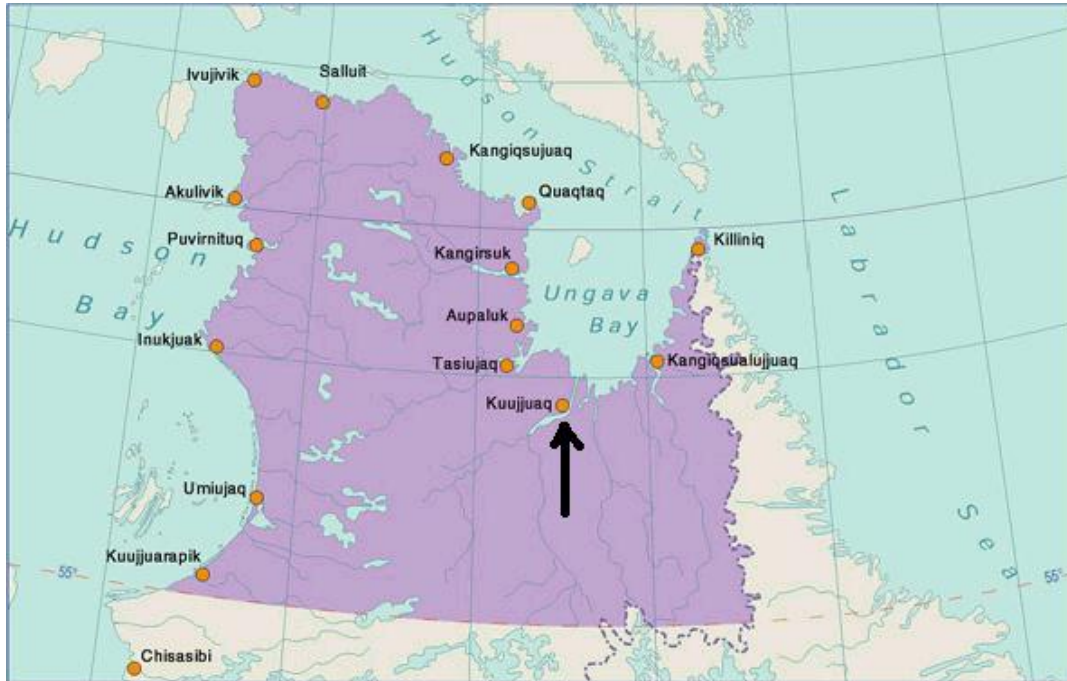


Ungava Tulattavik Health Center



Medical Students and Residents Orientation Handbook

Welcome to Nunavik!

This handbook is designed to respond to questions that you may have prior to starting your rotation and to facilitate your integration at the Ungava Tulattavik Health Center.

We are hoping that your stay will not only be an opportunity to develop your clinical knowledge but also a chance to discover one of Quebec's beautiful natural environments as well as a unique and ancient indigenous culture.

The Ungava Tulattavik Health Center usually has one student or resident per period, sometimes two. Priority is given to students and residents from the McGill and Laval Universities. Once they have made their choices, the remaining rotations are opened up to other universities. We receive students and residents all year round.

- Duration of the rotation: 1 or 2 months
- One round trip ticket for each month of rotation (for stays of 2 months, a ticket is transferable to your partner)
- A monthly stipend of \$325
- Free housing

- There is no internet access set up. However a company called Tamaani rents a modem that provides easy access to the Internet. The rental cost of the modem will be reimbursed upon presentation of the receipt (\$60/month – a deposit of \$ 100 is required).

Rotation Objectives

In addition to the objectives already set by your university, you will have the opportunity to take part in the array of clinical activities taking place at the Tulattavik Health Center during your rotation. Specifically:

- Emergency Care
- Outpatient Appointment Clinics
- Hospitalizations
- Home Care
- Long Term Care at the Elder's
- Prenatal Care
- Abortions (for those interested)
- One week in a smaller nursing dispensary in one of the Ungava coastal communities if the schedule permits
- Take part in air-transfers (*medevac*)
- The rotation entails 1 or 2 formal on-calls. However, it is also required that you take part in the interesting cases that may occur in the evening or at night. This can be done by letting the doctor on-call know that you are available.
- The hospital frequently receives visiting specialists for 1 or 2 days (i.e. Orthopaedics, Plastic Surgery, Ophthalmology, ENT, Anaesthesia, Cardiology, Gynaecology, Gastroenterology, EEG technicians, Psychiatry, and Paediatrics. It is possible for you to take part in the clinical activities of some of these specialists if you have a specific interest.

We will meet with you at the beginning of your rotation to identify any supplemental objectives (procedural skills or academic) adapted to your needs and level of training, and we will go over the objectives of the rotation specific to your university.

Examples or Learning Objectives:

- History Taking
- Specific Physical Exam Techniques
- Suturing Lacerations
- Reading EKGs
- Reading Chest X-rays
- Directed Reading
- Short Topic Presentations or Reviews

The Medical Team

You will be working with the 2 permanent attending staff: Dr. Nathalie Boulanger CCFP, or Dr. Siham Cherradi, CCFP. In addition, you will collaborate with our team of rotating locum physicians.

Travel Arrangements

You will be refunded for the transportation costs to get to the airport (coming and leaving), so keep your taxi receipts or take note of the number of kilometres between your house and the airport.

If you are leaving from Montreal, you will fly with First Air. Your baggage allowance is 2 bags with a maximum of 32 kilos each as well as one carry-on. You could be charged for going over the allowed weight. For more information, contact First Air directly or visit their website www.firstair.ca.

If you are leaving from Quebec, you will fly with Air Inuit. Your baggage allowance is a total of 30 kilos as well as one carry-on. You could be charged for going over the allowed weight. For more information, contact Air Inuit directly or visit their website www.airinuit.com

You will normally be within a walking distance to get to the hospital. If you wish to ship your bike, contact the cargo service of the airline you are using. The coastal villages are accessed by plane.

Arrival

The Patient Services' driver will pick you up at the airport. He will have an envelope containing community information, your house keys, cafeteria tickets as well as your stipend. You will be able to eat for free at the cafeteria the first day of your arrival, and after that, you will be allowed to eat at the cafeteria once per working shift. You will have to buy cafeteria tickets at the cost of \$22.80 for 5. The cafeteria hours are:

- Breakfast 7 a.m. to 8 a.m.
- Lunch Noon to 1 p.m.
- Dinner 5 p.m. to 6 p.m.

The driver will take you to your apartment in order for you to drop off your luggage and settle in. You will then be expected to proceed to the hospital for 2:00 p.m.

Accommodation

You will stay in an apartment or a house belonging to the hospital. You will have your own room but will likely have to share the common areas with others. The apartments are fully furnished with:

- Sheets, towels and face clothes
- Pots, pans and utensils
- Stove and fridge
- Microwave
- Washer and dryer
- Washing detergent, dishwashing liquid, toilet paper
- Television with cable

Other Pertinent Information

- **Water:** The water is drinkable; it is delivered regularly by truck to the apartment's tank during the week days. Hence, there is not an unlimited supply of water and it is best to avoid doing laundry or taking very long showers during the weekends. If you run out of water you can call the hospital's Technical Service Department at extension 294.
- **Long distance calls:** You must buy a calling card for your long distance calls. These are available at the Kuujjuaq Post Office.

- **Alcohol:** No alcohol is sold in the Kuujjuaq's grocery stores. However, it can be bought for on-site consumption at the Kuujjuaq Inn Lounge and at the disco/bar.

Packing

Here are some suggestions for things to bring in your luggage. They are by no means exhaustive:

Winter

- Warm socks
- Warm winter boots
- Thick shirt or fleece
- Goggles
- Warm jacket (preferably long)
- Snow pants
- Cross country skis, skates, snowshoes

Summer

- Hiking boots, rain boots
- Mosquito repellent and head net
- Rain jacket
- Mountain bike

Miscellaneous

- Sunblock, winter and summer
- Non perishable food items. Food is very expensive in the North. Hence it is advisable to bring some basic foods. However, a good variety of products (fresh fruits and vegetables) are available at the Kuujjuaq's grocery stores.
- Alarm clock
- White coat: not necessary.
- Stethoscope
- Compass, GPS

Pertinent Websites

Virtual Museum of Canada : www.museevirtuel.ca/Exhibitions/Nunavik

Makivik Regional Government: www.makivik.org

Avataq Cultural Institute: www.avataq.qc.ca

The Municipality of Kuujjuaq: www.nvkuujjuaq.qc.ca

Nunatsiaq (regional paper): www.nunatsiaq.com

Nunavik Regional Board of Health and Social Services: www.rrsss17.gouv.qc.ca

Tourism: nunavik-tourism.com

The Village of Kuujjuaq (literally “Great River”)

For those who have never been to Nunavik, it is perhaps difficult to imagine daily life in an Inuit village. Of course, during your rotation will have time to find out first hand, but here are a few markers:

- Latitude: 58 degrees North
- 1400 km from Montreal
- Population : > 2200
- Number of igloos: in extinction!
- Daylight December 21st : 9:18 am to 3:44 pm
- Daylight June 21st : 3:28 am - 9:41 pm
- First snow: September - October

- Melting: progresses April through June, sometimes into July
- Village size : 2 km x 1 km
- Services:
 - Ungava Tulattavik Health Center
 - Jaanimmarik Primary and Secondary School
 - Isuarsivik Detox Center
 - Kativik Regional Government (KRG)
 - Sûreté du Québec (Police)
 - Sports Centre: skating rink, weight room, cardio equipment (stationary bikes, treadmill, stairmaster etc.), and swimming pool in the summer.
 - Canada Post : If you want to get mail here, have it sent to your name at:
General delivery
Kuujuuaq (Québec)
J0M 1C0
- Stores and businesses :
 - Northern
 - Coop
 - Newviq'vi
 - CIBC Bank (ATM machine)
 - Kuujuuaq Inn
 - Restaurant : Old Chimo Café (lunch and dinner during the week, weekend brunch)
 - Bar and lounge
 - Halutik gas
 - Tivi artisan goods
 - Tourism
 - Community Cinema

UTHC

- Population served: about 4,600, a little over 90% of which are Inuit scattered over the 7 villages of the Ungava coast.
- Internet access
- Medical library and software
- Cafeteria : 3 meals per day, 7 days of the week:
- Facilities: Laboratory, Radiology, Dentistry, Pharmacy, 1 Delivery Room, Hospitalizations (15 Long Term Beds, 10 Short Stay), Walk-in and Emergency Clinic, Home Care, Elder's Nursing Home, Psychology, Social Services, Physical and Psychosocial Rehabilitation, Community Services and Youth Protection.

Activities

Many activities are organized on relatively short notice and don't hesitate to accept invitations to socialize. In addition to dinners and parties, there are plenty of outdoor activities, such as:

- Sports, such as basketball, hockey, volleyball, etc.
- Swimming at the pool (in the summer only)
- Cross-country skiing and snowshoeing in the winter
- Camping
- Fishing and hunting (inquire about permit rules and regulations at 819-964-2427)
- Snowmobiling and ATVs
- Long walks
- Kayaking

- Dog sledding in winter

The dangers

One of Kuujjuaq's greatest pastimes is exploring the tundra and taiga. The landscape is unique and vast. However it is really important to take certain precautions before leaving the village in order to avoid unnecessary risks. Before taking a trail, ask someone who is very familiar with the area first.

If you are planning to go on an excursion, **always** let your rotation supervisor know your anticipated route, who you are travelling with, etc. It is very easy to get lost, especially in the wintertime, and this information would make an emergency search and rescue much easier.

Orientation: Before getting out of sight of the village, make sure you can orient yourself easily by either having a guide, a map compass or a GPS. Once in the tundra, it becomes very easy to get lost, especially if a blizzard is rising and brings visibility to almost zero.

The cold: In the winter, the temperature can drop to levels unthinkable in the South. Frostbite and hypothermia can develop quickly. Hence warm clothing is indispensable and it is important to dress appropriately for the weather. Weather forecasts can be attained at 819-964-2346 or online.

The ice: In the winter, the Koksoak River is covered with ice and it is possible to cross it on skis or snowmobile. However, due to tides that come all the way to Kuujjuaq, as well as currents and floods from partial thaws, the ice can be fragile and thin in certain areas at certain times of the year. Always inquire before venturing across.

Avalanches: There are small mountains around Kuujjuaq that have escarpments sufficiently steep to allow for avalanches. It is best to avoid climbing these mountains in winter.

Mechanical problems: Snowmobiles and ATV can take you to fascinating places far from the village very quickly. However they are not without risk. Breakdowns do occur. You can run out of gas or damage the vehicle on rough terrain. A pleasant picnic 30 km from the village can turn into a nightmare when sundown is approaching and your vehicle isn't working.

Animals: Around the village it is possible to see foxes, ptarmigan, caribou and sometimes musk oxes and black bears. Fortunately, there are very few wolves, and polar bears are very rare. However around other villages and deeper into the taiga or tundra, unpleasant encounters may occur, so once again inquire before setting out.

The sun: Even at minus 20 the sun can burn. The reflection from the snow makes it even more intense. Do not forget to put on sunblock before a long walk and wear your sunglasses.

Inuktitut: The Inuit's language

Working in Nunavik is an opportunity to be exposed to a different language and culture. Although a majority of the Hospital staff is Francophone or Anglophone, the Inuits use Inuktitut as their first language. A number of your patients will only speak this language, and you will have to work with an interpreter. You can review your cases and write your notes in English or French. However, you will need a good grasp of English to communicate with the Inuits, who generally speak English before French as their second language. Inuktitut is a difficult language but you can still familiarize yourself with a few words that arise frequently in conversation. Here are some examples:

Pronunciation

U: « ou »

J: « y »

Q: « r » (guttural, like a Spanish R)

Vocabulary

Aa :	Yes (often expressed non-verbal by raising the eyebrows)
Aaniavit	Does it hurt?
Aanniajuq	Patient
Aanniasiurtik	Nurse
Aanniasiurtimmarik	Doctor
Aanniavik	Hospital
Aasuk	I understand
Anaana	Mother
Ataata	Father
Atsuk	I don't know
Auka	No (or wrinkling of brow or nose)
Ilaali	You're welcome
Iliniavik	School
Inuit	The people
Inuk	A person
John Uvanga	My name is John
Kamik	Boots
Katimavik	Meeting
Kina	Who
Kinauvit	What is your name?
Mamartuq	Delicious
Nakurmik	Thank you
Nani	Where
Nassak	Hat
Qallunak	White, Foreigner
Qamutik	Sled
Taima	It's over. That's all (often used to end interactions)
Tukisivit	Do you understand?
Ullaakut	Good morning
Ullukut	Good afternoon
Unnukut	Good night
Unnusakkut	Good evening

Writing system

Inuktitut is first and foremost an oral language. However, a 19th century English missionary has developed a syllabic (a writing system based on syllables not letters) in order to allow for written Inuktitut. Although very different looking from our alphabet the system is quite logical and not too complicated to decode.

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