

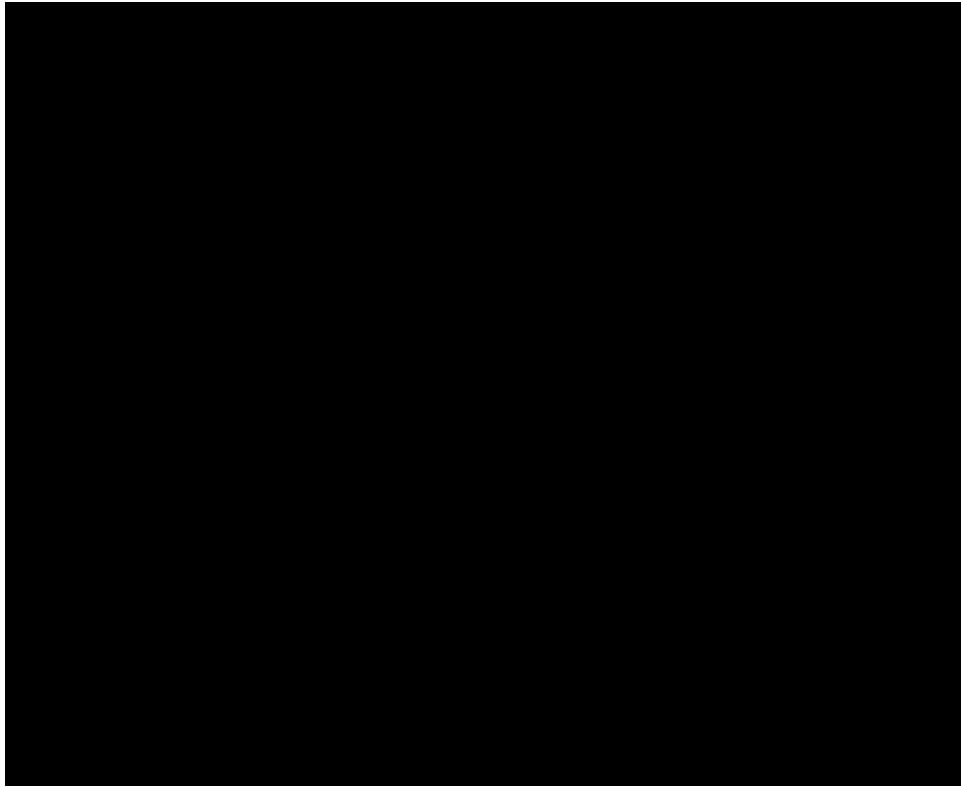
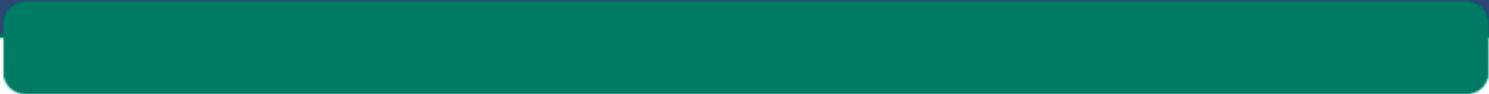


Multidisciplinary Approach to Helping Newcomers Adapt to the Canadian Health System



Presented by Sheila Murray, R.N., B.Sc.N.

Healthiest people ~ Healthiest communities ~ Exceptional service



Healthiest people ~ Healthiest communities ~ Exceptional service

Souris Hall

University of Saskatchewan



- 67 international student families
- 1-9 children per family
- Majority of women 'stay at home'

Isolation due to:

- Language
- Climate
- Lack of transportation
- Cultural/spiritual beliefs
- Unfamiliar with surroundings

Health and Social Effects

- Anxiety/depression
- Inadequate stimulation for the children
- Inappropriate use of health care services

Objectives

- Reduce isolation
- Promote an understanding of the health care system
- Encourage use of the health care system in a timely, efficient and effective manner


Underlying Hypotheses

- Newcomers
 - feel more secure
 - discontinue unnecessary MD & ER visits
- Student nurses
 - experience the ‘determinants of health’
 - learn the challenges facing newcomers
- Health care providers
 - work to ‘full scope of practice’
 - gain work satisfaction

Child Health Clinic



Communication Tool

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DATE: _____ TO: _____

RE: Name: _____
DOB: _____ Sask. HSN: _____

Assessment:

Weight: _____ Weight/length: _____
Length: _____ Head Circumference: _____
Nutrition: _____ Dental: _____
Safety: _____ Development: _____
Speech: _____ Tobacco exposure: _____
Car seat: _____
Vaccination: _____
Comments: _____

Plan: _____

- Detail of well baby visit
- Faxed to family doctor

Dental Clinic



College of Nursing: Senior Nursing Students



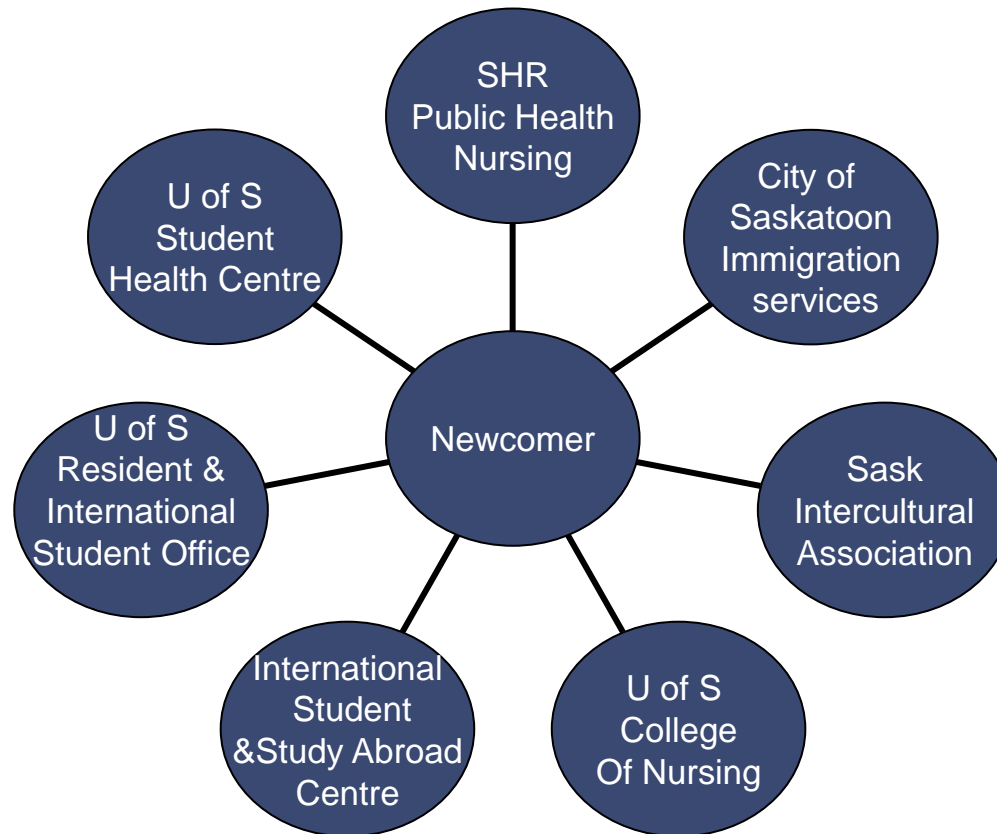
- Home visits
- Education sessions
- Health fairs

Activities

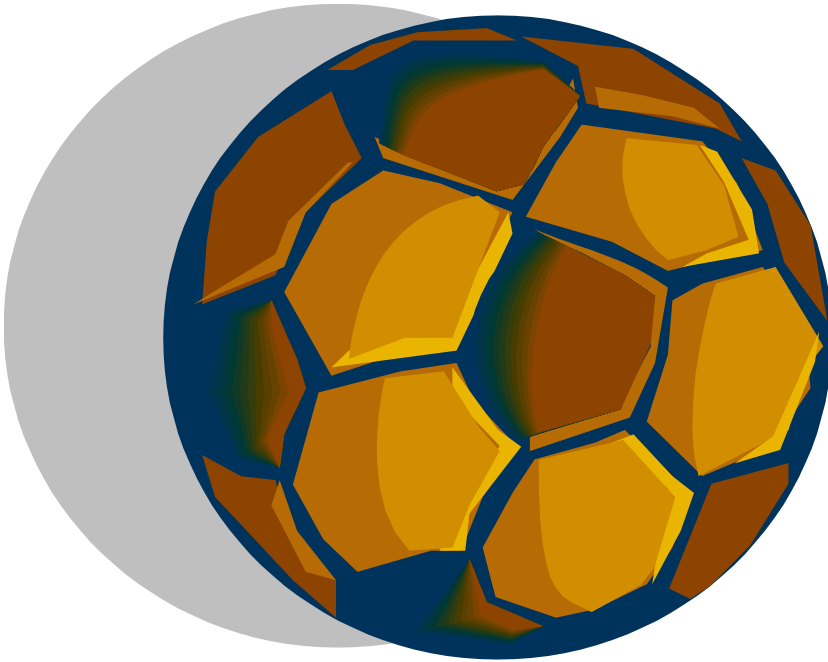


- Parenting groups
- Walks in the park
- Children's library
- Map of available services

Multidisciplinary Model



Resident Life Coordinator



- Activities
 - film nights, crafts, games
- Outings
 - zoo, swimming, museums
- Community garden

Key Results

- Increased awareness of the Health Care System and services available
- Enhanced use of appropriate health care services
- Less isolation - support systems developed among newcomers

Related Benefits

- Enhanced social interaction of mothers
- Increased activities for children promoted healthy interaction and socialization
- Rich learning experience for student nurses
- Supported the full scope of practice for Public Health Nurses



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Supporting Theory

- CHN Standards of Practice
- Determinants of Health

Community Health Nursing Standards of Practice

- Promoting Health
- Building Capacity
- Building Relationships
- Facilitating access and equity
- Professional responsibility and accountability



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Determinants of Health

- Social support networks
- Health services
- Personal health practices and coping skills
- Healthy child development
- Social and physical environments
- Gender and culture

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