red Sea. As a new facility, the hospital offers exciting opportunities and professional challenges to North American employees.

As a new hospital, The King Faisal Specialist hospital in Jeddah offers state-of-the-art facilities. It has been lavishly designed, resembling a high-class hotel more than a health-care facility. Approximately fifteen per cent of the beds are VIP, thirty-five per cent are for private-paying patients, and fifty per cent are tertiary-care referrals for the general population. The hospital is run on American standards, allowing Canadians and Americans to work on their current professional licenses. This standard also allows North American professionals to be looked at as “leaders” in the hospital, mentoring people from other areas of the world whose operating standards and procedures may differ.

Located on the coast of the Red Sea, Jeddah itself is an exciting international city. The most cosmopolitan city in Saudi Arabia, it is a major seaport and point of entry. Jeddah is a city full of public artworks that interact with city life, and restaurants from many cultures. The Corniche along the water’s edge is floodlit in the evening, allowing residents to walk along the water enjoying nature’s beauty. The Red Sea also offers snorkelers and divers exciting experiences—it boasts some of the world’s best coral reefs, with over 200 species of coral! There is also an “old” section of the city, where buildings are protected, and where the traditional souks (markets) still operate, selling carpets, gold, and fresh produce.

The hospital offers employees a tax-free income, free furnished shared accommodations, medical coverage while within the Kingdom, and generous vacation time. You will have plenty of time to travel to other areas in nearby Europe, Asia, or Africa! Most contracts are single-status, but friends or couples who apply together can request to be housed together.

Is the traveler in you inspired? Call Helen Ziegler and Associates, Inc. for more details! Call (416) 977-6941 or toll-free at 1-800-387-4616. Visit our website at www.hziegler.com, or e-mail us at hza@hziegler.com. Ask about sign-on bonuses for certain positions.

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**TO APPLY:**
Specific questions regarding this position, contact Carol Brown, Manager FIT and Kinetik, at (306) 655-8966. Submit your resume in confidence to Jill Lockhart, Employment Services, Saskatoon District Health, 103 Hospital Drive, Saskatoon, Saskatchewan S7N 0W8 Phone: (306) 655-1304 Fax: (306) 655-2444 Email: jobs@sdh.sk.ca by March 26, 2001. Saskatoon District Health thanks all applicants, but only those chosen for interviews will be contacted.

**Please quote competition number 00-01-1681-10**
Visit our web site at [www.sdh.sk.ca](http://www.sdh.sk.ca). A Criminal Record Check will be required prior to being offered a position with Saskatoon District Health.

Saskatoon District Health is committed to a representative workforce of Aboriginal people. Candidates are encouraged to self declare in writing that they are a member of the designated group. Saskatoon District Health thanks all applicants, but only those chosen for interviews will be contacted.

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**A Criminal Record Check will be required prior to being offered a position with Southlake Regional Health Centre.**

**TO APPLY:**
For consideration, please forward your resume, quoting file HB, to:

**VHA Healthcare, 170 Merton St., Toronto, Ontario M4S 1A1**

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**Stress from page 3**

The person who regularly overeats may be coping with serious emotional pain – not a matter of “self-control” or “willpower.”

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(Barry Marter)

Dr. Rainham is the author of “A Simple Guide to Weight Loss” and a Weight Loss resource for health professionals. For more information, call 1-800-771-5776 or visit www.optimunhealth.ca.

**Weight Loss” and a Weight Loss resource for health professionals.**
experience in which the learner applies his or her new knowledge and skills in nursing stations, obstetrical units, emergency departments or physician practices, under the guidance of experienced mentors. The program is equivalent to 18 months of full-time study but is designed to be completed part-time over a period of five years based on learner’s ability to manage independent study.

In 1997, the Saskatchewan Registered Nurses Association, the College of Physician and Surgeons of Saskatchewan and the Saskatchewan Pharmaceutical Association along with the support of their membership developed Guidelines for Nurses Prescribing and Distributing Drugs by Transfer of Functions. The guidelines permit a registered nurse who has completed the Advanced Clinical Nursing Program to prescribe and distribute drugs in accordance with protocols that reflect the area of clinical practice from which they take prime responsibility.

In the fall of 1999, an additional course Advanced Pharmacy for Registered Nurses providing primary health care was developed in collaboration with members of the Saskatchewan Pharmaceutical Association. The goal of the course is to develop the knowledge, skill and competencies of a registered nurse providing primary health care services using pharmacotherapeutic approaches to care. The course provides the registered nurse with a sound knowledge in pharmacotherapeutics based on established protocols and prescriptive authority.

Graduates of the program are providing primary health care services in northern settings in the Yukon, Northwest Territories, Alberta, Saskatchewan and Manitoba. Advanced Clinical Nursing Program graduates have also been employed in new primary health care sites in both urban and rural settings in Saskatchewan and Manitoba.

For more information on SAST’s Advanced Pharmacy course and Post Diploma in Advanced Clinical Nursing see www.sast.sk.ca/wascana/programs/continue_nursing or call Joyce Bruce at (306) 798-3528.

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**PRESIDENT**

The Burntwood Regional Health Authority (BRHA) is responsible for delivering a broad spectrum of health programs in Northern Manitoba. The BRHA provides an integrated network of health services through our University of Manitoba affiliated Regional Hospital, 3 Community Hospitals, a Community Health Resource Centres, Continuing Care Programs, Mental Health Services, Public Health and 3 Community Health Centres. In the heart of the Canadian Shield, the Burntwood region is rich with lakes, rivers and boreal forests; a haven for outdoor enthusiasts.

The President is directly accountable to the Board of Directors for the proper interpretation and fulfillment of policies, regulatory compliance plans and programs established by the Board. The President is also responsible for the administration of the Burntwood Regional Health Authority’s $38 million operational budget.

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