



McCrone Publications Inc.

# HEALTH

# beat

November 2004  
Volume 7, Issue 11

www.mccronehealthbeat.com

## Consider Us northern health

### Healthcare in Northern BC

***"Amazing! I can't believe your housing prices are so low!"*** An applicant was surprised and delighted to discover that the price of a pleasant two or three bedroom house in a good neighborhood is about half what you would pay in a major urban center.

These surprisingly low prices can be found in most communities in the Northern Health region. The best part is that a notably improved economy means current homeowners can expect to profit as houses increase in value over the next few years.

Northern Health is vast and diverse both geographically and culturally. It covers 660,000 sq. km. (two-thirds of the province of BC), and within these borders you will find rolling prairies, mountain ranges and the islands of the Pacific Coast. It extends from the Alberta border to the Queen Charlotte Islands and the Yukon border in the north to near Williams Lake in the south. It includes Prince George (pop 80,000), a university town with a growing arts community and great access to outdoor activities such as boating, fishing, hiking, skiing, and snowmobiling. The University of Northern BC has a well-established Bachelor of Nursing program and recently celebrated the opening of the Northern Medical Program being run in collaboration with UBC.

The opportunities are as varied as the communities across the region. Whether you are a radiology or lab technologist looking for a friendly little town where the neighbors will keep a watchful eye out for your kids as well as their own, or a seasoned pharmacist seeking a leadership role in a larger facility, the opportunities are here.

Even in Prince George, the largest city in the region, you will be home having dinner or

cross-country skiing while your counterparts in larger cities are still fighting traffic.

An Internet search showed 180 three-bedroom houses for sale in Northern BC, priced between \$100,000 and \$150,000. This compared to only 49 in the lower mainland in that price range. Given the huge number of houses in the lower mainland, this is a significant indicator of the affordability of housing in this region of BC.

Rose Huang is a relief nurse who joined Northern Health's locum pool and spent the month of August 2004 in the small community of Chetwynd, (pop 3,000). After 13 years in a large city hospital she loved having the opportunity to utilize her considerable skills in a small community where people know and care for each other. ***"In a small community hospital a patient is remembered as a person, a person with a name. You remember the family. You know them as someone's father or mother."***

So there you have it

- Great job opportunities
- Better housing for your money
- Fabulous hiking, fishing, boating and skiing
- A sense of belonging in a welcoming community

**Oh yes.... And we provide relocation support.**

***So don't delay. Check our website for your opportunity! With 7000 positions there are always new jobs opportunities at Northern Health.***

***Call us today at 1-877-905-1155.***

***Check our website  
www.northernhealth.ca  
for your opportunity!***



**November 2004 Volume 7, Issue 11**

For more information please contact:  
Advertising:

**Western Representative:** Jan Henry  
jan@mccronehealthbeat.com  
**Eastern Representative:** Dennis Stankov  
dennis@mccronehealthbeat.com

**Letters & Articles:** Jay Sherwood  
jay@mccronehealthbeat.com

**Subscriptions:** Robert John  
john@mccronehealthbeat.com

**Graphic Design:** Jackie Vogt  
design@mccronehealthbeat.com

**Published by:**

**McCrone Publications**  
**Head Office:**  
9768 – 170 Street, #319  
Edmonton, AB T5T 5L4  
Ph: 780.413.9342 Fax: 780.413.9328



**Branch Office:**  
100 Park Royal, #200  
West Vancouver, BC V7T 1A2  
Ph: 604.913.9026 Fax: 604.913.9042

**Toll Free – Ph: 1.800.727.0782 Fax: 1.866.413.9328**  
[www.mccronehealthbeat.com](http://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 monthly 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**

\$45/yr. for non-health care professionals. 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

**Editorial:** by Jennifer (Jay) Sherwood BScN, MEd.

## Waiting Lists: Issues and Considerations Beyond Funding

In early October, the federal and provincial Ministers of Health met in Vancouver to discuss the aspects of the health accord signed by First ministers in September. While they acknowledged that there had been little time to note any progress on the issues for which funding was dedicated (waiting lists, pharmaceuticals and public health goals) covered by the accord, they did review a number of ongoing projects designed to address these three areas. Notable in the discussion was the subject of waiting lists.

Waiting lists have been a challenge for surgeons and their patients for a number of years. The Fraser Institute (a conservative think tank) located in British Columbia has been conducting an annual pan Canadian survey on the issue for the past fourteen years. According to the results of the 2004 survey, just released there has been little change in waiting times for surgical and other therapeutic measures. Total waiting times between referral from a general practitioner and treatment averaged across ten provinces and 12 specialties from 17.7 weeks in 2003 to 17.9 weeks in 2004. The small increase takes into account waiting time increases in four provinces while concealing decreases in waiting time in the other six. The authors indicate that the rise is the result of an increase in the first waiting time – visiting a general practitioner and the consultation with a specialist. The actual wait for treatment remained at the 2003 level.

What the Fraser Institute report tells us is that there are measures being undertaken across Canada to address the issue of waiting times – obviously some with more success than others. One such project is the Western Canada Waiting List Project (WCWL) that published its first report in 2001. The mission of the project is “..to improve the fairness of the Canadian health care system such that access to appropriate and effective health care is timely and prioritized on the basis of need and potential to benefit”. WCWL is a Partnership of medical associations, ministries of health, regional health authorities, and health research centres. The head office is situated at the University of Calgary in the Department of Community Health Sciences.

Amidst the complexity of managing waiting lists are the critical legal and ethical issues that physicians have to wrestle with. Published on the WCWL website is a report of a symposium that was held by surgeons for surgeons in 2002. The symposium addressed the rationing of surgical care as it relates to waiting lists and explored some of the legal and ethical issues that surgeons face when getting their patients on a list for surgical treatment.

The project's goal as quoted above is all about justice and fairness in the management of waiting lists. Three speakers at the symposium tackled the issues from three different but interrelated perspectives. The first, Dr. Tom Noseworthy addressed the “how to” and criteria for managing lists; the second, Dr. Jacques Guilbert looked at the legal issues and legal obligations of surgeons; and the third, Dr. John Williams raised the ethical issues involved on three levels of waiting list policy, namely the individual surgeon, the institution and government/legislative agendas.

Dr. Noseworthy noted that there are a number of ways to achieve fairness in managing lists. The ones he mentioned were: first come first served; lotteries; and urgency of treatment. He opted to explore “urgency” excluding the emergent case. Urgency is a multidimensional concept that includes such things as disease acuity and social and role impact from the intervention. He asks the question: Can waiting be made fairer and timelier if considered on the basis of urgency? Can tools be developed that will align need and potential for benefit in ordering lists? Can this be done without raising the spectre of rationing? He suggests that implementing priority criteria scores for urgency, setting benchmarks and addressing the issue of certainty from the patient's perspective can indeed help with progress towards managing waiting lists effectively.

The second speaker, Dr. Guilbert outlined the risks to and obligations of physicians when facing waiting lists and whether these risks and obligations be shared with others. All providers of health care have legal obligations and responsibility for the work they do be they an institution, government or individual. For example in many instances

physicians share obligations and risks with hospitals and their staffs, managers and administrators. He reminds readers that doctors have a duty to act for their patients and to be their advocates and cannot presume that they can rely on poor or lack of resources to provide substandard care. Physicians have a responsibility to document in writing any concerns about resources and share the concerns with all medical administrative levels in hospitals, communities, health regions and province.

The third speaker, Dr. Williams explored the ethical challenges involved in decisions about ordering waiting lists. At all three levels (individual, institution and government) ethical criteria and process must be developed to guide decisions about which groups receive priority when it is impossible to offer health services to everyone in need who might benefit. This involves deciding what “fairness” means at all levels and considering both individual and collective needs and wants. He concludes that ethical values are important factors underlying policies about waiting lists and that ethical considerations must be as systematically and rigorously applied as legal, management and political considerations.

The most confusing aspect of wading through the literature on the internet that relates to waiting lists in Canada is the perspective of the writer and the solutions offered related to that perspective. Some suggest that the problems can be solved working within the current regime, (first dollar coverage with limited resources priced and allocated by governments) while others suggest that the whole regime of a publicly funded health system needs to be overhauled. All however agree that substantial reform either within the system, or system reform itself must be done to solve what the Fraser Institute describes as the medical system's disease – “waiting times that are consistently and significantly longer than physicians feel is clinically reasonable.”

Websites: [www.wcwl.org](http://www.wcwl.org), [www.fraserinstitute.ca](http://www.fraserinstitute.ca), [www.healthedition.com](http://www.healthedition.com)



## CONSIDER THE OPPORTUNITIES IN NORTHERN BC

**Consider the Lifestyle:**

Northern Health offers exciting opportunities to further your career as a healthcare professional. Whether you prefer the relaxation of country lifestyle or the excitement of city life, Northern Health's communities offers something for everyone. Come and enjoy a rewarding experience and professional work environment in the heart of Beautiful British Columbia!

**Consider the Opportunities:**

We have a wide range of challenging and exciting positions:

**Residential Program Manager**  
**Health Services Administrator**  
**Site Coordinator/Residential Coordinator**  
**Pharmacists**  
**Nursing Specialties**

**Radiation Technologist**  
**Laboratory Technologist**  
**Occupational Therapists**  
**Speech Language Pathologist**  
**Environmental Health Officers**



**Consider us!**  
#300-299 Victoria Street,  
Prince George, BC V2L 5B8  
Fax: (250) 565-2251  
Toll Free: 1-877-905-1155  
E-mail: [hr@northernhealth.ca](mailto:hr@northernhealth.ca)

Visit our website for a complete list of vacancies.

[WWW.NORTHERNHEALTH.CA](http://WWW.NORTHERNHEALTH.CA)



# HEALTHbeat Stress Relief

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

## Fix health and stress, and happiness will follow

Ask most people what they really want in life, and they'll probably say: "To be happy." They may not be sure what this means, but they do know that feeling stressed and anxious isn't part of happiness.

After some thought, many people realize that being healthy is also part of happiness – as philosopher Arthur Schopenhauer put it: "With health, everything is a source of pleasure; without it, nothing else... is enjoyable."

Are happiness, stress and health related? Examine a "healthy" person and a happy one, and you'll find they're doing things that both reduce excessive stress and make the body last longer.

The trio of health, happiness and the ability to control stress are influenced by our genes, by our environment, our income and by early life events. But we can still make choices of thought, attitude and action that can bring us more of all three.

### Health

Health is more than just not being sick. One good definition is: A state of physical, emotional and spiritual development that enables us to not only survive but thrive on the problems of life -- and that is continuously evolving to respond to new challenges.

How could you imagine "total health?" Try picturing a wheel made up of all the ingredients for a healthy life. The wheel has 12 spokes (or segments like pieces of pie). It will carry you over the bumps and potholes (the stresses and dangers) on the road of life – and hopefully help you avoid or postpone many diseases.

The longer each spoke, the bigger the wheel and the better it rides over the bumps and holes. The more equal the spokes, the smoother, safer and longer will be your ride.

These are the 12 spokes of the wheel -- what you could call the 12 Keys to Ultimate Health:

1. Diet (balanced) and sleep (enough).
2. Physical fitness – exercise.
3. Relaxation and regular breaks.
4. Rational thinking and mental attitudes – flexibility, humour and altruism.
5. Relationships and sexuality.
6. Communication – listening, assertiveness, dealing with difficult people.
7. Time management – balancing work, self, family and community – and having a purpose.
8. Money – understanding, balancing the books, avoiding debt.
9. Dealing with painful emotions and feelings.
10. Beliefs (spirituality).
11. Good medical care.
12. The ability to change.

These spokes are related to each other – we'll sleep better if we exercise, and relationships thrive on good communication.

Successful change (losing weight or stopping smoking), is associated with adequate self-esteem, painful emotions such as anger that are under control, the ability to relax, lots of support, and a purpose for living longer.

### Stress

High anxiety and low moods increase the risk of almost every illness, and when we do get sick, moods and motivation play a huge part in how well we recover. All of these 12 keys to health are also critical parts of managing life stresses effectively.

See Stress page 5



yukon  
find yourself here

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 Devellano,  
recruitment advisor,  
phone: 867-667-8389  
fax: 867-667-8338  
e-mail: tracey.devellano@gov.yk.ca  
website: www.hss.gov.yk.ca/recruit/



## Put yourself in our shoes



Photo by Tessa MacIntosh

Experience that lasts a *lifetime!*

## We are recruiting health and social service professionals in Canada's North

If you are a health care professional with a desire to work where your skills and experience can truly make a difference, the Northwest Territories offers unique and rewarding opportunities!

We have full time and relief opportunities for:

- **Physicians**
- **Social Workers**
- **Physiotherapists**
- **Pharmacists**
- **Speech Language Pathologists**
- **Dental Therapists**
- **Licensed Practical Nurses**
- **Nurses:**
  - ICU/ER/OR
  - Obstetrics
  - Acute Care
  - Long-Term Care
  - Public Health
  - Community Health (Outpost Nurses)
- **Nurse Managers**
- **Nurse Practitioners**

The Government of the Northwest Territories offers competitive salaries, and all positions include a generous Northern Living Allowance and benefits package including full relocation costs.

To see current job postings, visit our website: [www.hlthss.gov.nt.ca](http://www.hlthss.gov.nt.ca)

For more information contact:

**Recruitment Officer**  
**Toll free: 1-877-241-9357**  
**Fax (867) 873-0634**  
**E-mail: [hlthss\\_recruitment@gov.nt.ca](mailto:hlthss_recruitment@gov.nt.ca)**



## TCM Approach to Women's Health

by Steven KH Aung, MD, FAAFP

The Traditional Chinese Medicine (TCM) approach to women's health has been summarized in the literature of TCM gynecology, and has a long history. The earliest records of TCM gynecological medical writings have been found on ancient bones and tortoise shells with inscriptions addressing problems dealing with childbirth dating back to the Shang Dynasty (1500-1000 BC).

The textbook of Mountains and Seas written before

the Warring States period (476-221 BC) describes medicinal herbs treating infertility. An early TCM classic produced before 400 BC, the Yellow Emperor's Canon of Internal Medicine (Huang Di Neijing), establishes a comprehensive medical sciences system of the anatomy, physiology and pathology of the female body with diagnosis, treatment and prevention of women's health disorders and complaints.

Based on the Yellow Emperor's Canon of Internal Medicine, various TCM gynecological therapies for treating women's diseases have systematically been developed and applied in Asia for more than 5000 years. It is extremely rich in theoretical, methodological and technical contents for medical practices. The most basic principle of TCM gynecology emphasizes the use of everything in nature to preserve and improve women's health.

All TCM gynecological diagnosis methods and healing therapies are natural. This traditional principle is consistent with the view of "return to nature" advocated in the modern Western world. Thus, TCM gynecology can certainly meet the health care needs of women in the present era.

### 1. The Food Therapy

The TCM diet therapy are not a simple combination of food and Chinese herbals, but a special highly finished diet made from Chinese herbals, food and condiments under the guidance of the TCM theory

and methodology. It is specially made for each type or syndrome of a disease, based on the differentiation of symptoms and signs of the disease. It has not only the efficiency of medicine but also the delicacy of food. It can be used to prevent and cure diseases, build up one's health and prolongation of one's life.

Agriculture and pharmacology are closely linked throughout Chinese history. In remote antiquity, Chinese ancestors found some foods' healing powers while seeking for food. This was the beginning of TCM. As the Heavenly Cultivator, Shen Nong (3494 BC) was father of both agriculture and herbal medicine, creator of the first Chinese pharmacopoeia – Shen Nong's Herbal Classic, and mentor of Chinese doctors and folk healers until today. In this book, many sorts of herbs are recorded as both medicines and foods. The idea "both herbal medicines and foods originate from the same source" is rooted in the Chinese mind. Following Shen Nong's insight, combined with his experimental approach, Chinese people have explored the synergy of foods with medicines – the food therapy. The food therapy is practiced on an ordinary daily basis, whereas the herbal therapy is a specific selection according to specific conditions at a specific time with specific herbs.

The food therapy is vitally important for pregnant women and during their post-partum period. The Eight Treasure Soup is an effective herbal / dietetic supplement in this regard. There are also various TCM diets which promote lactation, promote a

healthy and successful pregnancy and there are some foods for preventing vomiting and also some such as soya products which are very good for removing Phlegm and cooling the system. Persimmons and yams are very useful for hormonal imbalance.

### 2. The Herbal Therapy

The formation and development of TCM medicine prescriptions have undergone a very long historical process from the elementary to the advanced stages, with forms ranging from simple to complex. Ancient Chinese Yin Yang philosophy (binary notation system of the universe) and Five Xing Philosophy (Five-Dimensional Coordinate System) have provided a paradigm for the scientific development of Chinese medicine. Within the framework of this paradigm, the organism is treated as an organic whole. The "organic whole" means entirety and unity, that is the unity of the human body itself and the close and inseparable relationship between it and the environment.

Because of the unlimited openness and wholeness of this holistic paradigm, which dates back to 200 BC, Chinese physicians have been sharing this paradigm as a unitary set of rules or standards to approach the physiology of the human body and the incomparably rich experiences and medical knowledge which has accumulated. All these traditional experiences and knowledge have been integrated within the framework of this holistic paradigm. Therefore, Chinese medicine has kept a highly sophisticated, systematically scientific, literate and professional tradition. The secret of TCM herbology is that the mixtures of 2-10 herbs potentiate the effects of the whole decoction. There are numerous herbal remedies such as Chinese Angelica and Peony Powder which are especially useful for gynecological problems. There are many obstetrical and gynecological prescriptions such as Shou Tai Wan fetus protecting herbs, Tong Jing Wan menstrual regulating herbs, Ba Zhen Yi Mu Wan Eight Treasure female hormone regulating herbs and Bu Shen Gu Choung Wan kidney Reinforcing and Chong Meridian Consolidating herbs.

### 3. The Medical Acupuncture Therapy

Acupuncture is an important component of TCM. It is a collection of medical technologies for the prevention and treatment of diseases by needling. It has good curative effects, a wide range of indications, simple application, low cost, and is

See Aung page 6

## HEALTH *beat* Classifieds

To place your classified advertisement call 1.800.727.0782

## 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 [lbeechinor@hpu.edu](mailto:lbeechinor@hpu.edu) or Fax (808) 395-7428.

- **USA** - Needs Nurses  
We pay NCLEX, Signup, Relocation
- **UK** - Exciting Opportunities
- **Middle East**  
- Senior Management
- **Alberta** - LPNs Needed

1-866 -77-NURSE

## We are looking for... Nurses • International Nurses Traveling Nurses • Allied Health Professionals

**HOVProcure** invites you to join our team of highly skilled and talented professionals.

We offer you a variety of employment options and opportunities and your job is to simply define your Employment Objective, Location, Specialty and Time Duration... *the rest is our job!*

We use a state-of-the-art Staffing Management system to bring you the best job opportunities with the best healthcare facilities throughout USA.

**HOVProcure** doesn't just provide you with a job; it helps your career grow, so whether you are interested in Per Diem, Contract or Travel, or Direct Placement services... **HOVProcure is the employer of choice!**

For more information on these opportunities visit [www.hovprocure.com](http://www.hovprocure.com) or contact:

**HOV Procure**  
Your Healthcare Recruiters

*is the employer of choice!*

Jesse Singh

email: [jesse@hovprocure.com](mailto:jesse@hovprocure.com)

Tel: (604) 501-9003

Fax: (604) 501-9073

Toll Free: 1-866-501-9003



VisaScreen Assistance!

Your Travel Nursing Resource to the USA

- Excellent pay rates
- Free health, dental & life insurance
- Free private housing
- License & NCLEX reimbursement
- VisaScreen Reimbursement
- 401(k) with company match
- \$1,000 Referral Bonus program
- Work Visa assistance
- Green Card sponsorship
- Relocation assistance

**Procare USA**  
The Travel Healthcare Professionals



Call 800.877.6785 or visit us at [www.procareusa.com](http://www.procareusa.com)

CANADIAN NURSES & ALLIED HEALTH PROFESSIONALS

Earn up to **\$2,500 USD** per week on a 4 week travel assignment in California

- Excellent pay rates
- Free health, dental & life insurance
- Free private housing
- License & NCLEX reimbursement
- VisaScreen Reimbursement
- 401(k) with company match
- Work Visa assistance
- Green Card sponsorship
- Relocation assistance

throughout the United States  
Travel Nursing  
Permanent Positions

**Access Nurses**  
The Source for Travel Nurses

Contact our Canadian nurse relocation specialists

888.201.7221

[www.accessnurses.com](http://www.accessnurses.com)

*Educational Opportunities*

# Four Week Travel Assignments Now Available to Canadian Nurses

For many Canadian nurses looking to work in the U.S., finding an agency that understands the complexities of this process can be difficult. Fortunately, hope is in sight.

Access Nurses, a San Diego-based staffing company, has developed a program that allows Canadian nurses the flexibility of a short or long-term position while working for an organization that is committed to making the process as easy on the nurse as possible.

Dubbed "Earning Power", the program allows a Canadian nurse the opportunity to travel to top metropolitan markets in California including San Francisco, Los Angeles and San Diego, where the need for nurses is the greatest. Nurses rotate between hospitals, working different shifts at various area facilities. While in the Earning Power program, Canadian nurses can choose from assignments as short as four weeks. This provides nurses with flexibility in their schedules as well as variety in their work.

Access Nurses is committed to making the travel process an easy one for Canadian nurses. The company covers the nurses' Visa screens and NCLEX expenses. Nurses are flown to the location where they are most needed and provided with a furnished apartment, rental car, and full medical benefits including life insurance - all of which make their stay in the United States comfortable and productive.

Not only are nurses given the potential to earn upwards of \$2,500 per week, everything they need to become comfortable working in the United States is provided.

Canadian nurses who have worked in the US prior

to September 23rd 2003 are eligible for the program immediately. Access Nurses will also assist in the acquisition of a Visa Screen certificate, US nursing license and TN working visa, making this exceptional program a reality for any Canadian nurse interested in the Earning Power.

Access Nurses has committed itself to providing nurses with the very best service and opportunities possible. With friendly recruiters and

a team of Customer Excellence professionals standing by to answer any question, nurses have 24-hour support and can rest assured that someone will always be there to take the call, listen and help.

In addition to the Earning Power program, Access Nurses also offers permanent placement and 13-week travel assignments across the nation in several of the country's top cities and areas. Nurses are given every opportunity to further their career. With Access Nurses, the opportunities are seemingly endless.

**...the potential to  
earn upwards of  
\$2,500 per week...**



**Stress from page 3**

**Happiness**

Happiness is partly inherited, but it is a choice as well.

It can be experienced through living a life of purpose and service, having close relationships and the ability to frequently enjoy getting "in the flow" at work, or in sports and hobbies.

By balancing and enlarging our Wheel of Life, we can choose to enjoy better health, improve our

ability to cope with stress and, in the end, find greater happiness.

Dr. David Rainham is a family physician, author and speaker from Waterloo, ON

To order your copy of the 12 Keys to Ultimate Health Quiz, call 1-800-771-5776 or visit [www.optimumhealth.ca](http://www.optimumhealth.ca).



**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

**McMaster University**

**COURSES OFFERED**

- 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) **NEW!**
  - 6 month course completion
  - explores 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
- Decentralized Budgeting (1 unit credit)
  - 4 month course completion
  - concepts of financial management and budgeting preparation
  - important to professionals involved with decentralization management
- Total Quality Management/Quality Assurance (1 unit credit)
  - 4 month course completion
  - theoretical and practical aspects applicable to developing quality assurance/improvement programs

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  
 Website application/information: [mgtprog@mcmaster.ca](mailto:mgtprog@mcmaster.ca) [www.fhs.mcmaster.ca/nursing/distance/distance.htm](http://www.fhs.mcmaster.ca/nursing/distance/distance.htm)  
 Separate application and admission requirements are necessary for admission to the B.Sc.N Program



Centre for Nursing and Health Studies  
SHAPING THE FUTURE OF HEALTH SERVICES

• Master of Health Studies

• Master of Nursing  
- ANP: Primary Health Care  
- Generalist

Exemplary Online Education for Health Professionals

**Advance...  
Online!**

**Application Deadline - March 1**  
[www.athabascau.ca/cnhs](http://www.athabascau.ca/cnhs)



International Career Opportunities and Educational Opportunities

Aung from page 4

relatively safe. Because of its advantages, patients have accepted it for many centuries. Acupuncture therapy is based on one of the more important components of the TCM theoretical system, the theory of meridians and their collaterals. In the practice of acupuncture, the meridian tropism by signs-symptoms differentiation, the corresponding meridian point selecting, reinforcing and reducing, and others are all based on the theory of meridians and collaterals.

Acupuncture is clinically useful in treating various female disorders such as pre-menstrual, menstrual and post-menstrual imbalances. A master point in this regard is SP.6., a point on the Spleen meridian about 3 inches above the inner side of the ankle. Acupuncture is also good for maintaining a healthy pregnancy and a painless childbirth.

There are many acupuncture points which are very useful on obstetrical and gynecological conditions. The meridians which are very useful for these conditions are the Chong, Dai Mai, Spleen and also Kidney, etc. Acupuncture is very useful in conditions where the physical and constitution are strong.

4. The Moxibustion Therapy

Moxibustion is an external therapy of preventing and treating diseases by igniting moxa to stimulate the acupoints. The materials mainly used is moxa wool, which is made of moxa leaves dried and ground and sieved to remove the stalks and impurities. Moxa leaf smells fragrant and is easy to be ignited. The leaf, which has been used for several thousand years by acupuncturists, has the functions to warm the meridians and expel cold, to induce the smooth flow of Qi and blood, and subdue swelling and disperse accumulation of pathogens. This therapy is very useful during pregnancy and also for post-partum care, especially in cases of loss of Blood and Kidney Yang in order to enhance a quick recovery of Qi and general tonification. Moxibustion to GV.4, CV.6, CV.4, ST.36 and SP.6 will enhance the general conditions, whereas LI.11, GV.14, SP.10 and SP.6 are very good for immunoenhancement. Moxibustion, therefore, is very useful for the Yin stage, Deficiency conditions.

5. The Cupping Therapy

Cupping is a therapy in which a jar or cup is attached to the skin surface to cause local congestion through the removal of the air in the jar

or cup created by introducing heat in the form of an ignited material. In the ancient times, cupping was called the "horn method", also known as "fire cup". The technique involves burning, heat or suction to create negative pressure which directly draws the jar or cup onto the skin, causing blood congestion. The technique is often combined with acupuncture and bloodletting therapy.

Depending on the different types of cups, operation procedures and the combining therapies, the different kinds of cupping therapies respectively have effects in dispelling evil Wind, Cold and Damp, promoting blood circulation and Qi flow, warming channels and Yang Qi, and clearing Heat, diminishing swellings and pains. Thus, the cupping therapy is effective in substituting for the use of tiger bones in treating rheumatic disorders. It is useful for Wind condition, especially for women having invasion of Liver Yang such as in migraine, hypertension, pelvic congestion and flatulence. Cupping is very useful for Yang Excessive and Yin Deficiency Syndromes.

6. The Acupressure Therapy

The manipulation of using the finger tips, the back of fist, palm root, palm center and minor thenar eminence to pound and hit the body surface around the selected acupoint is the acupressure therapy. It can be performed in various forms. Since acupressure is associated with human touch, it is nice to have good and purified Qi from the therapist. Pressuring SP.6 is beneficial to premenstrual syndrome and menstrual cramps, and the patient can be taught to apply these acupress techniques for self care and prevention in these and other conditions as necessary and under medical supervision.

7. The Massage & Manipulation (Am Mor / Tui Na) Therapy

The massage is a TCM therapy with various

manipulations applied to certain locations of the human body, including certain passive movements of the limbs, to prevent and treatment diseases. One of its main curative functions is the "quality" of the manipulation and the other function is the exceptional effect of the manipulated locations, meridians, collaterals and acupoints. When the curative effect of massage is working on a specified location of the body through manipulations, the direct effect of its stress can act locally to promote blood circulation and remove blood stasis, restore and treat injured soft tissues, correct deformity and abnormal locations of bones and soft tissues in anatomic site. In the same time, dynamic wave signals of the manipulation can reflexively influence the physiological function and pathological state of the body fluid, Qi and blood, Ying, Wei, cerebrospine, viscera, mind and emotion, etc. Through the conducting channel of acupoint-channels and collaterals-viscera so as to effect a recuperative medical function all over the body. In fact, the manipulation can also serve to balance human vital energy and hormones, especially using the Spleen and Kidney meridians.

8. The Gua Sha Therapy

The Gua Sha therapy, including Gua Sha, Pak Sha or Tsine (Nieh or Niu) Sha, can be used in diaphoresis, exorcising pathogenic evils, resuscitation, promoting circulation of Qi and Blood, clearing heat, releasing toxins, stopping pain, and so on. Because of its effectiveness, convenience and low cost, it has been accepted by the general population for thousands of years in China. Given its ability to move stuck Qi and Blood, release the Exterior and indirectly disseminate fluids and create new Blood, Gua Sha becomes a relevant tool of treatment for almost any presenting disorder.

See Aung page 7

Real-life learning. Right here.

Continuing education for nursing professionals by distance.

COURSES

RNs  
Clinical Drug Therapy  
Geriatric Assessment  
Health Assessment  
Medications & the Older Adult  
Obstetrics  
Surgical Environment

RPNs  
Geriatric Assessment  
Health Assessment  
Medications & the Older Adult

LPNs  
Administration of Medications  
Health Assessment  
Medications & the Older Adult  
Obstetrics & Pediatrics  
Surgical Environment

Plus  
Drug Therapy  
Mental Health Self Study Courses for RPNs, LPNs, and RNs

FULL PROGRAMS

Basic Critical Care Nursing  
Gerontological Nursing  
Nursing Re-entry  
Perioperative Nursing  
Primary Care Nurse Practitioner

Gerontological Nursing  
Psychiatric Nursing Re-entry

Gerontological Nursing  
Perioperative Nursing  
Practical Nurse Re-entry

Basic & Advanced Diabetes Education Programs for Health Care Providers

Study at home

The convenience of distance learning allows you to continue with your work and personal commitments. Some courses are print-based; others are offered online.

Register today

Most courses and programs have on-going start dates from September to May. Online courses and some programs have set intake dates.

Get more information

SIAST Nursing Division  
Continuing Nursing Education Programs/Extension  
Phone: (306) 798-0140  
Toll free: 1-866-goSIAST  
e-mail: petrowich@siast.sk.ca

Visit our website at www.gosiast.com



Alberta, Ontario and NWT Career Opportunities

Aung from page 6

As a component of TCM, the Gua Sha therapy has experienced a long historical development. As early as in the Tang Dynasty, people used Gua method to cure Sha syndrome and recorded the application of Gua Sha therapies. By the Qing Dynasty, the research and application of Gua Sha therapies were further developed. Many medical literatures recorded classifications of Sha syndromes and applications of Gua Sha therapies to various Sha syndromes. Recently, modern researchers verified the effectiveness of Gua Sha therapies and the international spread of promoting these therapies has become widened. In women's health, it is a very useful technique to remove energy blockage in the Spleen and Kidney meridians.

9. The Qigong Therapy

Qigong is an art and science to cultivate and build up the Qi in the interior of the body in order to become strong, powerful and healthy. It is a medical keep-fit exercise through which the practitioner gets physical, mental and spiritual self-exercise by coordinating his or her mind, postures and breathing to act on the whole body. Through this exercise, the practitioner can purify his or her Qi and direct it to all parts of the body to keep himself or herself in a state of total harmony and wellness. Thus, it has the functions of preventing and curing diseases, protecting and strengthening health and prolonging life.

Qigong has a long history and diverse schools. In each school there are many and more diverse maneuvers of Qigong. All TCM physicians throughout the ages have emphasized the curative effects of Qigong and had great attainments in Qigong. They have widely used Qigong to treat many types of chronic and acute diseases. According to the TCM theory and principles of Qigong, they use certain maneuvers to treat a specific type of disease and to realign the whole being. In fact, Qigong should be compulsory training for Chinese physicians so as to increase the quality of life of the patients.

Regarding women's health, basic medical Qigong breathing exercise number three (inspiration, hold, inspiration again, expiration slowly) is very beneficial for premenstrual syndrome. Yellow color visualization during Qigong breathing/concentration exercises are excellent for enhancing the quality of women's health. The Figure-of-Eight breathing/concentration technique is an excellent method for strengthening the Lower Jiao and at the same time increase the vital energy to the uterus, ovaries and bladder. Qigong phonation on the sound of Whooo... and the Chakra sounds Vamm... and Lammm... reinforce the quality of life of women with respect to the above exercises.

10. The Feng Shui Therapy

Feng Shui is the ancient China's art and science for living in balance and harmony with the environment. In fact, it is the environmental medicine of TCM. The Yi Jing contains the basic principles and symbols that govern all Feng Shui practices, irrespective of which school is being followed. As a discipline of the TCM systems, Feng Shui knowledge and technology are integrated within the framework of integrating the Yin Yang within the Five Xing Philosophy. This therapeutic perspective will help women in their adjustment to building a safe and happy home for their family. The kitchen and dining areas are the most important in the functions of the energy of the house, which will serve to keep the family together in a harmonious state. The dining room should be in the center of the

house, with the kitchen located in the southwestern sector of the house (where maternal energy accumulates most beneficially for all concerned). Women play a key role in Feng Shui arrangements and placement to keep the family in good spirits and harmonious happiness.

Conclusion

Thus, the TCM system is a holistic enterprise. While the female principle is considered Yin and the male principle Yang, no rigid distinctions are applicable. This is because Yang exists within Yin and Yin within Yang. This is the flexible TCM energetics approach which has always proven worthwhile. In TCM, there are no rigid specialties, but various modalities of concern, such as pediatrics, geriatrics and oncology. It is basically a natural approach that works to integrate women's health concerns within the context of the emerging integrative approach to primary care. Such an approach encompasses competence and compassion as well as treatment and prevention initiatives – always focusing on restoring physical, mental and spiritual harmony and balance in individuals, the family and society.

Women's health is a complex area, involving young, middle-aged, elderly and dying patients, and also special topics such as cosmetics, weight control, pregnancy, and menopause. Modern TCM practitioners seek to work closely with biomedicine to enhance the quality of life of women of all ages and cultures, and it has a lot to offer in terms of natural, non-invasive and cost-effective techniques. Overall, TCM has a great contribution to women's health and well being.

Selected References

Astin JA (1998) Why patients use alternative medicine: Results of a national study. Journal of the American Medical Association 279: 1548-1553.

Aung SKH (1994) The clinical use of acupuncture in family medicine. Acupuncture in Medicine 12: 104-107.

Aung SKH (2002) Sexual dysfunction: a modern medical acupuncture approach. Medical Acupuncture 13: 7-9.

Aung SKH (2002) Qigong sounds: medical therapy through phonation; Qi: The Journal of Traditional Eastern Health and Fitness 11: 39-46.

Chung, MK (1996). Why alternative medicine? American Family Physician 54: 2184-2187.

Maciocia, G (1998) Obstetrics and gynecology in Chinese medicine. Melbourne: Churchill Livingstone.

Stroecker, J (1998): Health World Online: Promoting Health Living. Health World News, [www.healthynet/media/hwnews/faulknergray](http://www.healthynet/media/hwnews/faulknergray)




Steven KH Aung, MD, FAFAP

Associate Clinical Professor, Departments of Medicine and Family Medicine, University of Alberta; Adjunct Professor, Faculty of Extension, University of Alberta; Associate Clinical Professor, New York University College of Dentistry; President, Canadian Medical Acupuncture Society; President, World Natural Medicine Foundation; President, International Buddhist Friends Association

This article is submitted to South African Journal of Medicine for publication for the May 2002 issue.





## The Weeneebayko General Hospital

*located in Moose Factory, Ontario, on the southern tip of James Bay*

*James Bay* is a general treatment acute care facility and we have vacancies for a **Manager, Medical Laboratory; RPNs; Medical Laboratory Technologist and Hospital Pharmacist on a full time basis.** The RPN must be registered with the College of Nurses of Ontario, and the Pharmacist, and Lab Tech and Lab Manager must also be licensed to practice in Ontario. *We have a Relocation Package, Comprehensive Group Benefits, Hospitals' of Ontario Pension Plan, eligibility for Northern Tax Benefits, Vacation Leave Assistance and subsidized housing.*

For a copy of the work description and salary information, please contact:  
**Human Resources Department, Weeneebayko General Hospital,**  
**P.O. Box 34, Moose Factory, ON P0L 1W0**  
**Ph: 705-658-4544 ext. 2327 Fx: 705-658-4917 Email: dmiller@wha.on.ca**

## 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**



## Bigstone Health Commission Employment Opportunity

### Community Health Nurse

**Full-Time Position**

*A progressive Community Health Services is seeking an experienced Community Health Nurse.*

*The Bigstone Cree Nation is a 5000 member Band that provides a full range of medical and nursing services to their communities. New and modern facilities for health service and support from a large multi-disciplined team makes this position exciting and rewarding. Promote wellness through an integrated team approach with various health partners.*

**Qualifications:** B.Sc. Degree in Nursing from a recognized university. Licensed with Alberta Association of Registered Nurses. Minimum of 1-year experience in community health Nursing. Valid drivers license, medically fit, strong computer skills, self-managed. Evidence of Team and organizational skills, and the ability to speak Cree would be an asset. **Salary depending on experience**

**Benefits:** Sign on Bonus, Retention Bonus and furnished accommodations are available

To apply submit your cover letter and resume to:  
**Pauline Auger RN, Chief Operating Officer**  
**Bigstone Health Commission, PO Box 1020,**  
**Wabasca, AB T0G 2K0**  
**Tel (780) 891-2000 Fax (780) 891-2623**  
**Email [pauger@onehealth.ca](mailto:pauger@onehealth.ca)**

*This position will be filled as soon as a suitable candidate has been selected. Bigstone health Commission wishes to thank all applicants, however only those who closely match our needs will be contacted.*  
 Posting Date: August 9, 2004

*The Sherwood Park Care Center is a fully accredited 100-bed continuing care facility located in Sherwood Park, Alberta just East of Edmonton.*



## Sherwood Park Care Center

**Is seeking RNs and LPNs for full and part time positions. Experience in Long Term Care is an asset. Must hold a current license with licensing body. Competitive salary and benefits.**

**Please submit resumes to:**  
**Director of Resident Services**  
**Sherwood Park Care Center**  
**2020 Brentwood Blvd. N.**  
**Sherwood Park, AB T8A 0X1**  
**Fax: 780-449-1529**



Inuvik Regional Health & Social Services Authority  
Bag Services #2, Inuvik, NT X0E 0T0  
Toll-free: 1-877-445-4482 Phone (867) 777-8060 Fax (867) 777-8009  
E-mail: irhssb\_humanres@gov.nt.ca

## Make your own road where no road has gone before...

"Seeing the northern lights dance, experiencing the crispy creaking of the dry snow underfoot, bringing in your first fish, and second..... having your nose tingle with the crisp air, listening to the song of the wolves. Climbing on a skidoo, going fishing in a boat. Having all that wonderful clean air to breathe, watching the sunsets over the lake and forming ice. Seeing the smiles on people's faces as you walk around town. The north and the pace of life here gets in your blood, you want to return again and again (for casuals) or never leave to go back to 'the city'." – Community Health Nurse

"It is like the last frontier, lots of opportunity to use all those skills you have accumulated over the years. There is a great deal of satisfaction in being able to follow your patient's progress. There is lots of autonomy since you work independently without the presence of a Radiologist. Working in Inuvik allows you to see all aspects of patient care and see the results of your work. On the other hand it is very busy & you share callback every other week. There is good vacation time and the opportunity for professional development is very accessible." – Medical Radiation Technologist/Ultrasonographer, Inuvik

"I come north to experience what I consider True nursing. Here the focus is on prevention, not just emergent care. Nursing, that involves not just the patient, it involves the family unit and community. Here there is no such thing as "the patient", it is family involvement and community spirit that you see. The sense of satisfaction being able to follow a prenatal through to the newborn ...watching the next generation grow up. Having all that wonderful clean air to breathe, watching the sunsets over the lake and forming ice. Seeing the smiles on people's faces as you walk around town. The list goes on and on. The north and the pace of life here gets in your blood, you want to return again and again (for casuals) or never leave to go back to 'the city'." – Community Health Nurse, various communities

"Why work north of the Arctic Circle? Warm, caring and energetic people to work with; excellent career opportunities; good salary and benefits; amazing work experience... I love my job!" – Occupational Therapist, Inuvik

"As a nurse of 25 years experience, IRSSA has afforded me the opportunity to further acquire advanced practice skills working in a supportive multi-disciplinary team environment. This opportunity is why I am still practicing as a nurse today." – Community Health Nurse, various communities

"Inuvik Regional Hospital has a friendly, relaxed working environment. The people here are easy-going, approachable, and always willing to help, which made me feel comfortable from day one. I feel privileged to be a part of this exceptional team." – Primary Health Coordinator, Inuvik

"I like living here because of the hunting opportunities, the snow, cold winters, ice roads, and summer lakes and rivers. All this and Northern tax benefits and no sales tax." – Environmental Health Officer, Inuvik

"I have worked for the Health Board for 25 years this week actually, and have enjoyed many opportunities for further educational opportunities and having a role at the territorial level for different health initiatives. I can say that I feel I have been treated well as an employee and am appreciative of this, as a common complaint in the health field is poor treatment of staff members. I love working with the communities in the Inuvik Region and am committed to the people here after 25 years." – Nurse in Charge, Public Health/Home Care, Inuvik

"I work for Health & Social Services because I live to face new challenges daily, as our culture is going through innovation and it is a learning experience, from this you gain knowledge." – Community Social Services Worker, Tuktoyaktuk

Why do I like to work here! I like the fresh air, no traffic, peace and quiet. Inuvik is a haven from the stresses of big city life. – Pay & Benefits Supervisor, Inuvik

"We are striving to build a culture of quality and safety that involves clients, health and social program providers and the public. Safety is everyone's issue." - Acting Manager, Quality and Risk Management

"I came here because I was tired of the city, because of the adventure and the people. One year after my arrival, I discover other reasons to stay...the experience that we can have (medevac, education, community), the persons I work with, the nature (so different in summer with the sun and so pretty in winter with the northern lights) and all the activities that can be done. As a nurse there is so much opportunity here and it's never boring!" – Registered Nurse, ER/Medevacs & Nurse Educator, Inuvik

"I originally came to Inuvik on a term contract, because of the career opportunity, salary and good benefits. Now that I am here, what is happening at both the hospital and community level are making me think Inuvik would be a nice community to settle in. The hospital is new with a pleasing modern design (I love the art work on the walls). There is a strong supportive community interagency group that meets monthly, so it is easy to connect with the community and its issues as part of your work or for personal interests. There is no lack of social and sport activities. The flavour and uniqueness of working with different cultures from the surrounding communities keeps the job interesting." – Prenatal Nutritionist, Inuvik

"I have been employed by the IRHSSA for over 5 years, and enjoy my job very much. Although, as a frontline worker, there are many challenges and the work can be extremely stressful and crisis oriented, I have wonderful colleagues and supervisor, who are very supportive, and are great team players! The community may be small, however, there are resources and many extracurricular activities available throughout the year. Finally, working in a cross-cultural setting is extremely rewarding, as we are able to learn from our clientele, who bring with them much knowledge and experiences. This, in turn, helps us to be constantly aware of the importance of learning about the community's cultural history." – Community Social Service Worker, Inuvik

"The small hospital setting makes for more of a team approach to health care, where doctors, nurses, laboratory technologists, radiology technologists, physiotherapists, etc., all have contact with the patient, and work together in the best interest of the patient. That is why I am still here, after the two years that I planned to stay when I first moved up here!" – General Medical Laboratory Technologist, Inuvik

"My job at the IRHSSA is a fulfilling one, both challenging and rewarding. The benefits of Telehealth reach out to all people in the NWT cutting down on the costs of travel for clients and staff alike, whether it be for clinical or educational purposes." – Telehealth Coordinator/Clinical Applications Specialist & Practical Nurse, Inuvik

"I work for Social Services because it is never boring. The work is always fast paced. Working in other fields, I think it is boring; the day is too long. In Social work you start work at 8:30 am, and in no time it is 5:00 pm. Social Work makes Christmas season come faster year after year." – Community Social Services Worker, Norman Wells

"Friendly people; friendly, progressive community; beautiful skies; a wonderful learning experience. Every Canadian should see the north to fully appreciate our heritage." – Client Records Technician/Supervisor, Inuvik

"I'll be honest, what first attracted me to Inuvik was the salary. What is keeping me here, however, is the opportunities available, and the general enjoyment of life up here. The work environment is mostly a team approach, with everyone helping, sharing and caring. And the community is pretty much the same. It is a small community that has a lot of heart. And I'm not just saying that. I wouldn't have stayed for 2.5 years, looking at 3-5 more if I didn't mean it." – General Medical Laboratory Technologist, Inuvik



Fort McPherson Health Centre



Inuvik Regional Hospital