



**Ungava Tulattavik
Health Centre**

ORIENTATION WORKBOOK **Students and Residents**

Welcome to Nunavik!

This orientation workbook should answer any practical questions you may have pertaining to your training in order to facilitate your integration into the Ungava Tulattavik Health Centre. Do not hesitate to contact us if you have additional questions prior to your arrival to Kuujuaq.

Ungava Tulattavik Hospital

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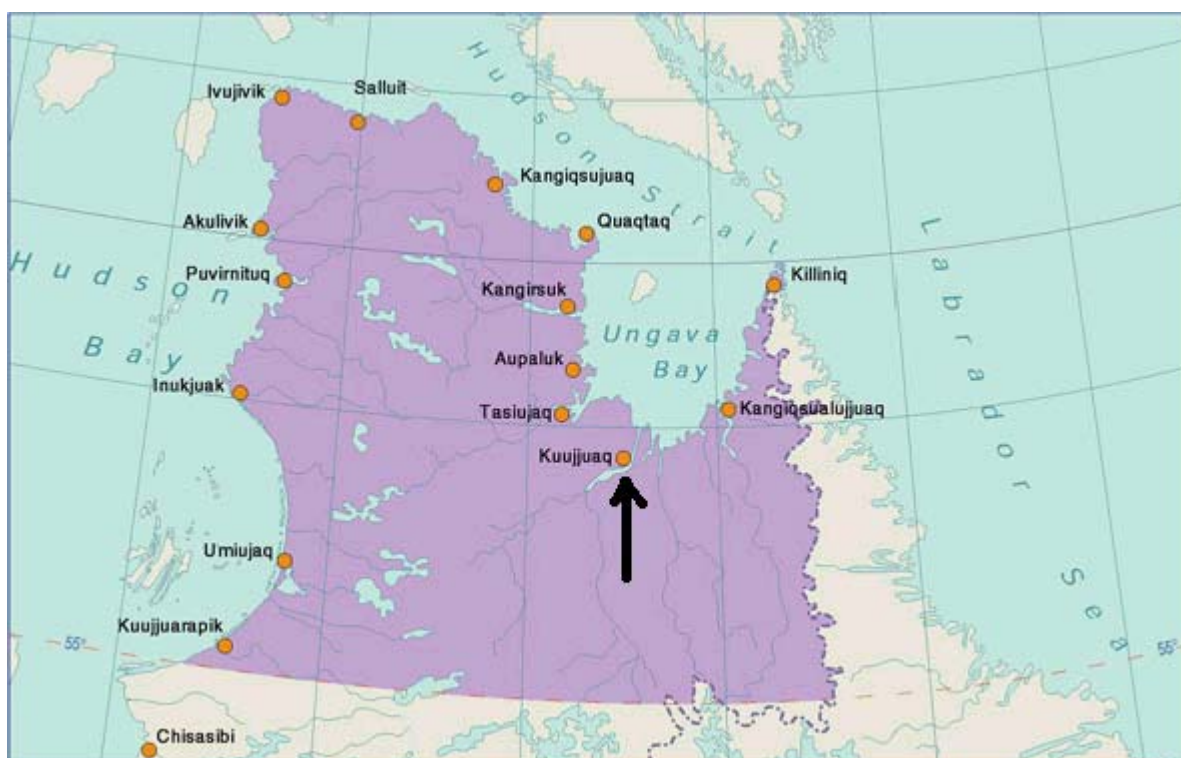
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We hope your stay will not only be an occasion to progress clinically, but also that it will permit you to discover one of the oldest and most spectacular regions of Quebec.

The Tulattavik Hospital Centre usually welcomes one trainee per training period, occasionally two. We can accommodate trainees 12 months a year.



Training Objectives

Other than the specific objectives already outlined by the university, you will have the opportunity to participate in the following clinical activities during the course of your training in Tulattavik, notably:

- Participation in day-clinic activities including emergencies
- Office hours by appointment
- Hospitalized patient care
- Prenatal care
- Births
- One week free-clinic in the communities (Coast of Ungava)
- Patient transport by air (*medevac*)
- Possible participation in public health activities
- Even though the training does not include definite on call duty, it is required to participate in interesting cases that may come up in the evenings or at night. It is possible for willing students and residents to fulfill on-call duties.
- The hospital regularly receives visits from travelling specialists (orthopedics, plastic surgery, ophthalmology, ENT, anesthesia, cardiology, gynecology, gastro-enterology, EEG technician, psychiatry, pediatrics, etc.). It is possible to participate in clinical activities of some of these specialists.

You will be met at the onset of your training to identify additional objectives designated to meet your individual needs and level of education (technical abilities or scientific knowledge). For example:

- Patient history (anamnesis)
- Elements of a physical examination
- Suture techniques
- Practical ACLS, ATLS
- Normal birthing
- Interpretation of radiographs and ECG
- Directed reading

The Medical Team:

You will be called upon to work with several physicians from the team (phone numbers are located on the on-call list):

- Boulanger Nathalie, general practitioner
- Nathalie Clément, general practitioner
- Dona Abdelnour, general practitioner

Financing

The stages en région benefits from specific financing, as much for the students as the residents.

Summer employment for students in 1st, 2nd and 3rd years

- Minimum 4-week training, maximum 12 weeks
- Salary : 275\$ per training week (amount subject to change from year to year)
- Free lodging provided
- Flat rate of 126,24\$ per week (amount subject to change from year to year)

Clerkship Training

- Duration : 1 or 2 months
- One return ticket per month of training (ticket may be transferable to your spouse if stay is 2 months or more)
- Flat rate of 220\$ per month of training
- Free lodging provided

Resident Training

- Two months compulsory training, possibility of elective training
- One return ticket per month of training (ticket may be transferable to your spouse if stay is 2 months or more)
- Flat rate of 220\$ per month of training
- Free lodging provided

Transportation

Once your arrival and departure dates have been established, we will take care of reserving your airline ticket to Kuujuaq with First Air. You are allowed two pieces of luggage with a maximum weight of 70 lbs each as well as a small carry-on bag. You may be billed for any surplus weight.

First Air: (514) 633-6811
 (800) 267-1247

The hospital can be reached on foot. To visit the village and neighborhood, you may cycle in summer, ski in winter, or rent a skidoo or ATV. Travel between villages must be done by plane.

Lodging

Your stay will be in a hospital-owned apartment, usually, in building 904, facing the hospital. Some apartments have several rooms shared by the travelling physicians. The apartments are completely furnished:

- Bedding
- Dishes, pots, cutlery
- Stove, refrigerator

- Microwave
- Washer and dryer
- Dish and laundry detergent
- Radio (Radio Canada 99,9 FM)
- CD and cassette player
- Television with cable, VHS video machine

Some details to consider:

- **Potable water:** Water is delivered by truck regularly to each house's water tank on weekdays. Water quantity is limited and must be used sparingly to avoid shortages. Avoid doing laundry on the weekend. If it should happen that you run out of water, you can call hospital maintenance.
- **Long distance calls:** Long distance calls can be made from the apartment or from the hospital with either a calling-card or by reversing the charges, by dialing the following number: 1-800-555-1111.

Luggage

Suggestions for packing (non-exhaustive list):

Winter

- Warm socks
- Warm boots
- Warm or polar fleece sweater
- Skidoo goggles
- Warm coat, preferably long
- Double-lined outdoor pants
- Cross-country skis, skates, snowshoes

Summer

- Hiking boots, rain boots
- Mosquito repellent and mosquito net head cover
- Rain coat
- Mountain bike (weight surplus will be covered by the hospital)

Other

- Sunscreen (summer and winter)
- Non-perishable food items: due to elevated food costs in Kuujjuaq, some people prefer bringing their own non-perishable food items. A variety of products are sold in the village stores.
- Alarm clock
- Lab coat : not necessary
- Stethoscope
- (Compass, GPS)

Relevant internet sites

Archeology: www.unites.uqam.ca/tuvaaluk/
First Air: www.firstair.ca/

Government of Québec: www.mcc.gouv.qc.ca/region/10/dir10/nunavik.htm

Makivik Regional Government:

www.makivik.org/

General Information: www.nordicite.com/nunavik.shtml

Avataq Cultural Institute: www.avataq.qc.ca/

Inuktitut: www.shindale.com/inuktitut

Diplomatic Service: www.monde-diplomatique.fr/1997/08/CASSEN/8965.html

www.monde-diplomatique.fr/1999/04/MALAUURIE/11935.html

Municipality of Kuujuaq: www.nvkuujuaq.qc.ca/

Nunatsiaq (local newspaper): www.nunatsiaq.com/

ONF: www.nfb.ca/mon_village_au_nunavik

Photographs: www.dsUPER.net/~jjbevila/Nunavik/akulivik.html

Regional Health and Social Services

www.netmania.qc.ca/nunavik

Tourism: www.nunavik-tourism.com

Kuujuaq (literally « Large River»): the village

For those who have never visited Nunavik, it may be difficult to imagine life in an Inuit village. During the course of your stay, you will have time to experience this for yourself. In any case, here are a few pointers:

- Latitude : 58 degrees North
- 1400 km from Montréal
- Population : > 2000 inhabitants
- Number of igloos: in extinction!
- Daylight hours on December 21st: from 9:18 A.M. to 3:44 P.M.
- Daylight hours on June 21st: from 3:28 A.M. to 10:41 P.M.
- First snowfall: September-October
- Thaw: progressively from April to June, last snowfall sometimes in July
- Size of village : 2km X 1km
- Village Services (see corresponding numbers on map):
 1. Ungava Tulattavik Health Centre
 2. Jaanimmarik Elementary and High School
 3. Isuarsivik Detoxification Centre
 4. Kativik Regional Government (KRG)
 5. Sûreté du Québec
 6. Sports Centre: skating rink, training room (bicycle, step, treadmill, weights, fitness equipment, bowling alley, pool in summer)
 7. Canada Post : to receive mail, have it sent in your name to :

**General delivery
Kuujuaq (Quebec)
J0M 1C0**

General Stores:

8. Northern
9. Coop
10. Newviq'vi
11. CIBC bank (ATM)

12. Restaurant and Hotel: Kuujjuaq Inn
13. Restaurant : JD Pizzeria
14. Bar and lounge
15. Halutik Service Station
16. Arts and Crafts : Tivi
17. Fish: Country food
18. Video Rental : Northern and JD Pizzeria
19. Skidoo and ATV rental: Pat's Part
20. Tourism Bureau
21. Theatre (open weekends... most of the time...)

At the Hospital

- Population served: a little more than 4 000, 90% Inuit, spread into 7 villages along the coast of Ungava Bay.
- Internet connection : relatively high-speed
- Medical library and medical software
- Cafeteria: Three meals are served daily in the cafeteria. Booklets of 5 meal coupons are sold at a modest price at the hospital.
- Services offered: basic laboratories, radiology, dentistry, obstetrics, general medicine, hospitalization (15 short-term beds, 10 long-term beds), walk-in clinics and emergency, long-term stays, social services, psychology, pharmacy, physical and psychosocial therapy, community service, youth protective services.

Activities

Keep your ears tuned for organized activities in the village, and don't hesitate to accept any invitations. In addition to organized suppers and parties, many other outdoor activities are possible.

- Sports Centre and Arena
- Pool (summer only)
- Cross-country skiing, snowshoeing
- Camping
- Hunting and Fishing (Ask about necessary permits: Fauna and Parks 964-2427)
- Skijoring, ATV
- Hiking
- Kayaking
- Dog sledding

Risks

One of the greatest pleasures in Kuujjuaq is discovering the tundra and taiga. The landscape is unique and breathtaking. Several precautions must therefore be taken before venturing outside the village, in order to avoid unnecessary risks. It is always preferable to consult regional experts.

Orientation: Before losing sight of the village, assure yourself that you will be able to orient yourself easily, either by being accompanied, or by carrying a map and compass or GPS. It is easy to become lost on the tundra, especially if a blizzard hits, which can render visibility to almost nil.

The cold: In winter, cold can reach levels unimaginable in the south. Frostbite and hypothermia can set in quickly. Warm clothing is indispensable in these climactic conditions. You can consult the weather information at 964-2346.

Ice: The Koksoak River is frozen over in winter and crossing it on skis or skidoos is possible, however, due to the tides which reach Kuujjuaq, currents and partial thawing may cause fragility in the ice in certain areas at different times of the year. Before undertaking a crossing, inform yourself of the conditions.

Avalanches: There are small mountains around Kuujjuaq which are sufficiently steep to allow enough snow accumulation thus creating potentially dangerous avalanches. It is advised not to scale or walk alongside these mountains in winter.

Mechanical Failures: Thanks to the skidoo, one can discover many fascinating areas farther away from the village. Unfortunately, mishaps can occur rapidly. A simple mechanical failure, fuel shortage or a skidoo stuck in the snow, can turn a Sunday outing into a hellish experience, especially if you should find yourself 30km away from the village without equipment and nightfall approaching...

Wildlife: In the outskirts of the village, one may see, among others, red fox, ptarmigan, and sometimes caribou or black bears. Thankfully, there are few wolves and polar bears are rare. Further out in the tundra or taiga, and near other coastal villages, the risk of having an unpleasant encounter increases. Once again, keep informed.

The sun: Even at 20 below, the sun can be deceiving, especially with reflection from the snow. You should apply sunscreen prior to any long outdoor walks.

Inuktitut: Language of the Inuits

Working in Nunavik provides an opportunity to experience a different culture and language. Where by the majority of hospital employees are francophone or anglophone, Inuits speak Inuktitut as a first language. Some of your patients may speak only Inuktitut, especially pre-school aged children or the elderly. You may, therefore, be called upon to work with interpreters. Your reports may be written in French, but you will require a working knowledge of spoken English to communicate with Inuits who have generally learned English as a second language rather than French. Inuktitut is a difficult language, so it may be helpful to become familiar with certain words heard frequently in conversation.

Pronunciation

U	:	« ou »
J	:	« y »
Q	:	« r » (guttural, as in Spanish jota)

Aa	Yes (Sometimes expressed only non-verbally: lifting of eyebrows)
Aaniavit	Do you have pain?
Aanniajuq	Patient
Aanniasiurtik	Nurse
Aanniasiurtimmarik	Doctor
Aanniavik	Hospital
Aasuk	I understand
Anaana	Mother
Ataata	Father
Atsuk	I do not know
Auka	No (frowning, scrunching up of the nose)
Ilaali	Welcome
Iliniavik	School
Inuit	Persons, a people
Inuk	A person
Jean Uvanga	My name is Jean
Kamik	Boots
Katimavik	Meeting
Kina	Who
Kinauvit	What is your name?
Mamartuq	Delicious
Nakurmik	Thank you
Nani	Where
Nassak	Hat
Qallunak	White, stranger
Qamutik	Sled
Taima	It's over, that's all (at the end of a discussion, or intervention)
Tukisivit	Do you understand?
Ullaakut	Good morning
Ullukut	Good afternoon
Unnukut	Good evening
Unnusakkut	Good night

Syllabic Chart

Inuktitut is above all, an oral language. In the last century, an English missionary wrote a system of symbols to represent the language. Each symbol corresponds to one syllable, hence the name of this writing, though very different from our alphabet, this system is relatively simple and easy to decode.

a	▲	u	▼	i	△		∩
pa	∧	pu	∨	pi	∧	p	<
ta	∩	tu	∪	ti	∩	t	∩
ka	♭	ku	♯	ki	♭	k	♭
ga	∟	gu	┘	gi	∟	g	∟
ma	└	mu	┘	mi	└	m	└
na	♭	nu	♯	ni	♭	n	♭
sa	∟	su	┘	si	∟	s	∟
la	∩	lu	∪	li	∩	l	∩
ja	∟	ju	┘	ji	∟	j	∟
va	♭	vu	♯	vi	♭	v	♭
ra	∩	ru	∪	ri	∩	r	∩
qa	♯	qu	♭	qi	♯	q	♯
nga	∩	ngu	∩	ngi	∩	ng	∩