

# Waskaganish Medical Resident/Student Orientation Package

Wachiya! Welcome to the medical team of Waskaganish (ᑭᑦᑲᑦᑲᑦᑲᑦᑲᑦᑲᑦ/Wâskâhîkaniš), a Cree community of approximately 3500 people located at the mouth of the Rupert River on the southeast shore of James Bay in the Eeyou Istchee territory of Northern Quebec.

Waskaganish means “Little House”. Formerly known as Fort Rupert (and still labelled on Google maps as such), this location was one of three original Hudson’s Bay Company posts on James Bay (the others being Fort Albany and Moose Factory in Ontario).

## Things to bring:

### Clothing:

Weather in Waskaganish is volatile!

In **summer and fall** (June through October), plan for cold rainy days alternating with scorching sunny hot days, and loads of biting insects. Temperatures can go down to near freezing at night. Pack layers, bug repellent, sunscreen and a sun hat, a rain jacket, shoes or boots that can stand up to mud and dust, and a warm jacket.

The **winter** (November through April) is cold, snowy and windy. Bring a good warm parka, gloves or mitts, a hat, and snow boots. Snow pants and goggles are a good idea if you plan on doing some outdoor activities.

In **spring** (April through June), the snow will be melting under the bright spring sun and things will get muddy! Think rainboots, a warm jacket, sunglasses, sunscreen (I once sunburnt my scalp walking around town in April) and layers layers layers.

For the clinic/work, wear scrubs, let us know if you don’t have any and we could find some in your size. Make sure to bring a change of shoes to wear indoors, as the streets of Waskaganish are unpaved, and are therefore often quite muddy and dusty.

Bring a swimming suit for the beautiful indoor pool!

Internet: You will have computer access in clinic; bring your laptop if you want something at the house. Learners will have access to a tablet with a sim card that will give you 100GB data per month that you can hotspot or use (as well as unlimited CAN/US phone). Wifi in the temporary housing is slow, so please feel free to use the provided phone data!

Your cellphone / smartphone: Telus, Fido and Bell networks are all available with 3G / LTE speeds.

Outdoor equipment: Please note trainees will have access to a fat bike starting July 2023, make sure to lock the bike and take care of it!

Otherwise you should bring any equipment you would like to use - eg. your bike, cross-country skis, snowshoes, fishing gear, depending on your own interests and the season (N.B. please call ahead to make sure these items will be allowed on the plane, rules are frequently changing and there will be a luggage fee).

Food: snacks, fresh vegetables, good coffee and tea, dry goods. The grocery selection has improved drastically in recent years, but if there are any foods you need to have due to dietary restrictions, it is probably best to bring those yourself. You can check a cooler on Air Creebec if you wish (but may need to pay a fee for the extra weight if you go over). Waskaganish is a dry town, so no alcohol is sold here. It is recommended to pack any necessary items like medication and perishables in your carry on as it has happened that luggage has been delayed a day or two (but only in extenuating circumstances)

### **Flights:**

Flight time from Montreal is approximately 2-4 hours. A little Zen is a good approach to (frequent) flight delays - enjoy the views and be on the lookout for colleagues!

\* During COVID Pandemic (until further notice), all flights are **Charter Cree Health Board**

**Flights:** This means, there are less flights, no security, and a more relaxed criteria for weight limits on checked baggage. These flights depart from Air Creebec at 9475 Ryan Avenue, Dorval, QC H9P 1A2, Phone 514-633-8272 ext 442 (and NOT Pierre-Elliott Trudeau Airport). Please ensure you have the proper address and arrive **one hour** prior to your flight. For luggage you can bring **44lbs maximum** (please contact Christina Spencer <christina.spencer@ssss.gouv.qc.ca> to ask for special exemption if you would like to bring more luggage, up to a total weight maximum of 100lbs - with a maximum of 50lbs per individual item). You are allowed 1 carry on item 13 lbs max and 1 personal item (eg. computer bag/backpack) as well.

If you are driving up with your own car (NOT recommended due to risks of accidents), plan ahead for gas stops. Part of the road is unpaved gravel and has no cell phone reception.

*If ever flights post-pandemic resume from Pierre-Elliott Trudeau, please note that the weight limit for checked bags is only 20 kg / 44 lbs distributed among any number of pieces of luggage and fees are charged for excess weight.*

### **Arrival & accommodations:**

Someone will be at Waskaganish Airport to pick you up. If for some reason you are unable to locate your ride, please call your contact physician or the CHB driver at (819) 895-4174. The driver should bring your house keys when they pick you up. If they forget, head to clinic and

someone there will help sort you out. In an emergency, you can also call the local taxi company (numbers posted in the airport), the nurse on call at (819) 895-4156 or clinic at (819) 895-8833.

You will be staying in some of the shared housing on Shushuuukuo street, the transit apartments located in the building known as the 'fourplex', which sometimes houses medical students and visiting specialists, or the new housing that is currently being built. Most houses have a TV, wifi, a landline, and a washer and dryer.

The CHB kindly takes care of very basic housekeeping for us. Please follow the campsite rule and try to leave the house in better shape than you found it: clean up messes in shared spaces (fridge, living / dining room, bathrooms) and replace communal household items from the grocery store such as paper towel, toilet paper, dish sponges, dish soap and hand soap. Before you leave, please sweep the floor in your bedroom and communal spaces (stairs, kitchen, living room, bathroom), launder towels, sheets and dishrags, wash your dishes, throw out any science experiments in the fridge, and take out the garbage.

For urgent maintenance issues, you can call maintenance on call at (819) 895-4174. For non-urgent issues, fill out a maintenance request (available in the nursing office) and drop it off in the maintenance office – these requests are usually taken care of within a day or two.

#### **Groceries:**

There are two grocery stores in town, the Northern and Smokey Hill, both open 8am – 8pm daily.

#### **Banking:**

There is a BMO in town, and an ATM at the Northern Store. ATM and credit cards are widely accepted.

#### **Post office:**

There is a post office in town but it is generally only open during clinic hours. You can have deliveries sent to the clinic, or to Waskaganish General Delivery for pickup at the post office.

#### **Restaurants:**

There are a few restaurants in town that mostly serve fast food. These include:

- The chipstand on Wiinibek
- Wavie's restaurant at Kanio-Kashee lodge
- Jacob's Restaurant in the mini-mall
- Smokey Hill grocery has rotisserie chicken, ribs and fries/poutine/coleslaw for takeout.
- Wings and Things

#### **Fun in the sun:**

It helps to have a Facebook account to stay on top of what is happening in the village: you can request to join the groups "[Waskaganish Community Announcements](#)", and "[Waskaganish Buy Sell and Trade](#)," which both have announcements and event listings.

- **The Gathering Place:**
  - Has a cardio room and a weight room. They are open Monday-Friday 9am – 9pm and weekends noon – 9pm
  - Membership is paid by week or month – you can pay by cash or interac at the downstairs office.
  - Some clinic staff (eg. nurses or doctors) may have a key to access the gym
- **Snowshoes:** Can be borrowed from the CHRs in clinic.
- **The School gym:** Sometimes there is pickup soccer, badminton, basketball and volleyball - ask around to find out what time these are on.
- **The Lodge:** Has a bulletin board that advertises events. Sometimes there are sewing or crafting classes.
- **Enjoy the great outdoors!** There are some great hiking and snowshoeing trails around town; the berry picking is fantastic in the late summer; Smokey hill and the water intake are great fishing spots. A fat bike might be available for use for trainees starting July 2023 - please ask your supervisor!
- **Shopping for crafts:** there are some very talented artists and craftspeople in town. Ask around the clinic to see if anyone is selling anything.
- **Eeyou Bouldering** is a free bouldering (climbing) gym open during the winter time, check out <https://www.facebook.com/eeyoubouldering>
- **Indoor Swimming Pool** is also open to the public on several days each week, it costs about \$5 for a visit, check out their Facebook page. <https://www.facebook.com/profile.php?id=100092310024629>

## Clinic

Within the Cree Health Board, the population is divided into three groups:

Awash: prenatal and postpartum care and well-child care up until age 9.

Ushiniichysuu: individuals aged 9 -30; focus on mental health, social issues, STIs / birth control.

Chishaayiyuu / Chayo: individuals > 30 and chronic disease management.

"Current" is the name for the walk-in / ER stream of the clinic.

The team in Waskaganish Clinic is made up of:

- 6 current nurses
- 1 Chayo nurses (currently vacant position)
- 2 Awash nurses (currently vacant position)
- 1 nurse in charge
- 2 homecare nurses
- 3 to 5 doctors; 1 to 2 doctors cover walk-in cases and review patient results while the other 2 or 3 see scheduled appointments.
- 1 pharmacist
- 3 PCCRs (community health representatives) for Awash
- 2 PCCRs for Chayo
- 1 nutritionist
- 1 dentist
- Community workers
- Social workers
- 1 Psychoeducator
  
- Community workers
- At the MSDC (Multi-day service center):
  - 1 occupational therapist
  - 1 physiotherapist
  - 1 psycho-educator
- The respiratory therapist works from the “Hope” center (currently she is on Maternity leave)

We have some staff and specialists who travel between the Cree communities and visit Waskaganish a few times a year. Currently these include:

- Speech Language therapist
- Audiologist
- Clinical psychologists
- Foot care nurse
- Pediatrician
- Child psychiatrist
- Adult psychiatrist
- Nephrologist
- Gynecology/Obstetrics

#### **Nurses:**

CHB nurses practice ‘role élargi’ and can therefore manage a greater number of medical issues than in the South, including dispensing antibiotic prescriptions for minor infections, and performing procedures such as I&D, cryotherapy, and Pap tests. They have a “Guide Thérapeutique” with treatment protocols. They will consult you when they have questions or need back-up, and when issues arise that exceed their practice guidelines.

#### **CHRs:**

CHR stands for Community Health Representative. These individuals act as a cultural link between Cree people and the medical team. Their training and background can be variable. They do well-baby care as well as counseling on GDM and DMII management.

### **Computer access:**

Windows login is waskaclinic01, password waskaclinic01.

Omnilab (laboratory tests done in Waskaganish): same as windows

Care4 (consultations and referrals): Please ask your staff supervisor

The DSQ (Québec province-wide health record) is available on the computers in the doctors' offices.

If you are having any computer issues, call Chisasibi IT helpline at 1-866-575-6767

You can access all CHB documents on **Alfresco** (even from home!) at <https://alfresco.rtss.qc.ca/share/page/> (same username and password as for the computer) which contains resources including useful protocols for intubation, STEMI, ketoacidosis, insulin adjustment etc... I recommend checking it out.

You may also be interested in getting access to **CDIS** <http://cdis.reg18.rtss.qc.ca/ncdis/>, a database to trend laboratory results for diabetes, useful as a discussion tool with patients.

### **Pharmacy**

The town's only pharmacy is located in the clinic; we now have a pharmacist and pharmacy technicians.

### **Labs:**

Routine bloodwork: Lab day for routine bloodwork is weekly on Wednesday mornings 8am – 9 am. If you are ordering routine bloodwork and want a patient to be seen by the MD afterwards (i.e. A1C for a stable DMII patient), please write in comment section at the top of the lab sheet: "FU MD post labo". This avoids the MD reviewing labs needing to take the chart out of archives to deal with the result!

Labs may be sent to Chisasibi other days of the week. If there is a plane available, labs will need to be at the airport by 10am to be analyzed that day. Tests ordered STAT start coming in from Chisasibi by fax in the afternoon around 3pm. Labs drawn later than 10am are analyzed the following day. No routine labs are done over the weekend, so some bloodwork drawn after 10am on Fridays has to be redone as it cannot be stored for that length of time.

### **iSTAT - Point of Care Testing**

We currently have the iSTAT machine with two different cartridges:

- EC8+
  - Sodium (Na)
  - Potassium (K)
  - Chloride (Cl)

- Anion Gap\*
- Glucose (Glu)
- Urea Nitrogen (BUN)/Urea
- Hematocrit (Hct)
- Hemoglobin\* (Hgb)
- pH
- PCO2
- TCO2\*
- HCO3\*
- Base Excess (BE)

*Note: \*are calculated from the other labs and not directly measured*

- Troponin

Note: This troponin test is **NOT** high-sensitivity, thus you will need to measure 6h post symptoms (see protocols on google drive)

### **Point-of-Care Ultrasound**

Our clinic is very lucky to have three ultrasound machines

- Handheld butterfly ultrasound reserved for learners
- New GE Venue Go
- Old Philips Sparq

## **Scheduling and Administrative Humdrum:**

Clinic hours are 9am-12pm and 1-5 pm Monday to Friday. Outside of clinic hours, emergencies are seen by the nurse and doctor on call as needed.

Your workday starts at 9 am. If you are arriving by airplane on a weekday, your workday will start at 1pm that day. If you are seeing scheduled appointments, you will be booked at 45-minute intervals (4 patients in the morning and 5 in the afternoon). Clinic is closed for 1 hour over lunchtime. You may see Awash patients (generally pre-natal and postpartum, and well baby clinic) and Uschi / Chayo patients (STIs, diabetes / hypertension follow-up).

It's a good idea to introduce yourself to the archivists, receptionist and secretary the day you arrive so they know where to find you.

If you are seeing scheduled patients, your schedule and charts should be available the afternoon before in archives (or sometimes delivered to your office). The receptionist *should* call your office to let you know when your patients arrive, but you can always call them (ext 0) to double check, or go to the waiting room yourself to check.

We try to prioritize continuity of care by seeing patients by appointment. Please respect the schedule as provided. If you feel the need to cancel patients, please contact one of the staff MDs available at the clinic to discuss the situation.

On your printed schedule of patients, there is space next to every patient name to write what kind of follow-up you want (i.e. FU MD 3 months, FU RN Pap test 1 month, FU MD post

labo). Exams booked through Awash (well-baby care and prenatals) do not have to be rebooked this way; their appointments are already scheduled.

Call for clinic staff is usually 1 in 3 or 4, depending on number of MDs in the village. We always work on post call days. The on-call physician covers emergency cases over lunch hour.

There is a team meeting on Friday afternoons from 1:30 - 2:30 pm. We try to do team teaching on Tuesday mornings from 8am-9am; you may be asked to do a quick presentation on a specific topic, or to run a mock code. Teaching is very, very informal, and our general policy is 'just do it' (i.e. don't worry about being perfectly polished).

## Clinical Supervision

You will be expected to review each case with an MD. Both staff and residents may have different levels of experience and styles of practice. In general plan on reviewing each case before discharging the patient home or seeing a second case but it makes sense to set expectations before your shift regarding these details.

Keep a log of the cases you see each day so that you and the staff can more easily keep track of the types and numbers of cases you have been exposed to when reviewing at the end of the day, week, or month. These will not need to be submitted formally in any way and are mostly aimed at facilitating your learning.

## The Care and Feeding of Charts

Charts are the primary way we communicate between ourselves! Please chart clearly and concisely.

### Patient summary:

Update this section with diagnoses, tests, surgical procedures as appropriate as you see the patient and review their lab tests and consultations.

### Medication list:

Functions as our prescription system; as such, these should be updated at least once a year to remain valid. If you start or discontinue any medications, note them here.

### Medication administration kardex:

Fill out if you dispense any medication (date and # of pills dispensed).

### RN notes:

Should be reviewed for relevant history.

### MD notes:

Please be clear about your impression and plan. The head nurse will read over your notes and carry out orders that you write here.



### Labs:

Usually contains labs and pap test results. To make sure you get the most up-to-date labs, please verify the labs on Omnilab (the lab computer software), and on DSQ.

### Consults:

Usually contains imaging and consult replies from specialists, discharge summaries from hospitalizations, etc... To make sure you get the most up-to-date information, please verify on Care4 (consultation website) and DSQ for imaging.

## Emergencies

Take a few minutes to familiarize yourself with the crash room when you arrive. You can do the crash room treasure hunt - ask the nurses for the crash room inventory list and see if you can find all of the important equipment listed.

All of our patient transfers are done by airplane. If you need to evacuate a patient urgently, let the nurse know as soon as possible so that they can start the process of contacting the medevac company. You will need an accepting physician and transfer center before the plane can be formally dispatched. Once you have the name of an accepting physician, let the nurse know right away. Prepare your notes, transfer orders and a consult to send with the patient.

It takes a minimum of 1 hour for the plane to arrive in Waskaganish (but usually more like 3-6 hours). Once the plane arrives and picks up the patient, it usually takes another 2-4 hours for the patient to arrive at the transfer center if there are no delays. If no planes are available or the weather in Waskaganish doesn't permit a plane to land, you may have to manage the patient for several more hours/days.

### **Medevacs and Transfers**

This can get complicated as there are a few referral centers.

1. **Chisasibi** : If a patient needs to have labs, X-ray, hospitalized or admitted overnight but they do NOT need advanced radiology (CT/US) or specialized care like surgery then Chisasibi is the first choice. You can arrange transfer with Chisasibi doctor on call. They are also where we send psych patients as the Douglas will not admit directly.
2. **Val D'Or** : If patient needs US / CT / MRI or specialized care such as surgery. Transfer can be arranged with ER doctor on-call.
3. **Amos** : Transfer here for orthopaedic cases. If it's straightforward like a colles fracture or rule-out ankle fracture you can also transfer to Chisasibi but if you think it needs Ortho then better to transfer to Amos. Transfers can be arranged with Ortho on-call.

There is an Ortho clinic 7 days/week, so it's easy access for any patient who shows up to Amos with an X-ray and a consult (ideally accepted by Ortho on-call before they leave).

4. **Montreal General Hospital** : All trauma needs to go through TTL at MGH. Also referral centre if you suspect NSTEMI / STEMI (although again you may be asked to go through Chisasibi first) or Neuro cases (CVA, etc).
5. **Montreal Children's Hospital** : For peds cases which are too sick in your opinion to go to Chisasibi or Val D'Or. The ER paediatrician on call is always available to talk if you have questions.

If you're not sure, feel free to discuss with the doctor on-call in Chisasibi 819-855-7622.

### **Outpatient Imaging**

X-rays: Should all be done in Chisasibi, unless the patient is already in another center for another test, or there is a special consultation needed (eg. obvious fractures should be sent to Amos Outpatient Ortho clinic). All other imaging (CT/US/MRI/nuclear med) should be done in Val d'Or, if there is no special reason they should be done elsewhere.

## **Specialists who make regular visits to Waskaganish include:**

### **Pediatrics:**

[Julie Nadeau Lessard <julie.nadeau-lessard@muhc.mcgill.ca>](mailto:julie.nadeau-lessard@muhc.mcgill.ca)

If an email conversation occurs, print and put in consult section.

If phone or text conversation, document in your notes.

For emergencies and transfers, call Chisasibi MD or Val D'Or pediatrician on call, or Montreal Children's Hospital ER physician.

For any suspicion of abuse, neglect or endangerment of a minor: call the DYP in Waskaganish at 819-895-8662 (Monday-Friday 9-5); on call or after hours, call the signalement hotline at: 1-800-409-6884

**Nephrology:** Dr. Laura Horowitz visits Waskaganish quite regularly. For any urgent questions about CKD patients, call the liaison nurse at MUHC x 42418.

**Internal medicine:** Dr. Romina Pace and Dr. Aly Kanji make regular trips to Chisasibi and patients can be sent there to see them or be seen by tele-visio. They are also available by email to answer questions at [<eeyouistchee.gim@mcgill.ca>](mailto:eeyouistchee.gim@mcgill.ca). They prefer to be contacted for patient questions via SAFIR now.

**Psychiatry:** Dr. Janique Harvey follows several patients in Waskaganish. Call the liaison nurse Sylvain Provencher to reach her (819) 753-7547 or email harveyjanique@hotmail.com

**Child psychiatry:** Dr. Marchand makes regular visits to Waskaganish

**Gyne/Obs:** Dr. Karen Wou previously made regular visits to Waskaganish, currently there are some gynecologists who visit Chisasibi, but none to Waskaganish at this time.

**Psychologist / psychotherapist:** Lasha is in Waskaganish approximately 1 week / 1-2 months.

Additional Screening:

**Tele-ophthalmology** for diabetic retinopathy screening is done in clinic regularly. Patients must be added to the list (please ensure diabetic patients have an appointment on Care4).

**Mobile mammography** (Clara bus) visits Waskaganish every two years. Patients are generally added automatically to the list, but sometimes are missed.

**FIT tests** must be ordered for eligible and interested patients (there is no automatic recall program)

**Pap tests** must be ordered/done by MD/RN for eligible and interested patients (there is no automatic recall program)

Looking forward to seeing you in clinic!

Waskaganish Family Doctor Team

Dr. Bernard Reid

Dr. Kenjey Chan

Dr. Emilie Ma

Dr. Evan Snow

Dr. Ryan Gale

Dr. Erin Luxenberg

Dr. Myrill Solaski

Dr. Yolaine Yim

Dr. Marie-Carmen Berlie

Dr. Baijayanta Mukhopadhyay

Dr. Nicolas Scarborough

Dr. Christine Ouellette

**Resources:**

We have free access to Uptodate on work computers via the CHB network at <http://Uptodate.reg18.rtss.qc.ca>

## Liste des ressources régionale Eeyou istchee

Regional Public Health Programme / Ressource	Nom	418-923-3355 extension	courriel
AWASH			
Immunisation	Marcel Brisson inf	42371	Marcel.brisson@ssss.gouv.qc.ca
Maternal / Child health prog.	Cecilia Ariano inf	42360	
Healthy School	Mae Lafrance inf	42387	
Sexual Health	Patrice Larivee inf	42840	
Nutritionniste	Lucie Leclerc		Lucie.leclerc18@ssss.gouv.qc.ca
<b>DIABETE</b>			
Diabetes Educator Nutritionist	Helene Porada	42381	hpodora@ssss.gouv.qc.ca
Diabetes Educator Nurse	Monique <del>Larivee</del> Laliberté	42383	
Diabetes Educator Nurse	Roberta Petawabano inf	42391	
<b>Social</b>			
Département santé mentale	Tina Iserhoff	819-855-9013 / 819-855-9001 ext 4516	Fax :819-855-9069
Santé mentale	Sylvain Provencher inf	819-753-7547	
	Dr Janique Harvey	514-761-6131 ext. 4621	Janique.harvey@douglas.mcgill.ca
	Louise Desertine, psychologue	514-799-3789	
Curateur public	ligne d'urgence	1-800-363-9020	
<b>Pédiatrie</b>			
Pédiatrie	Dr. Phi	514-412-4400 ext 23193	
Pédopsychiatrie	Dr Marchand		
Protection de la jeunesse DYP	ligne d'urgence-signalements	1-800-409-6884	Fax confidentiel : 819-855-3045
<b>TCHAYO</b>			
CKD – Rénal failure	Dr. Vasilevsky	514-934-1934 ext 44030 Fax :514-934-8248	
Nutritionniste maladies chroniques	Catherine Godin		Catherine.godin@ssss.gouv.qc.ca
<b>AUTRES RESSOURCES</b>			
Inhalothérapeute	De garde (Sylvie Trudel)	819-855-7937	
Head of Special Needs	Evike Goudreau	819-523-5668	Web site : creespecialneeds.com
Soins de plaies	Stefanny Bleau	819-978-7757	Stefanny.bleau@ssss.gouv.qc.ca
Prévention des infections	Chudney Piere-Louis inf	Ext.22225	

## **Useful phone numbers and contacts:**

6B Shushukuo:

Wifi: sagecom\_7D0F

Password: N3C7MZZV

Landline: 819-895-2230

Clinic computers:

Windows and omnilab

login: waskaclinic01

password: waskaclinic01.

Chisasibi IT helpline for any computer issues: 1-866-575-6767

Clinic:

Waskaganish Clinic

2 Tahktachun Meskanu.

Waskaganish, QC

J0M 1R0

Phone: 819-895-8833

Fax: 819-895-8871

Nurse on call 1: 819-895-4186

Nurse on call 2: 819-895-4168

MD on call: 819-895-4156

Maintenance and drivers (Bentley or his replacement): 819-895-4174 / 819-895-4110

MD office extensions: 819-895-4016 (room #3) / 819-895-4009 (room #5)

Local resources:

Taxi Andrew: 819-895-4150

DYP Waska: 819-895-8662 (Monday-Friday 9-5)

Chisasibi:

MD on call 819-855-7622

Hospital 819-855-2844

Lab 819-855-9040

Pharmacy 819-855-9003

Other referral centers:

Val D'Or 819-825-5858

Amos 819-732-3341

MUHC (Montreal University Hospital Center) 514-934-1934 Locating #53333

Douglas Psychiatric Hospital: 514-761-6131

DYP Signalement: 1-800-409-6884

## **Cultural notes**

Check out Cree Way <https://www.youtube.com/watch?v=OHuqW8OjavM>

A movie made in Waskaganish in the 1960's.

Translators: If in doubt, ask someone in clinic to help translate into Cree during medical appointments.

Words of wisdom: (adapted from *Getting to know the Cree People* by Helene Bobbish Atkinson)

Direct questioning does not exist in North American Native languages. This is to avoid confrontation. In Cree language, a formally directed question sounds aggressive.

Passive communication is very common and cuts out useless communication. Sometimes there is no need to communicate because the response is already obvious.

Expressions of gratitude may be subtle. DO not expect to be thanked.

Silence is not uncomfortable.

Communication is not necessarily linear. One might not answer right away or might change the subject.

## Quick Cree medical lexicon

Note: this 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 at least once a Cree person how to say the words so as to get the pronunciation right.

Hello	Wachiya
My name is X	X ni-sin-ka-soon
What is your name?	Wun-jee
Yes	Kepa
No	Nemma
Take a deep breath	Iss-koo-dum
Stool	Meesee
Urine	Boboshine
Do you have pain? Are you sick?	Shtaxinna
Here (use to point)	Oot Mott
A little	Ipshish
A lot	Mishti
Harder/wider (ie push harder or open wider)	Souk
Anything else?	Shesha Agoodaha
OK (use for goodbye)	Agooda
Finished	Shashi
Thank you	Chims-cum-dem
TY Very much	Mishtin-cum-dem
Where does it hurt	Dant-ia-ksin
Wait	Kapetema
How do you feel	Dun-a-dum-chewing

