

WASWANIPI ORIENTATION GUIDE



Cree First Nation of
WASWANIPi



Dear students and residents,
Wachiya!

It is with great pleasure that we welcome you to Waswanipi. 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 about Waswanipi, the clinic, your accommodations and your rotation with us.

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,

Waswanipi Physicians

1. GENERAL INFORMATION

HISTORY OF WASWANIFI

Waswanipi is a Cree community of about 1500 people. It is located in central Quebec, near the confluence of the Opawica, Chibougamau and Waswanipi rivers. The word “Waswanipi” means “light on the water” and refers to a traditional night-time fishing method in which fish were lured to light using torches.

The village was founded as a trading post by the Hudson’s Bay Company about 45 km downstream the Waswanipi river from the current location. The trading post was closed in 1965 and in 1978 the new Waswanipi village was built at its current location. There still is an annual summer celebration called chiiwetau (“going home”), where the community gathers at the previous community site (referred to as the “old post”).

CREE PEOPLE

The families are big; 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” (Cree greeting). Wachiya 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. Their written alphabet was created in the 19th century by a Scottish discoverer. Inuit people use the same one (syllabics).

TEMPERATURE

See the link below for average annual temperatures and rain fall

<http://www.worldweatheronline.com/Waswanipi-weather-averages/Quebec/CA.aspx>

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

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

WINTER (Nov – March): Bring a warm coat, boots, mitts, and hat as it gets cold. It is usually only 5-10 C different from Montreal and it is a dry cold but it can be very cold - it is not unusual to be colder than - 40 C with the wind chill

ARRIVAL IN WASWANIPI

BY PLANE

AIRCREEBEC FLIGHT FROM MONTREAL TO CHIBOUGAMAU

For students and residents, the Cree Board of Health and Social Services of James Bay will organize your flight from Montreal to Chibougamau. For dépanneur physicians, you will need to book your flight from Montreal to Chibougamau with Air Creebec. The flight departs Montreal at 7:50 AM and you need to be at the AirCreebec counter at least an hour before the flight. Breakfast is served on the flight, which takes about 1h15min.

ARRIVAL AT THE CHIBOUGAMAU AIRPORT

After picking up your luggage, the taxi driver should be there waiting for you. Call Allo Taxi: 418-770-6057 if there are any problems (the taxi will be reserved in advance).

For students and residents, the taxi driver will bring you to a grocery store in Chapais before continuing on to the clinic. You should buy most of the food for your stay in Chapais as there only are convenience stores in Waswanipi. Nurses and other clinic staff often go to Chibougamau during the weekend so you can ask them to get you some fresh fruits and vegetables or other food items later on during your stay.

For dépanneur physicians, you can also choose to go do your grocery shopping in Chibougamau, which increases the taxi fee from 160\$ to 200\$ (you will need to pay the taxi cash, reimbursed by the RAMQ after you complete the appropriate paperwork). Chibougamau has 2 big grocery stores, Maxi and IGA, whereas Chapais only has one smaller store.

BY CAR

It is possible to drive to Waswanipi. The drive takes 7.5 to 8 hours from Montreal. Parking spaces are available in front of the transit accommodation.

ARRIVAL AT THE CLINIC

The taxi driver will bring you to the clinic. Upon arrival, one of the nurses will give you your transit key as well as your access card to the clinic. The taxi driver will then bring you to your transit. You will have some time to unpack and eat lunch before returning to clinic for 1 PM. A doctor will then orient you to the clinic as well as a nurse, a CHR (community health representative) and one of the medical office assistants so you will have an idea of how the clinic works. If there is no permanent doctor and no regular dépanneurs at the clinic the day of your arrival, a nurse will explain how the clinic works.

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. In Waswanipi, you will most likely not be sharing your transit, although it could be possible. Please return the keys and access card to the front desk of the clinic before leaving.

Some information about transits:

- They are equipped with a fridge, an oven, a microwave, a washer and a dryer.
- Towels, sheets, toilet paper and dish soap are provided.
- Detergent is not always provided (although is usually is) so you can bring your own in case or it can be purchased at the convenience store.
- Every transit has a TV with cable, a DVD player and Wi-fi internet. The Wi-fi password is written on a sheet on paper on the fridge.
- All the transits are within 5 minutes walking distance from the clinic.
- Smoking is not permitted in the transits.
- Pets are not allowed in the transits.

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). It is very frustrating to have to eat a whole loaf of bread in one night.

COMMUNICATION

- Telephone: The telephone system in the clinic makes each transit phone number an extension. If you call within the clinic or to a transit, you only need to dial the extension. To call a local external number, dial 9 first. Long-distance calls are not allowed.
- Cellphones: Bell, Telus, Koodo, Rogers and Fido have reception in the area.
- Internet: Internet is available at the clinic and in all the transits (only Wi-fi in the transits).

LOCAL RADIO (FM 93.9)

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.

2. ORIENTATION TO THE CLINIC

SCHEDULE

- The workday is from 9 AM to 5 PM on weekdays and from 10 AM to 4 PM on weekends. Lunch is from 12 to 1 PM, although the clinic is now open for walk-in cases during lunch time as well (the nurses rotate for lunch)
- You are scheduled 1 patient an hour
- The nurses have "rôle élargi", which means that they see all of the walk-in patients and can deal with most of the common problems on their own (for example prescribing antibiotics for an otitis or doing sutures). If however they have a question or want you to assess a patient, they will come consult you between your regular appointments
- When you are not seeing a patient, please leave your office door open so the nurses know that you are available to review cases
- Tuesday afternoon is reserved for pregnancy and postpartum visits
- Wednesday afternoon is reserved for pediatric visits. Children should be weighed and measured before you see them. Notes are written in the "santé communautaire" pediatric sheets unless there is an issue requiring a longer note. Vaccines are given by one of the Awash nurses after your medical visit- inform the nurse or the secretary if a child needs vaccines after your appointment
- Thursday afternoon is reserved for patients under the age of 30
- If there are not enough patients of the specified demographic, regular follow-ups will be booked on Tuesday, Wednesday and Thursday afternoon
- For residents and students, all patients must be reviewed and all notes countersigned
- All student prescriptions (medications and orders) must be countersigned

CALL

- Call is done in alternation between the doctors present and is home call
- All the patients that want to be seen after hours call the nurse on call who then assesses the patient and calls you if necessary. The nurse on call is also at home and can either give advice over the phone or ask the patient to come to the clinic to be assessed by the nurse +/- doctor
- Students and residents have a call schedule in their office. This schedule can be modified with the staff's approval. Students and residents are expected to do 1 weekend call
- Call is until midnight for students and overnight for residents

BLOOD TESTS

- All blood tests are sent to Chibougamau for analysis by the clinic van that leaves the clinic every morning from Waswanipi to Chibougamau between 9 and 10 AM
- All blood test requests should be written in the plan section of your note and the chart given to the liaison nurse
- Regular bloods are drawn on Tuesdays and Thursdays morning at 8 AM
- If you need bloods on a different day, specify it in your note or to a nurse and they will be sent to Chibougamau on the next clinic van
- If you ask for labs "stat", you will most likely get the results faxed in the early afternoon of the day they arrive to Chibougamau
- If you need results quicker, you need to send the patient directly to Chibougamau

IMAGING

- Most x-rays are done in Chibougamau. However, obvious fractures should be sent directly to Amos with a consultation in orthopedics to avoid delays- no need to inform the hospital/doctors of the patient's arrival
- All imaging requests must be written in the plan of your note and a requisition form filled put in the chart before giving the chart to the liaison nurse
- A "Request for medical appointment to CPS" form must also be filled and signed by the patient and put in the chart. Please make sure that the patient indicates a phone number where he can be reached on the form in the space provided
- For more urgent x-rays, the patient can be put on the clinic van the next day with a filled consultation form for the ER doctor. The patient can also be sent only with an X-Ray requisition form if you want the patient to bring the CD with the image back without the ER physician seeing it. Please note that the Chibougamau X-Ray department opening hours are from 8 AM to midnight from Monday to Friday and from 8 AM to 4 PM on weekends and stat days. Outside of those hours, ONLY URGENT X-Rays are done (eg. Neurovascular compromise) even if the patient is sent to the ER.
- For semi-urgent scans/imaging, you need to call the radiology department and speak to the radiologist to authorize a sooner date than would have otherwise been assigned.
- For urgent x-rays and urgent scans/other imaging, the patient needs to be sent to Chibougamau after talking to the ER doctor with a filled consultation form for the ER physician
- For a ROUTINE SCREENING mammography, a government CLARA truck comes to Waswanipi- just write "book for next CLARA truck" in your plan, no requisition form needed
- For a diagnostic mammography or if you want a screening mammography before the next CLARA truck, fill out the appropriate requisition forms for Chibougamau hospital (2 different forms need to be filled)
- For colonoscopies, a standard colonoscopy request form needs to be filled (not a consultation request with the surgeon or gastroenterologist)

MEDICATION PRESCRIPTION

- All regular medications are written on the pink medication lists
- All non renewable medications (for example antibiotics or short term NSAIDs) are written on the white medication list
- Please ensure that the patient's regular medication list is kept up to date and not expired when you see the patient
- Please renew regular prescriptions for a year. If the patient misses many medical appointments in a row but comes and gets his medication regularly, leave a note/sticky on the medication sheet to ask the person giving out meds to tell patient to book an appointment with an MD ASAP to get their meds renewed
- If you make a change to a patient's medication list, give the chart to the liaison nurse so that the change can be made
- There is no pharmacist in the community. We have 2 technicians who fill prescriptions- these are then verified by nurses before being dispensed to the patient.
- If you dispense medication yourself, please write "dispensed" next to the prescription (for example: naproxen 375mg BID x 7 days, 14 tabs dispensed)
- Some medications require you to fill out a special "medicament d'exception" form as well as writing the prescription in the chart

Medications requiring the "medicament d'exception" form:

- Endocrinology meds:
 - o Diamicron MR (gliclazide- not the short acting one)
 - o Invokana (canagliflozin)
 - o Januvia (sitagliptin)
 - o Janumet (sitagliptin/metformin)
 - o Victoza (liraglutide)
 - o Komboglyze (saxagliptin/metformin)
 - o Lantus insulin
 - o Sensipar (cinacalcet)
 - o Dostinex (cabergoline)
- Nutritional supplements:
 - o Boost
 - o Ensure
- Smoking cessation aids:
 - o Nicorette gum
 - o Champix (varenicline)
- Puffers:
 - o Symbicort
 - o Advair

- Cholesterol lowering agents:
 - Ezetrol (ezetimibe)

- Psychiatric medication:
 - Abilify (aripiprazole)
 - Biphentin (methylphenidate)
 - Concerta (methylphenidate)
 - Sustenna (paliperidone palmitate)
 - Pristiq (desvenlafaxine)
 - Mirtazapine
 - Pramipexole

- BPH treatment:
 - Alfuzosin

- Eye drops:
 - Duotrav
 - Xalacom

- Anticoagulants:
 - Xarelto (rivaroxaban)
 - Pradax (dabigatran)
 - Eliquis (apixaban)

- Creams:
 - Benzaclin
 - Protopic
 - Dovonex
 - Topisone

- Others:
 - Ursodiol
 - Advagraf (tacrolimus)
 - Myfortic (mycophenolic acid)
 - Cellcept (mycophenolate mofetil)
 - Detrol (tolterodine)
 - Dexilant (dexlansoprazole)

MEDICAL CONSULTATIONS

- To consult a specialist, please write your request in the plan section of your note and fill out a medical consultation form
- A “Request for medical appointment to CPS” form must also be filled and signed by the patient and put in the chart. Please make sure that the patient indicates a phone number where he can be reached on the form in the space provided
- For non urgent pediatrics consultations, a pediatrician visits the community every few months
- For ophthalmology consultations for screening of diabetes retinopathy, refer the patient to “ophthalmology telemedecine”- they visit Waswanipi every few months and avoid the need for the patient to leave the community
- All other consultations will be forwarded to Chibougamau, Val D’Or, Amos or Montreal and the patient will be contacted when an appointment date is available
- For urgent consultations, call the specialist on call to organize an urgent visit- a list of specialty services and phone numbers is posted on the wall of both physicians’ offices

ORTHOPEDICS CONSULTATIONS (AMOS)

- A consultation with the orthopedist requires a medical consultation for filled as well as a special “Demande de consultation” form.
- There is only one orthopedist in Amos who takes care of back/spine cases. Hence, they have a special procedure for back orthopedic consults:
 - All urgent cases (R/O spine fracture) are accepted after discussion with the on-call orthopedist
 - All semi-urgent cases need to be discussed with Dr. Joseph Eid before being accepted. During the night or weekends, the orthopedist on call needs to accept them. These cases include:
 - Hernia with progressive neurological deficit
 - Cauda Equina Syndrome
 - Severe spinal stenosis with rapid symptom evolution or sphincter control problems
 - Hernia with failure of 3 months of conservative treatment
 - Elective lumbar spine cases will not be seen at this time
 - Cervical spine cases other than fractures will not be seen as there is no orthopedist specialized in the C-spine.
 - Congenital or idiopathic scoliosis consultations are accepted
 - If you need to refer the patient to another center, Sacré-Coeur hospital offers the services not covered by Amos. The spine specialists there are Dr. Gilles Maurais, Dr. Alain Jodoin, Dr. Jean-Marc Mac-Thiong and Dr. Stéphane Parent. The telephone number for emergencies is 514-338-2222 ext 2050 and 514-332-6025/ fax 514-332-4243 for elective cases
- Several radiologists in the region offer infiltrations for arthritis and epidurals for spinal stenosis pain relief

DERMATOLOGY CONSULTATIONS

- For urgent consultations, contact the dermatologist on-call for the RUIS at 514-934-7847. The cases that are considered urgent are:
 - o A blistering or ulcerative rash
 - o A rapid-onset generalized rash
 - o A rash with fever or decompensation
 - o Skin infections like zoster/shingles
 - o Purpura or vasculitis
- For non-urgent consultations, just fill out a regular medical consultation form
- For telephone consultations, call the MUHC outpatient clinic on Wednesdays afternoon between 3 PM and 5 PM
- A non-urgent consult may be initiated by contacting Dr. Elizabeth O'Brien by phone/voicemail, to advise her of the consult request, at 514-378-5592, in addition to sending an email to elizabeth.obrien@muhc.mcgill.ca

OTHER CONSULTATIONS

- Nutritionist, psychology, social services and audiology consultations should be written on the "professional services" consultation sheets and the appropriate service ticked off at the bottom of the sheet
- There is a full time nutritionist available at the clinic
- Psychologists visit the community on a regular basis but there are periods when no psychologist is available. The patient is then booked for the next visit
- A full time physiotherapist and occupational therapist are available in the community. They have their own special consultation sheet

MEDICAL FOLLOW-UP

- Please write when you want the patient to be seen next at the end of your not. Do not write "after the next blood tests", it is too difficult for the liaison office to coordinate. Instead, check when the next blood tests are scheduled and ask for a time after that (for eg. if the next bloods are due in 4 weeks, ask for a follow-up in 6 weeks). Also check the left-hand side of the chart, sometimes the patient is already scheduled for regular medical appointments every 3, 4 or 6 months.

IMAGING/CONSULTATION REPORTS

- Please make sure that when you order a test or request a consultation under your name, you write copy CMC Waswanipi (for eg. "Dr. Seben 12345/Waswanipi" works well) so that if the report is sent to your office, a copy also gets sent to Waswanipi. Any results that you do get to your office should be faxed to 819-753-2053 (liaison office).

ADMISSIONS

- The clinic does not admit any patients
- All patients that require admission or prolonged observation need to be sent to Chibougamau after discussion of the case with the ER physician

HOSPITAL TRANSFERS

- If a patient needs to be transferred to Chibougamau, the ER physician in Chibougamau needs to be notified and a consultation form filled
- The patient can either be transferred by personal vehicle, taxi or ambulance (with or without a nurse/doctor) depending on his/her medical condition. Taxis leave from Chapais or Chibougamau so take about 1.5 hours to get to the clinic

MEDICAL CHARTS

- Allergies are usually written on a red sticker on the OUTSIDE front of the chart.
- The INSIDE front left cover of the chart will have a yellow chart summary sheet and, if applicable, a regular blood test schedule, a diabetes flow sheet, and pending special tests or consults with specialists.
- If there is no chart summary sheet, please complete one at the time of the visit
- On the right side of the chart are prescription sheets followed by, in various orders, the “externe” section where nurses write their notes, the “dentist” section”, the “medical notes” section, the “obs/gyn” section if applicable, the “santé communautaire” section the “hospital consultation” section, the “lab” section and the “imaging section”
- Notes are filled from most recent to oldest. Start writing your note under the last medical note and continue on the sheet on top of the one used.
- Pap test results should be found in the “obs/gyn” section but might be under the lab section. Previous pregnancies are also found in the OB/GYN section. Current pregnancies have a separate chart in the Awash section of the clinic
- EKGs are at the end of the chart in the imaging section
- Vaccinations can be found in the “santé communautaire” section
- Specialist consultations and hospital admissions are found in the “hospital consultation” section. This section also contains G-scope and C-scope reports and sometimes other imaging as well

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 clinic staff member to assist you.

3. WASWANUPI COMMERCIAL BUILDINGS

GROCERY STORE- WASWANUPI GROCERY

Opened daily 8 AM to 11 PM

Accepts cash, credit cards and debit cards

You can mostly find non-perishable items, little fruits and vegetables. They also sell some toiletry items.

GAZ STATION- BEDARIN GAS

Opened daily 8 AM to 11 PM

Accepts cash, credit cards and debit cards

RESTAURANT- CAFETERIA MBR

Serves mostly fast-food

Opened daily 8 AM to 7 PM

CAISSE POPULAIRE DESJARDINS

ATM available 24/7

Teller available 10 AM to 3 PM Monday to Friday, closed on weekends

POST OFFICE

Opened weekdays, closed on weekends

COMMUNITY HEALTH AND FITNESS CENTER

Waswanipi has a new sports center opened in 2015 with a gym (with a weight room as well as a cardio room) and an ice rink. The monthly membership rate is 100\$, the weekly rate is 25\$ and daily rate 5\$. It is open from 7AM to 11 PM on weekdays and from 10 AM to 11 PM on weekends.

4. THINGS TO DO

OUTDOOR ACTIVITIES

Depending on the season, you may want to bring your X-country skis, snowshoes, skates, fishing rod, etc.

The nurses often go fishing, hunting or trekking during the weekend- enquire about their plans, they are usually happy to bring you along!

5. 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-soon or naxasoon
What is your name?	Wun-jee
Yes	Kepa or geen
No	Nemma or mwe
Take a deep breath	Iss-koo-dum
Stool	Meesee
Urine	Shee shee
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)	Wachiya
Finished	Shash