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Dear New Physicians, Medical Students and Residents,

Wachiya!

It is with great pleasure that we welcome you to Chisasibi. We hope you enjoy your time with us and that you find the experience rewarding and memorable.

In this package you will find some general information on Chisasibi, the hospital, your accommodations and your rotation with us. You will also find a more detailed explanation of how the hospital runs and the clinics you will be doing. We encourage you to read this package as it will prepare you for your visit and will complement your orientation upon arrival.

We look forward to meeting you,

Chisasibi Physicians

1. General Information

HISTORY OF CHISASIBI

For thousands of years, the Cree of the Chisasibi area had lived off the land. Each family had its trapline that was used to hunt, fish and raise their families in the traditional way. In the 1800's, the fur trade was established by the Hudson Bay Company. Ships would come down the James Bay coast and trade furs for groceries, firearms and other goods with the Cree. A trading post was built on Fort George Island at the mouth of the Chisasipich River (which means "big river" in Cree or La Grande River as it is known today). As this northern economy developed, Cree families came to Fort George more often, especially in the summer to unite with friends and family (a tradition that lives on in the annual summer gathering 'Mamoweedow' on Fort George Island in July).

In the late 1800's, the Anglican and Roman Catholic churches were established and two residential schools were built. Federal legislation mandated that the Cree children attend these schools. Many children witnessed or suffered physical, emotional and sexual abuse in these institutions, the sequelae of which still affect the Cree to this day.

As the demand for furs declined, Cree families came to live permanently in Fort George, in cabins and later band housing. Families continue to maintain their traplines to this day, hunting and fishing to support their families. In the 1970's, Hydro Quebec built the hydroelectric dams on the La Grande River. This resulted in the relocation of many of the houses and the Roman Catholic church to its current location in 1980 – 81. The community was renamed by its traditional name, Chisasibi.

CREE PEOPLE

The families are large; it is not unusual to have 10 or more people living in the same house. When meeting someone, shake hands and smile. You may say "Wachiya", which means 'Hello' in Cree, and it also means goodbye. Some Cree people are shy and may not approach you. You may need to approach them and encourage them to talk.

CREE LANGUAGE

You can read Cree just like you would read English. Remember that the faster you pronounce words, the closer you get to the real pronunciation. The Cree language is written in words or in syllabics, which was created in the 19th century by a Scottish discoverer. Inuit people write their language using similar syllabics.

TEMPERATURE

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Average high °C	-17.5	-15.6	-9.1	-0.1	7.1	14.1	17.4	15.9	11.7	5.5	-1.8	-10.8
Daily mean °C	-23.3	-22.0	-15.8	-5.7	2.3	8.8	12.3	11.5	7.9	2.5	-4.8	-15.2
Average low °C	-29.0	-28.2	-22.4	-11.0	-2.6	3.3	7.1	7.1	4.2	-0.3	-7.7	-19.6
Precipitation mm	25.1	21.4	26.0	20.7	32.7	45.7	77.3	66.2	64.9	66.4	63.1	46.2

SUMMER (June – August): Beware of mosquitoes and black flies (mainly in the bush).

FALL (September-November): Often rainy and chilly so dress warmly and bring a raincoat.

WINTER (November – March): Bring a warm coat, boots, mitts, and hat as it gets very cold.

UPON ARRIVAL IN CHISASIBI

AIR CREEBEC FLIGHT FROM MONTREAL TO CHISASIBI

The Cree Board of Health and Social Services of James Bay (CBHSSJB) will organize your flight from Montreal to Chisasibi. The flight stops in Val D'or (or Chibougamou), Waskaganish and sometimes other Cree villages depending on your flight. When the plane refuels, the passengers may be asked to leave the plane and wait in the airport. **It is important to keep track of your flight as there can be more than one plane and they do not always clearly announce when you are re-boarding. Students have been inadvertently left in other villages.**

ARRIVAL AT THE CHISASIBI AIRPORT

After picking up your luggage, the hospital driver should be there waiting for you.

MAKE YOUR PRESENCE KNOWN either by asking at the Air Creebec counter to point out the driver or by going outside and looking for the van with the Cree Board of Health and Social Services of James Bay logo (as seen on the right).



ARRIVAL AT THE HOSPITAL

Ask to be shown to the doctors' office and deposit your luggage there temporarily. A doctor will bring you to the cafeteria for lunch and then proceed to your orientation of the hospital. Please ensure you fill out the "Stipend Allocation Form" and return it to one of the permanent physicians before the end of your rotation (See Appendix 1).

GETTING YOUR TRANSIT/APARTMENT KEY

The doctor giving the orientation will help you get your apartment key. If it is missing, call Material Resources at 819-855-2744, ext 22057.

LODGING (TRANSIT/APARTMENT)

The Cree Health Board has several transits (temporary apartments) for health workers. In general, they are well equipped with all the appliances and dishes you may need. Some of the transits are single apartments while others are shared dwellings with 2-3 rooms. Because you may be sharing your transit with other hospital staff, please keep it clean and tidy up before you leave as a courtesy to the next visitors. Please return the keys to the permanent MDs or in the key box in the Doctors' Office before leaving. Some important information:

- They are equipped with oven, microwave, washer, dryer and dishwasher.
- Towels, sheets, toilet paper, dish soap are provided.
- Detergent is not provided so bring your own or it can be purchased at the store.
- Every transit has a TV with cable, DVD player and WIFI internet.
- All the transits are within walking distance from the hospital.
- Smoking is not permitted in the transits.

MEAL TICKETS

The hospital has a cafeteria that serves lunch and supper. Unfortunately, breakfast is not available, therefore, you will have to make your own. Tickets (pink) for cafeteria meals can be purchased from Lilybelle (\$4.60/ticket) from 11am-1pm during the day. The MD giving the orientation will show you where her office is located. You will receive blue tickets for supper meals when you are on call on a weekday and 2 blue tickets (for lunch and supper) for the weekend on-call.

GENERAL INFORMATION

LOCAL BUSINESSES

Opening hours can change without notice, especially during the holidays. Make sure you check the **expiration date** on all food products prior to purchase as sometimes the expiration is the next day (or last year). Being a remote community, sometimes the food is not as fresh as down south.

LIFE IN CHISASIBI

The relaxed environment makes life less stressful than it is down South. Therefore, people are less concerned with time. Hence, consider that events may take place 30-60 minutes later than planned or expected. Sometimes patients arrive late for their appointments.

COMMUNICATION

- **Telephone:** The telephone system in the hospital makes each transit phone number an extension. If you call within the hospital or to a transit, you need only to dial the 4 digit extension. To call a local external number, dial 9 first. If you want to call long distance, dial 0 and ask the hospital operator to get you a *Telebec* operator. By far, the **easiest and least costly way** to make long distance calls is **with a calling card**. In the transit you can use the internet to make calls via Skype, Facetime, etc.
- **Cell phones:** Bell, Telus and Koodo have good reception. Unfortunately, Rogers and Fido do not work on the local cellular network.
- **Internet:** Internet is available in the doctors' office, the clinic and generally in all the transits/apartments. However, at times the connection is poor, slow, or down altogether. This is especially true in the evenings after work when online traffic is high or with bad weather.

TRANSPORTATION

- **Bicycle** remains the most cost-effective transportation and it is good exercise too! There are two bicycles available for trainees. Please ask the permanent MDs if you are interested. Make sure you lock the bikes onto the hospital bike rack. Store them in your transit in the porch and lock the outside door. We don't want the bikes to get stolen.
- **Walking:** Most places, including the transits, are a short walk from the hospital. However, late at night it is safer to get a lift home if possible. Occasionally, there are packs of stray dogs or groups of sometimes intoxicated individuals that you want to avoid. If you do walk home at night, avoid taking short cuts and stick to the main roads as there are usually many cars and it is much safer. Ask the hospital Security Guard/Driver for a ride home at midnight after finishing your evening on-call.
- **Taxis:** There are three taxi companies in Chisasibi: 1) *Martinhunter Taxis* (819-855-7051), 2) *Rupert's Taxi* (819-855-5820/7030) and 3) *Picard Taxi* (819-855-7800). All three companies finish their services at 11pm.

LOCAL RADIO (FM 101.1)

The **community radio** remains the best way to keep informed about what is happening in the community. Although most of the broadcast is in Cree, certain announcements are in English as well. Occasionally, our physicians are on the radio discussing health topics and you may be invited to come on the radio.

2. ORIENTATION TO THE HOSPITAL

DAILY ROUTINE (WEEKDAYS)

- **Morning rounds:** Work starts at 9:00 am. Every morning from 9:00 to 9:30, all physicians meet in the doctors' office to discuss admissions and interesting cases.
- **End of the day:** Appointments end at 5pm. The workday usually ends around 6 pm. At the end of the day from 5-6pm, **everyone gets together to help the doctors in the clinic finish seeing all the patients.** The staff will go over the lab results and review charts with abnormal results. If you have patients in medicine, this is the time to sign out to the MD on call (or receive sign-out if you are on call). There is hand-over from the physician covering the Medicine ward to the 1st call physician and medical trainee who is on call.
- **Lunch:** Lunch begins sometime after 12:00 and ends at 1pm. The hospital remains open during this time for emergencies. The doctors covering the clinic will sometimes have to see patients during lunch or take village calls, especially if they are sicker.

WEEKENDS

- **Morning handover:** Change of shift and sign-out from the physician on call over night occurs at 9 am. The physician and medical trainee starting will round on the Medicine ward in the morning and work in the Clinic when it opens at 1 pm. For emergencies, patients are seen in Clinic in the morning before finishing rounds.

SCHEDULED CLINICS (see schedule posted in clinic or doctor's office):

- For residents and medical students, **all patients** must be **reviewed** and all **notes countersigned**. All medical student **prescriptions** (medications and orders) must be **countersigned**.

1) Walk-in Clinic/Emergency

The clinic is staffed by 2-3 doctors during the weekdays from 9am to 6 pm and by the MD on-call during the evenings and weekends. This is a walk-in clinic/emergency room. An average of 50-60 patients are seen per day. This is where you will spend most of your time.

Triage Level: **Priority 1** = Patient requires immediate resuscitation
Priority 2 = Patient should be seen by MD within 15 minutes
Priority 3 = Patient should be seen by MD within 30 minutes
Priority 4 = Patient should be seen by MD within 60 minutes
Priority 5 = Patient should be seen by MD within 120 minutes

Priority 1 or 2: the patient is brought to the crash room and an MD is called immediately. Priority 3-5: Take the charts in the order of priority or arrival.

Exam Rooms: Rooms 3, 4 and 5: For walk-in patients.
Rooms 7 and 10: For walk-in or *rendez-vous* patients.
Room 9: Reserved for gynecological exams (kept locked, key kept at MD desk)
Room 11: Casting room (sometimes nebulizers are given here)

Translating

Most of the Cree speak English. However, the young and elderly sometimes do not. Usually these individuals will be brought in by family members who can translate for you. If there is no one available, please ask a Cree secretary or receptionist to assist you.

Doctors Orders/Treatments to be done IN THE CLINIC

- I. If the patient needs blood tests, cultures, or IV fluids, write the orders on the front of the triage sheet and place the chart rack in the “For Treatment” slots at the receptionist’s desk. However, it is preferable to also inform the nurse, as sometimes these charts are not noticed for some time.
- II. Medication prescriptions are written on the carbon copy prescription forms found in the chart. Please notify the nurse, especially in the evening when she/he must give some of the prescribed meds to the patient/family.
- III. X-rays and EKGs require a separate requisition to be filled.
- IV. **Medical students must have all their orders and progress notes countersigned by a staff physician.**
- V. **After completing your progress notes, orders, consults and diagnostic test requisitions, all medical trainees should put the chart into the box of the attending staff that they discussed the case with, who will cosign it.**

Orders/appointments to be done AS AN OUTPATIENT

- I. If the patient must be seen within 2 weeks, the patient may need to come back to the walk-in clinic as it may be too short a time to get an appointment.
- II. To book a RDV (*rendez-vous*) appointment, **CLEARLY** write using the following formula: **RDV with MD in X days/weeks/months.**
- III. For blood tests to be booked, **CLEARLY** write all the specific tests as such: **“blood tests wanted” in X weeks/months** and fill an outpatient blood test requisition.
- IV. For X-rays and EKGs, fill in the respective requisitions and give it to the patient. Inform the patient when and where to come back to get these x-rays or EKG done.

Please highlight or put a star next to tests or appointments to make it clearly visible.

Medical Consultations (2 Types)

- I. Consults for specialists that periodically come to Chisasibi (Internal Medicine, Optometry, General Surgery, Ophthalmology, ENT, Psychiatry, Psychology, General Pediatrics, and Pediatric Cardiology): fill out a consult and leave it and the patient’s chart in the CPS (Cree Patients Services) Liaison nurses’ box and specify that it is to be done in Chisasibi.
- II. Consults for specialists in Val d’Or/Amos/Montreal: fill out a medical consult and leave it and the patient’s chart in the CPS box. The Liaison nurse will arrange for this appointment, travel and accommodation. If it is URGENT, the medical trainee/attending staff must call the consultant to discuss the case and request urgent appointment. Then write on the URGENT consult “discussed with Dr. ABC”.

Special Tests

For special tests to be done in Val d’Or/Amos/Montreal, fill out the appropriate form (ask a colleague or Cree Patient Services), then place it in the CPS box with the patient’s chart.

Medical Admissions

Patients that are hospitalized need a full admission note. Please write your note on the blue-borders sheets included in the **Admission Package** and complete the **“Demande d’admission”** form. Also included in the admission package are the admission orders and the admission prescription. Please ensure that these are completed correctly and that the patient’s regular meds have been prescribed. Please see the **Medical Wards** section for more information on admitted patients. Also, be sure to list the patient’s current medications in the admission note. If the patient did not bring them, the best way to get these is to ask a family member to pick them up.

When you and the Attending MD are finished with the chart, put the chart in one of the following boxes:

- I. **“To be filed by the Secretary” Box** - for any future RDV’s, blood tests, medical forms completed and need to be returned to the patient, call patient back for whatever reason.
- II. **“Return to Archives” Box** - if the patient does not need any follow-up or tests.
- III. **“CPS Liaison Nurse” Box** - for consultations or special tests (see following text)
- IV. **“Sante Comm” Box** – for anything related to Community Health patients, these are boxes are above the photocopy machine. The SC Priority Box that is for urgent matters, and will be sent to the Nurse Team Leader.

Urgent Telephone Consultations/Transfers (Medevacs)

If you need to speak to a specialist regarding a patient or if you need to transfer an inpatient or outpatient, the hospital you call depends on the specialty you need. Most patients are sent to Amos, Val d’Or or Montreal. See the **“Corridors of Care”** list posted in the clinic for the list of specialties and the appropriate hospital.

The Medevac transfer forms must be filled out and given to the Liaison Nurse (during regular hours) or the Co-ordinator on call (evening/night), who will make the arrangements. You can do this together with the Attending staff. If the Challenger medivac service is required, the patient will be transferred via land ambulance to LaGrande Airport about 1 hour drive from the hospital. You may be able to accompany the patient and see the Challenger jet, which flies to various communities in the far north of Quebec to pick up critically or severely ill patients.

For non-urgent transfers, patients are booked on the regularly scheduled flights to Val D’Or, Montreal, Amos, etc.

Patients may also be transferred from other villages to Chisasibi Hospital. This too may be on a scheduled flight or by charter/medevac. These are arranged by the nurse in the village after obtaining authorization from a doctor. Patients from coastal villages can also be transferred to Val d’Or or Amos, while the inland villages (Oujebougoumou, Mistissini, and Waswanipi) usually go to Chibougamou.

2) Rendez-Vous Clinic (RVC)

Patients are booked every 30-60 minutes for students/residents. You can pick up your charts from the secretary in the walk-in clinic and use rooms 7 or 10. When you are ready to start, you must call your patient from the waiting room. If the patient is not there, ask the secretary if the patient has arrived. If you need blood work to be done immediately, ask a nurse in the clinic. For non-urgent orders and appointments, follow the same instructions in the **“Walk-In Clinic”** section.

3) Community Health Clinic (SC)

Patients are booked every 60 minutes for students/residents. The Community health clinic is in the grey and white building behind the hospital. There are 3 clinic themes:

- I. **Prenatal Clinic** (usually Mondays): Pregnant patients should be weighed and have their urine analysis (protein/glucose only) done before you see them. The prenatal sheets are found on the inside left cover of the chart. When ordering a prenatal ultrasound, please review the requisition with your staff. For patients leaving for their deliveries, please fill out the **Air Creebec authorization form**.
- II. **Well-baby Clinic** (usually Tuesdays, specified as “BB” on the schedule): Well-baby visits are usually on Tuesdays. Babies will be weighed and measured before you see them. A nurse will give the vaccinations after you see the patient. You are welcome to do the vaccination with the nurse if you have time. After the vaccines, a CHR (community health representative) will give a 15 minute discussion on preventative topics. You do not need to write a note, but please **fill out the standardized well-baby clinic sheets** in “SC” section at the end of the chart and plot the growth parameters on the growth curves.
- III. **Tchayo Clinic** (usually Wednesdays, Thursdays or Fridays): Patients are followed for their chronic medical conditions, including HTN, DM2 and other chronic diseases.

4) Medical Wards

TRAINEE RESPONSIBILITIES FOR ADMITTED PATIENTS INCLUDE:

- Must follow their patients throughout their admission in the hospital.
- Perform a daily focused physical exam, review the chart for any new blood work or changes in the status, and write a daily progress (SOAP) note.
- Complete discharge summaries.

Other tasks for your inpatients will be supervisor-dependent. You may be asked to:

- Contact specialists by phone or by email.
- Help to arrange patient transfers by regular flight or medevac.
- Attend family meetings.

You will notice on your schedule that no specific time is assigned for Medicine. This is not an error in scheduling. Unless otherwise specified by the physician in Medicine, **trainees are expected to see their patients before rounds in the morning** so that they can promptly be discussed afterwards. Other tasks such as contacting specialists, family meetings, etc, can be done between patients in clinic if possible.

Charts

The charts in medicine are similar to those down south. There are separate sheets for medication prescriptions and general orders. To flag your orders, turn the dial on the spine of the chart to red. If you notice a yellow flag, it means the nurse wants you to do something, usually reorders. Green and blue flags are not used.

Discharge

When a patient is admitted to the hospital, their current prescription is deemed void. When a patient is discharged from the Medicine ward, please write the exit prescription. **Be sure to re-prescribe all of the patient's regular medications as well as any new ones you have added.** If any of the patient's **regular medications have been discontinued**, you must write this on the **exit prescription** (i.e. **D/C X medication**) or it may automatically be restarted as an outpatient. Write the discharge summary on the appropriate form, briefly describing the reason for admission, treatments, outcomes, transfer if applicable, discharge prescription and follow-up. The attending physician will read this and cosign it.

MEDICAL TRAINEE ON-CALL HOURS

On weekdays, the call is from 6 pm-midnight (or 9am-midnight on weekends). If it is quiet, the MD on call may go home for short time in the evening and ask you to call him/her after seeing a patient. They may then review the case over the phone or come in to see the patient with you. The on-call doctor sleeps in the hospital overnight. The physician on-call always carries the 1st call cell phone (819 855 7622). There is also a 2nd call doctor available for major emergencies, patient evacuations requiring an MD escort, second opinions, and deliveries. They carry the 2nd call cell phone (819 855 7623). **All trainees, at all levels of training, are expected to review every case with the doctor on call.** Attending staff are on call 6 pm until 9 am the next morning.

INVESTIGATIONS

Laboratory and Radiology

The lab is open from 8am-10pm during weekdays and 8am-4pm on the weekends. Radiology is open from 9am-5pm or 6pm every day of the week. After hours there is a lab or x-ray technician for both services that will do urgent tests. If you feel that the tests can wait until regular hours, please do so (call backs are costly and can be exhausting for the technicians).

Accessing Lab Results

Paper copies of results are printed from the clinic printer, though sometimes there is a delay getting results back. To access results directly in the computer (in clinic or on the ward), ask the lab for a password.

Blood Tests

Most basic blood tests and cultures are done here. Other tests must be sent out and may take days to weeks before the results are received (ex.: gono & chlamydia, Hepatitis Serology, HIV). Ask a physician, nurse, or laboratory technician for more information. For cultures, please tell the nurse whether patient was **treated or NOT with antibiotics and which antibiotic was used.** Therefore, if the culture comes back positive, we will know whether the infection was susceptible to the selected antibiotic. Also, provide the nurse with the patient's telephone number so that it will appear on the culture result (useful if we need to call the patient).

Blood Products

The lab has a limited supply of blood and blood products (FFP, Albumin, IVIG, beriplex, etc).

Gonorrhea and Chlamydia

'Chlagon' testing is done by PCR of urethral or endocervical swabs. The swab is stirred in the test tube provided and the end broken off into and left in the tube. Urine gono-chlam can also be done. Equipment for wet mounts of vaginal discharge can be found in the gyne room, slides can be taken to the lab to be read on the microscope.

Radiology

X-ray requisitions are filled out and given to the patient who is directed to radiology. When the films are done, the green requisitions will be returned to the clinic. Please write your interpretation on the requisition, so that positive findings in the official report can be verified without pulling the patient's chart.

Pulmonary Function tests

PFTs are currently not available in Chisasibi. Patients are sent to Val D'or to have them done.

Electrocardiograms

ECGs are done in Radiology from 9 am - 6 pm or by the nurses from 6 pm - 9 am and on weekends. A requisition should be made for every ECG done.

Ultrasounds

A portable ultrasound machine is available in the Clinic Externe/Emergency for those physicians who have experience using them. Obstetrical ultrasounds are done by Dr. Michael Lefson, who is a family physician with training in obstetrical ultrasounds. He does the routine OB ultrasounds at 18-20 weeks, and sometimes later as follow-up ultrasound to check growth/placenta.

OTHER INFORMATION

Other Services

For Mental Health issues, there is a Mental Health Coordinator who arranges visiting therapists and visioconferences as needed. There is a visiting **Psychologist** (8-12 times a year), **Therapists** (about every 6-8 weeks) and **Psychiatrists** (every 3 months). To request these services, use the Medical Consultation form. The Community Workers and other Social Services staff can arrange for counseling and detox programs, which can be requested using the brown 'social services' form. There is also a **physiotherapist**, an **occupational therapist** and a **nutritionist** working at Chisasibi Hospital, whose services can be requested using the Medical Consultation form.

Home Care

There are about 50-60 patients using Home Care services. Patient care is delivered by 2 clinical nurses and a team of workers who provide the basic care and supervision of clients. You will have the opportunity to do Home Visits with one of the Home Care physicians.

Pharmacy

The pharmacy closes at 5 pm sharp. Afterwards, there is a limited selection of medications available in the clinic and on the wards. If necessary, the pharmacist is available on call after hours and on the weekends. **If you are discontinuing a medication**, write a prescription to “**d/c drug x**” and send it to the pharmacy. This keeps the patient’s computer file up to date, and prevents errors with patients refilling medications that should have been stopped. You may request a “medication profile” at the pharmacy if you are unsure about the patient’s current medications.

Village Calls and “Bush” Calls

Not all Cree villages in the James Bay territory have a full-time physician. Many have nursing stations and are visited periodically by a doctor. Villages frequently call the Chisasibi clinic for advice or transfers. **These calls are not the responsibility of the trainees and will be handled by the attending staff.**

Medical Charts/Archives

During your orientation, all trainees must stop by archives to give their license number and signature. The hospital charts can be confusing and take some getting used to (they can also be very thick!). Here are some of the basics to help guide you:

1. **Allergies** are usually written on a red sticker on the OUTSIDE front of the chart. (please update this if you have a patient with an allergic reaction)
2. The INSIDE front left cover of the chart will have, if applicable, a **diabetes** flow sheet, **prenatal** sheets, and pending special tests or consults with specialists.
3. The top sheet on the right side in the chart is a **problem list** (not always complete). Please update it as problems arise.
4. Below the Problem list are Out-patient Prescription Orders and carbon copies of past written prescriptions. Please keep in chronological order, most recent on top, start writing script at TOP of page.
5. The next section contains the outpatient clinics. These include Walk-in triage sheets, RVC and SC in chronological order. “Consultations et traitements” page is used as second page if continuing from the MD note on back of triage sheet, or as RVC/SC/other notes written by MD or nurses.
6. The next section contains investigations with **ECGs** on top (this is where you find old ECG’s for comparison), followed by **X-rays**, then labs and microbiology in reverse chronological order.
7. The following sections are **Dental Clinic** notes, “**C**” for consults and anything done in the south (tests, surgery etc), “**MP**” (medicine preventif) or “**SC**” (santé communautaire /community health—containing past prenatal sheets, vaccination records, old PAP tests, well-baby sheets and growth curves). Note that new PAP tests are found in the lab section.
8. The last section contains hospital admissions in reverse chronological order (with the discharge summary on the top of each admission). Each admission is separated by a dated tab. When looking for the medical history of a patient, check this too as it may be relevant to their current presentation to the Clinic Externe.

3. CHISASIBI COMMERCIAL AND ADMINISTRATIVE BUILDINGS

COMMERCIAL CENTRE

Older men and elders used to play on a checkerboard made of stone on Fort George Island. This tradition continues at the commercial centre on the picnic tables.

Ground floor:

The Northern (855-2710)

Northern is the biggest grocery and general store in Chisasibi. It was bought from the original fur-trading Hudson Bay Company around 1990. Delivery trucks with produce arrive generally on Tuesdays, which is the best time to go shopping. During the weekend, the shelves can get pretty empty. There is a surprising amount of food variety, however, fruit and vegetable variety is minimal. You can buy groceries, clothes, fishing rods, shoes, toys, household goods, etc. You can pay by cash, VISA, or *Interac* card.

Opening hours: Monday to Friday 9AM - 9PM

Saturday 9AM - 6PM

Sunday 1PM - 6PM

The CO-OP (855-2828)

This grocery store is owned by the Cree people of Chisasibi. Some things are cheaper than The Northern, but some are more expensive so be careful. It is smaller and they keep less variety of food. They bake croissants, cakes, and cookies (but be quick, they go fast). You can use your cash or *Interac* to pay, but **no** credit card.

Opening hours: Monday to Friday 9AM - 8:30PM

Saturday 10AM - 5PM

Sunday 1PM to 5PM

CIBC (855-2803)

A fully equipped bank like down south. There is a 24 hours automatic bank teller.

Opening hours: Monday to Friday 10AM -5PM

Saturday and Sunday Closed

Canada Post Office (855-2890)

You can buy stamps for standard mail or send by *Express Post*. There is a mailbox outside the office, open 24 hours.

Opening hours: Monday to Friday 9AM to 5PM

Statutory holidays, Saturday and Sunday Closed

Second floor:

Motel Chisasibi (855-2838) (2-star)

If you want to get some tourist information, you can ask the receptionist who might give you interesting advice.

OLD ADMINISTRATIVE BUILDING

The First Nations Bank Branch

The First Nations Bank of Canada is primarily focused on providing financial services to the Aboriginal marketplace in Canada. First Nations Bank of Canada is over 80% Aboriginal owned and controlled.

Opening hours: Monday to Friday 10AM to 5PM

Niskafe (Goose Café)

Niskafe is a small coffee shop. You can get in using the main entrance beside the First Nations Bank. They sell sandwiches, soups, juices, and deserts at lunchtime. They sell fresh ground coffee by the weight.

MITCHUAP BUILDING (with Tee-Pee roof)

Ground floor:

Fitness Centre

It is a fully equipped gym (treadmills, stationary bikes, weights, etc.) and is usually not busy except for in the early evening after work. Recently, there has been the addition of several fitness classes for an extra cost (you may enquire at the desk). There are three free memberships available for depanneurs, residents and students to share. Please ask the permanent staff how to use them.

Opening hours: Monday, Wednesday & Friday 6:30AM to 10 PM
 Tuesday & Thursday 9AM to 10PM
 Saturday and Sunday NOON to 9PM

First floor:

Community Radio (855-2527)

The local Cree radio station is 101,1 FM (affiliated with CBC North). There is Bingo on the radio on Tuesdays, Thursdays at 7:30PM, and Saturdays (aft/evg, time varies). CBC Radio Nord Quebec plays on 103,5 and CBC North plays on 105,1.

ARENA: JOBS MEMORIAL GARDENS (855-2918)

This full size arena is great for skating, hockey and broomball in winter. In the summer, young hockey fans play roller hockey. Various summer events include: kung fu show, Cree Chisasibi Dance Invitational (fiddlers and square dancing), music concerts, weddings, etc. You can check the Calendar posted in the main building. Community activities are also posted at the hospital main entrance doors.

CHISASIBI BAND OFFICE

Cree Trappers Association (CTA)

If you would like to buy a permit to hunt or fish in category I and II lands, you would visit the Cree Trappers Association.

Opening hours: Monday to Friday 9AM to 5PM

FORT GEORGE ROAD

Chisasibi Heritage & Cultural Centre (855-3311)

The Cultural Centre will provide a place where the elders can meet and pass on their knowledge to the younger generations. The centre was designed by local youth trained in architecture and is both culturally appropriate and meets museum standards. The exhibits are currently being finished. The center is scheduled to open in the summer 2015. There is a small gift shop open to the public that sells local crafts including art, mittens and moccasins.

True Value Hardware Store (855-2078)

You will find everything you need for your car, house, boat, and dog... Some winter and hunting clothing is also available.

Opening hours: Monday to Friday 10AM to 6:30PM
 Saturday 10AM to 5PM

Churches

There is a Catholic Church (white/blue) and an Anglican Church (brown) in Chisasibi, both located at the corner of Fort George and Maamuu Road. Most families are Anglican.

Services: Catholic service Sunday 10:30AM (if the Priest is in town)
 Anglican service Sunday 10:30 and 3PM in Cree and 7PM in English.

Pash-Moar Pizzeria (855-2080)

A small pizzeria located at the corner of Fort-George and Chisasibi Road. They serve a variety of fast foods, but are best known for their pizza. Prices are reasonable, no delivery available.

Opening hours: Monday to Friday 8am-11pm
 Saturday and Sunday 9:30am-1pm

4. Places to Visit and Things to do

OUTDOOR ACTIVITIES

Depending on the season, you may want to bring your X-country skis, snowshoes, skates, fishing rod, etc. If you forget your equipment, there is some available for trainees at the hospital. This includes two bikes, snowshoes, fishing rods, some tackle, a tent, sleeping bags and foam sleeping pads. Ask one of the permanent doctors. Be sure to sign-out any borrowed equipment and return it before you leave.

JAMES BAY COAST

There are several locations with a beautiful view of the James Bay. The closest to Chisasibi is accessible off the James Bay Highway going towards Fort George Island. The 15 km route is not paved, but in pretty good condition. The best way to cover the distance is by car or bike. You can see jellyfish, seaweed, seagulls, and eider ducks and if you are lucky you might see seals, beluga whales and migrating Canada geese.

LONG POINT

Another location that gives you an impressive view of the James Bay is Long Point. Long Point is geographically 20 km north of Chisasibi (see regional map). The only road that takes you there crosses the LG1 dam. Once across the dam it is a 48 km drive northwest on gravel, making the trip far but well worth it. There are several trails in the area that bring you to ponds, lakes, and views of the rocky shoreline. It's a great place to picnic, hike, camp and pick wild cranberries in the fall. Ask if a doctor or other hospital staff are going there and tag along.

LA GRANDE RIVER

The Great River (La Grande) defines the northern edge of the community of Chisasibi. It is, as its name states, a very large river. You can access the river by several sites in Chisasibi or as you are going to the Bay (see maps in Appendix). The nicest beaches are near the D4 cluster and kilometer 0. There is a nice trail along the river for walking or mountain biking.

FORT GEORGE

Fort George is the island where the Chisasibi community was previously situated before the Hydro-Quebec dams were built. There is a ferry to get to the island that operates for limited hours during the summer (check at Band Office); otherwise access is only possible by boat (or snowmobile/walking/snowshoeing in winter). No one currently resides on the island; however, the Cree people from Chisasibi have cabins there and often visit during the summer months. If you are interested in visiting, you can ask around the hospital, you might find someone going for the weekend. In July, the Mamoweedow gathering is held on Fort George. It is a traditional gathering where Cree families come to the island and celebrate their culture and history. They honour relatives and elders that are buried there. Everyone is invited! During Mamoweedow, the ferry does operate every day.

HYDRO-QUEBEC'S LA GRANDE HYDROELECTRIC DAMS (1-800-291-8486)

You can visit LG1 and LG2. LG1 is fairly close to Chisasibi (35 km) and can be reached by bicycle on the paved highway. LG2 is located in the town of Radisson, approximately 60 minutes from Chisasibi by car. Hydro-Quebec organizes free visits from June to August. For more information please visit www.hydroquebec.com/visit/baie-james/grande-1.html.

RADISSON

This village was created in 1974 by Quebec to house the workers in charge of construction of the hydroelectric dams in northern Quebec. Today the population is less than 300. There is a very nice gift shop that sells native and Inuit crafts called Arts et Trésors Inouïs. If you can find a lift, it is a beautiful drive and worth the visit.

ATTEND A WALKING-OUT CEREMONY

This is one of the most popular of the traditional ceremonies that the Cree still celebrate. In short, it celebrates the first time an infant touches the ground outside and takes his or her place in Cree society, boys for hunting and girls for cooking/tending the fire. For the occasion, the children are dressed in traditional clothes, boys as little hunters and girls as cooks. The ceremony takes place at sunrise and is followed by a big feast. Traditional foods such as goose, beaver, caribou, and bannock (native bread) are served.

CAMPING

Camping is one of the wildest activities you can practice in the north. The campsites are numerous since you can camp almost anywhere. Make sure you bring warm clothing and sleeping bags since the weather can change rapidly. Avoid swampy areas and do not forget to bring insect repellent!

AURORA BOREALIS

The James Bay is known for its spectacular views of the northern lights. Solar winds reach their peak every 11 years, the last one being in 2013. Although they may be seen all year round, the best time is in the winter when the nights are long and the skies usually clear.

FISHING

Fishing is probably one of the most popular activities among the Cree and visitors to Chisasibi. The Region is separated into 3 categories, which you have to locate before going on a fishing trip. Category III land is open for fishing to anyone with a provincial permit (available in Montreal and Radisson). You can fish in category II (and sometimes in I—check what your permit says!) with a special permit from the Band Council that is available at the Cree Trappers Association. Fines are expensive and Conservation Officers frequently check for permits, so please follow the rules.

BIKING

There are not a lot of paved roads around Chisasibi, so you are better off with a mountain bike. Paved roads include the highway from Radisson to Chisasibi and a few around town. There are a few trails around town, ask upon arrival if you are interested.

BERRY PICKING

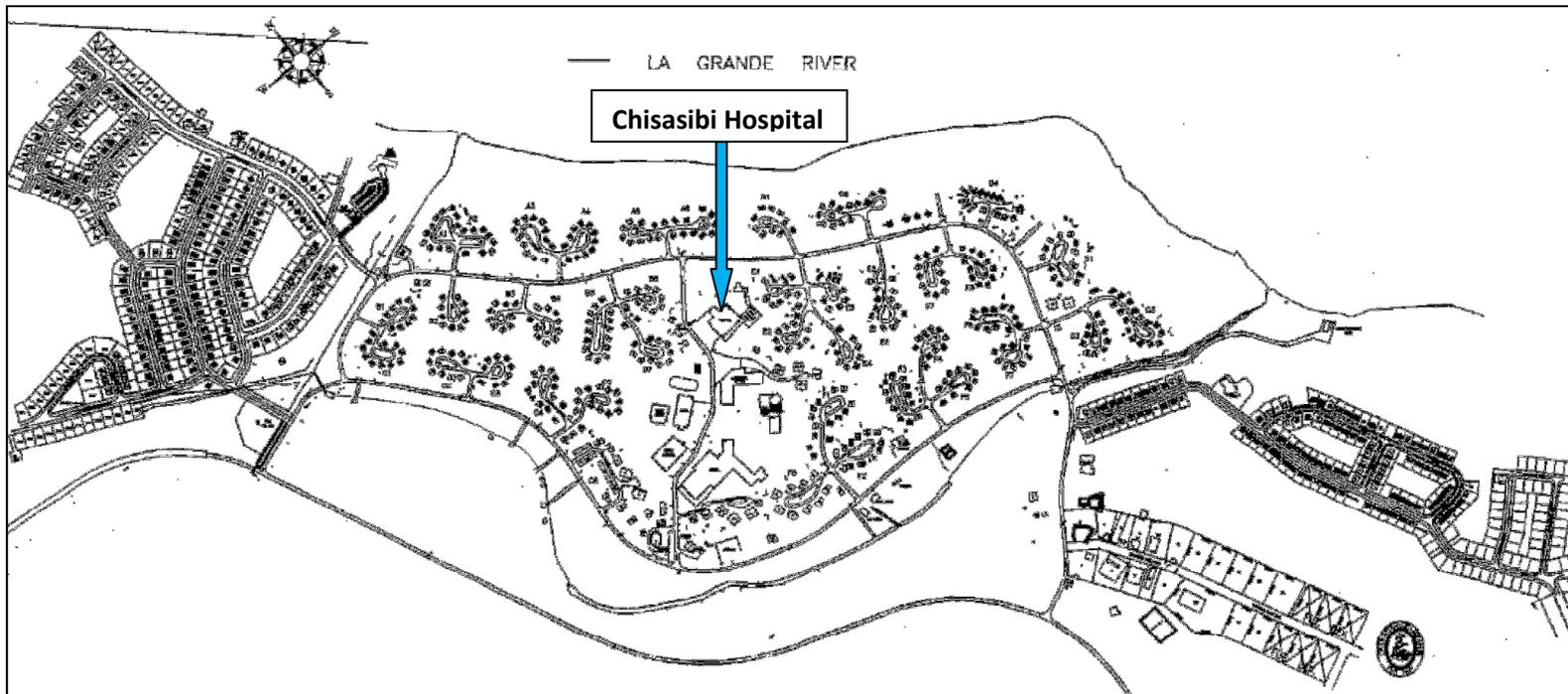
If you have the luxury of coming to Chisasibi at the end of August or the beginning of September, be sure to go berry picking. Bushes of plentiful wild blueberries and cranberries are all around the village. You can easily fill up your bins in less than an hour. A great spot to go is just outside of town at kilometer 10 along the dirt road to the river. Speak to the hospital staff when you are there and tag along with a group of people.

APPENDIX 2: Cree Medical Lexicon

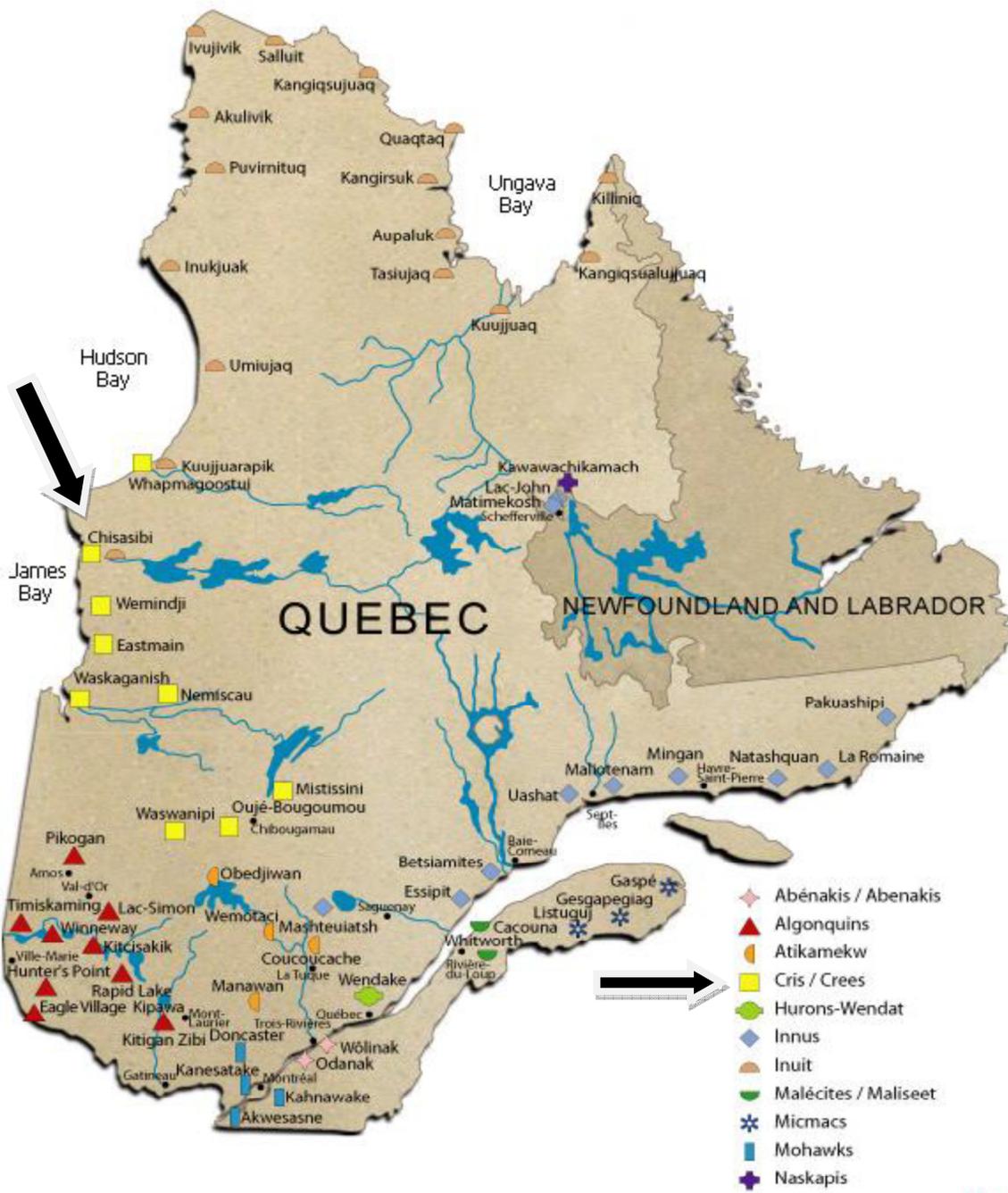
Please note that this medical lexicon is a non-official document. It does not use syllabics. It is to be used for common pronunciation, mainly by an English speaking person. We suggest you ask a Cree person to help with the pronunciation.

English	Cree
Hello	Wachiya
My name is X	X ni-sin-ka-sooin
What is your name?	Wun-jee
Yes	Kepa
No	Nemma
Take a deep breath	Iss-koo-dum
Stool	Meesee
Urine	Boobooshin
Do you have pain?	Shtaxinna
Are you sick?	
Here (use to point)	Oot mott
A little	Absheesh
A lot	Mishtee
Harder/wider (ie push harder or open wider)	Souk
Anything else?	Shesha Agoodaha
OK or like that	Agooda
Finished	Shash

APPENDIX 3: Map of Chisasibi



APPENDIX 4: Map of Quebec & Cree Villages



Affaires indiennes
et du Nord Canada

Indian and Northern
Affairs Canada

Canada