

Chronic Disease Network and Access Program (CDNAP)



Prince Albert Grand Council, Saskatchewan

Coordinator Margaret Crellin

Website: www.ehealth-north.sk.ca

Partners

- Collaboration with the partners was definitely a strength and added to our successes



About CDNAP

- We focused on four chronic diseases that are near epidemic proportions in Northern Saskatchewan
 - Diabetes
 - COPD
 - Hypertension
 - Cardiovascular disease

Aboriginal Health Transition Fund

Adaptation and Integration

- Adaptation Provincial (Network Focus to improve communications)
- Integration Federal (Focus on Access to care, education and capacity building)
- Over a 3 year period original time frame
- Aboriginal people are a Federal Government responsibility
- Provincial Government is responsible for health services for the general population and acute care services

However, these two systems often overlap with

- urban migration from northern communities
- specialist services only available at an urban hospital.

It is the intent of CD NAP to improve the coordination and communication between these two systems

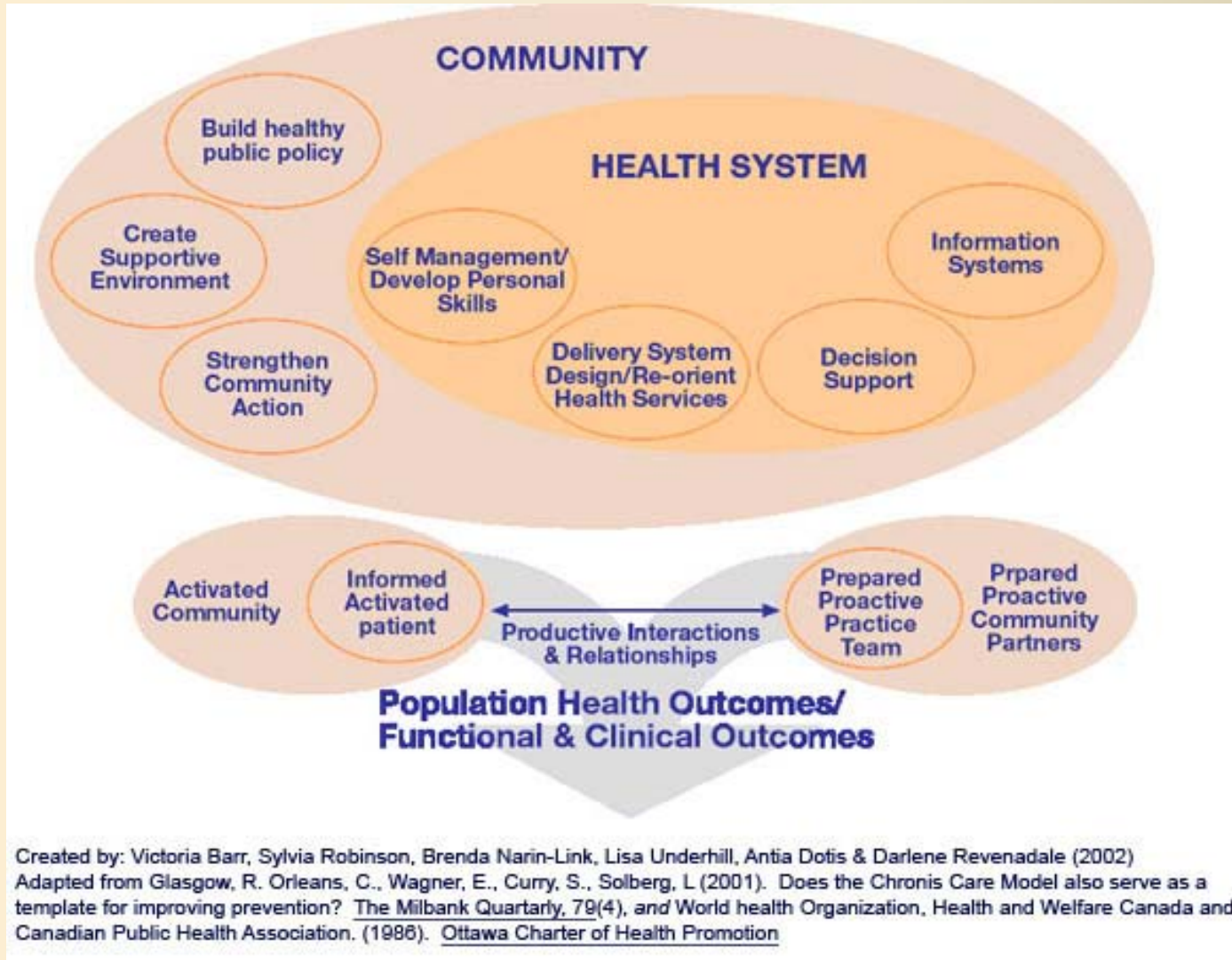
CDNAP Objective

- Facilitate and coordinate communication between care providers to ensure good case management.
- Enhance knowledge and skills of care providers (including health care professionals and paraprofessionals) and clients.
- Coordinate practical research and evaluate the effectiveness of the project

Guiding Principals

1. To provide clients living with chronic disease, seamless and equitable access to care in a location in or close to a client's home community
2. To maximize positive health outcomes for clients with chronic disease
3. To build capacity within communities to support the client and work towards self management and healthy communities
4. To incorporate a holistic approach that considers culture and tradition in conjunction with conventional aspects of care
5. To utilize technology that provides an innovative approach to education and management of chronic disease

Chronic Care Model



Program Outcomes and Successes

- Engaging Excellent People
 - Staff
 - Clinical sub-committee
 - Partnerships



Collaboration with ADI

Community Diabetes Prevention Worker Training Program

Diabetes: An Overview
Lifestyle changes on the health of aboriginal people of Canada. The need for trained community health workers is emphasized.

Symptoms of Diabetes
The effects of diabetes on the healthy functioning of the human body is studied and how it relates to traditional aboriginal healing concepts.

Types of Diabetes and Their Management
An in-depth look into Type 1, 2 and gestational diabetes and methods of managing these conditions.

Personal Care Techniques
An emphasis on the practical care of the skin, teeth and feet for the person with diabetes.

Exercise in Diabetes Management
Information on the impact of exercise on the health of the body as it relates to different types of diabetes. An exercise plan is developed.


Impact of Diabetes on Families
Impact of diabetes management on the individual with diabetes and their family support systems.

Nutrition in Diabetes Management (2 weeks)
Investigates the importance of good nutrition in the overall health and management of diabetes. Includes recommendations on eating in restaurants, traveling, shopping and menu planning.

Preparing Healthy Meals (2 weeks)
A fun and tasty course in creating new recipes low in cost, fat, sugar, and sodium. Recipes include food choices readily available in most communities.

Planning a Community Diabetes Program
Diagnosis in Aboriginal communities is increasing; the health care system within the community need to assess those needs and identify gaps in services.

Motivating the Community
This course looks at the analysis and investigation of creative and effective ways to further diabetes education in the community.



OUR MISSION STATEMENT
Yellowknife College, First Nation owned and operated, provides quality education and training. We develop and deliver innovative programs that build stronger communities. Our team is dedicated to promoting excellence by establishing an environment of dignity and respect. Our students achieve success in a supportive atmosphere.

January 2009

Website: www.ehealth-north.sk.ca

Community Diabetes Prevention Worker Training Program



Class of 2010

Website: www.ehealth-north.sk.ca

Highest Marks in Canada!

Eliza Bird and Barb Stonestand received the highest final marks in all of Canada

Great job!!!!



Website: www.ehealth-north.sk.ca

Home Communities of Diabetes Prevention Worker Training Program

- Sturgeon Lake
- Wahpeton
- Montreal Lake
- James Smith
- Shoal Lake
- Cumberland House
- Little Red
- Hatchet Lake
- Fond du lac
- Southend
- Stanley Mission
- Pelican Narrows
- Agency Chiefs Tribal Council
- Sandy Bay
- Pinehouse

Building capacity



Website: www.ehealth-north.sk.ca

Community Grants Projects

“Creating supportive and healthy environments at the community level through local initiatives”

Prince Albert Grand Council

| Organization | Project Name |
|--|-------------------------------------|
| Shoal Lake Health Centre | Shoal Lake Cultural Healing Project |
| Wahpeton Dakota Nation Health | Community Kitchen |
| Cumberland House Cree Nation Diabetes Wellness Project | Junior Mentors Program |
| Little Red Health Centre | Promoting Healthy Lifestyles |
| Hatchet Lake Health | Chronic Disease Prevention |
| Victoria Laliberte Health Centre | Physical Activity-Sadie's Walk |
| Fond du Lac Community Health | Healthy Lifestyles |
| James Smith Clinic | Get Fit for Health |
| James Smith Clinic | Community Kitchen |
| William Charles Health Centre | Garden Project |

Prince Albert Parkland Health Region

| Organization | Project Name |
|----------------------------------|--|
| Addiction Services | Gold Program |
| PAPHR | Leading the Way...Cooking for The Future |
| Carment Court Tenant Association | Keen-Ager's Kitchen |

Northern Health Strategy

| Organization | Project Name |
|---|---|
| Cumberland House Diabetes Care Committee | Healthy Living Mentors Media Campaign |
| Keewatin Yatthe Regional Health Authority | Chronic Disease Self Management Program |

James Smith Clinic

“Get fit for Health”

Project Description

- Providing opportunities for physical activity and exercise

James Smith Clinic “Community Kitchen”

Project Description

- Educate general public about the benefits and methods of healthy, affordable eating habits

Little Red First Nation Health Centre

“Eliza’s Walk”

Project Description

- Developed a community walking path, exercise room with equipment.
- Joint endeavour with the school, health centre and community



Shoal Lake Health Centre

“Shoal Lake Cultural Healing Project”

Project Description

- Develop a cultural healing circle within community that incorporates traditional ceremonies, eating and activities that are healthy and positive



Fond du lac Community Health

“Healthy Lifestyles”

Project Description

- Host smoking cessation seminars, community kitchen groups, awareness walks and camps for children living with a chronic disease



Patient Self Management Program

- Live Well with Chronic Conditions
- Keewatin Yatthe Health Region and Northern Health Strategy

Improving Communications and Breaking Down Jurisdictional Barriers

- The Diabetes Tackle Box was set to be piloted in 4 PAGC Communities; Little Red, Lac La Ronge, Shoal Lake and Hatchet Lake (Wollaston).
- However, due to the increase in interest of the developed materials (diabetes management manual for health professionals, nutrition management manual, nutrition handouts, etc.) the Tackle Box was piloted and distributed to other sites such as the PAPHR Diabetes Education Centre, etc.
- The materials follow the current Canadian Clinical Practice Guidelines and are now available for download on the CD NAP website.

CDNAP Website



www.ehealth-north.sk.ca

Website: www.ehealth-north.sk.ca

Website Demo

- Directory Demo
- The website will updated and maintained for the next two years

Website “Directory”



The screenshot shows the homepage of the Northern Saskatchewan Health Services website. At the top, there is a logo featuring a caduceus and the text "ehealth-north.sk.ca". To the right of the logo, the text "Northern Saskatchewan Health Services" is displayed. Below the logo, a navigation bar contains links for "ABOUT US", "NEWS", "EVENTS", "DIRECTORY", "RESOURCES", "TACKLE BOX", and "CONTACT US". The "DIRECTORY" link is highlighted. Below the navigation bar, the heading "Health Services Directory" is followed by a search box with a "Search" button. The main content area on the left contains a paragraph explaining the directory's purpose and two footnotes. On the right, a "Find Health Centre by..." section includes a dropdown menu set to "Name" and a grid of alphabetical links from A to Z. At the bottom left, "Frequently Called Numbers" are listed: "HealthLine 1-877-800-0002", "Emergency 9-1-1", and "Poison Centre 1-866-454-1212". The footer at the bottom contains links for "Home", "Sitemap", and "Site Admin", along with a copyright notice for 2009 Prince Albert Grand Council.

Northern Saskatchewan Health Services

ehealth-north.sk.ca

ABOUT US NEWS EVENTS **DIRECTORY** RESOURCES TACKLE BOX CONTACT US

Health Services Directory

This service directory was developed in response to the many health care providers that identified we must communicate more effectively between agencies and jurisdictions to better serve our clients needs. The directory contains a comprehensive list of Regional Health Authorities and First Nation Health & Treatment Centers in Northern Saskatchewan.

* Services offered may change, please contact the community for more information.

* Please help keep this directory up to date. Contact us at ehhealth@nasc.sk.ca for any corrections that need to be made.

Frequently Called Numbers:

HealthLine
1-877-800-0002

Emergency 9-1-1

Poison Centre 1-866-454-1212

Find Health Centre by...
Name

All

| | | |
|---|---|---|
| A | B | C |
| D | E | F |
| G | H | I |
| J | K | L |
| M | N | O |
| P | Q | R |
| S | T | U |
| V | W | X |
| Y | Z | |

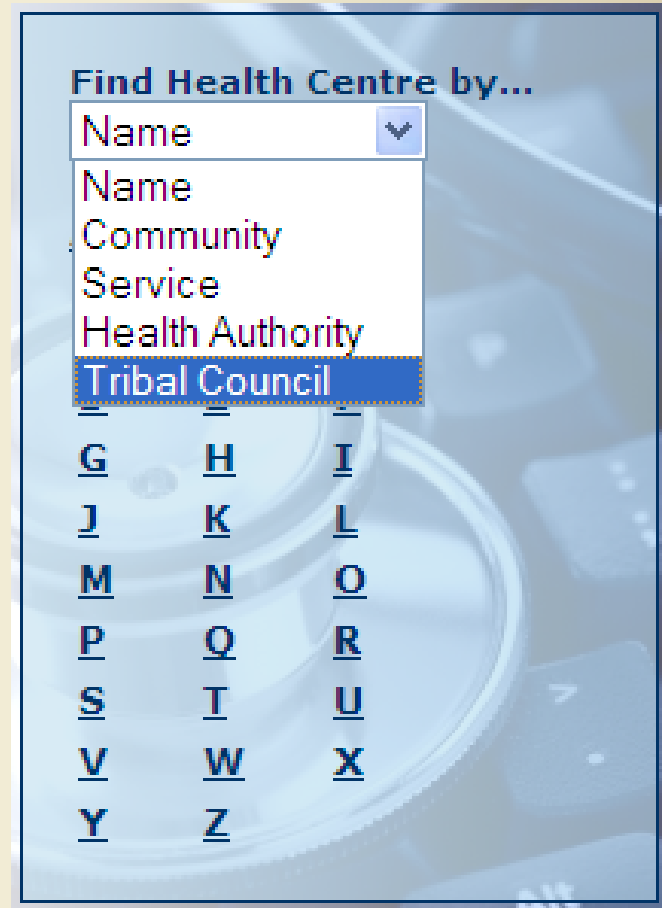
Home | Sitemap | Site Admin

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Website: www.ehealth-north.sk.ca

Website “Directory”

- You may Find Health Centre by:
 - Name
 - Community
 - Service
 - Health Authority
 - Tribal council



Find Health Centre by...

Name

Name

Community

Service

Health Authority

Tribal Council

G H I

J K L

M N O

P Q R

S T U

V W X

Y Z

Website “Tackle Box”



Website: www.ehealth-north.sk.ca

Tackle Box Demo

- Tackle Box Demo
 - algorithms

Type 2 Diabetes in Adults

| Risk Factors for Diabetes | Targets for Glycemic Control | Lifestyle Interventions |
|---|---|---|
| <ul style="list-style-type: none">•age ≥ 40 years•family history of diabetes•member of high-risk population•vascular disease•dyslipidemia•obesity•PCOS•history of gestational diabetes or delivery of macrosomic infant•other¹ | <ul style="list-style-type: none">•A1C $\leq 7\%$²•FPG 4.0-7.0 mmol/L•PPG 5.0-10.0 mmol/L³ | <ul style="list-style-type: none">•Achieve and maintain healthy weight•Healthy diet⁴•Regular exercise⁵•Smoking cessation⁶•Limit alcohol intake⁷ |

Type 2 Diabetes in Adults

| BP test at each diabetes-related visit | Lipid profile at diagnosis and every 1-3 years | Screen for microvascular complications |
|---|--|--|
| <ul style="list-style-type: none">•target 130/80•reinforce lifestyle interventions•treat with antihypertensives as per guidelines⁸ | <ul style="list-style-type: none">•Primary target LDL\leq 2.0 mmol/L•Secondary target TC/HDL ratio <4.0•reinforce lifestyle interventions•treat dyslipidemia as per guidelines⁹ | <ul style="list-style-type: none">•neuropathy¹⁰ at diagnosis then annually•nephropathy¹¹ at diagnosis then annually•retinopathy¹² at diagnosis then every 1-2 years |

Diabetes Management Cover Page

THE CHRONIC DISEASE PREVENTION AND MANAGEMENT TACKLE BOX

DIABETES MANAGEMENT

CHRONIC DISEASE NETWORK AND ACCESS PROGRAM
(CD-NAP)

PREVENTION
RISK ASSESSMENT
NUTRITION MANAGEMENT
ALGORITHMS OF CARE
MEDICATION MANAGEMENT
FNIH DRUG COVERAGE



Diabetes Management Table of Contents Page (1 of 3)

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| Type 1 Diabetes in Children and Adolescents (Targets, Insulin Therapy, Diet, Hypoglycemia, Ketoacidosis) | 2.1 |
| Type 1 Diabetes in Children and Adolescents (Comorbid Conditions, Complications, Other Considerations) | 2.2 |
| Type 2 Diabetes in Adults | 3.1 |
| Type 2 Diabetes in Adults – Screening | 3.2 |
| Type 2 Diabetes in Adults – Management Algorithm | 3.4 |
| Type 2 Diabetes in Children and Adolescents | 4.1 |
| Type 2 Diabetes in Children and Adolescents – Management Algorithm | 4.2 |
| Diabetes in the Elderly | 5.1 |
| Type 2 Diabetes in Aboriginal People | 6.1 |
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Nutritional Managements of COPD Page

Chronic Disease Network and Access Program 2009

Nutritional Management of COPD

Guide for Health Professionals

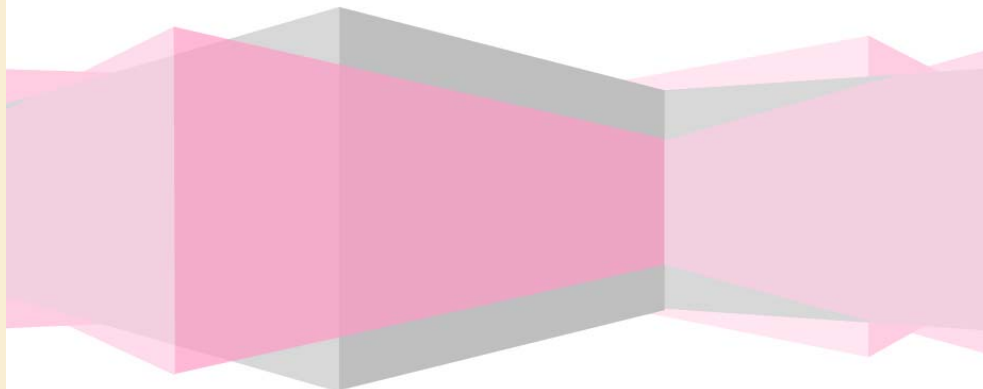
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Rochelle Anthony RD

CDM Dietitian, Saskatoon Health Region



Nutritional Managements of COPD

Table of Contest Page

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Unique Features of the Client Handouts

- We have developed client handouts with the following features
 - Literacy level
 - Colourful pictures
 - Includes traditional foods
- We include client medication handouts and we have handouts for COPD management
 - Nutrition as an example

CDNAP Public Service Announcements (PSA's)

Website: www.ehealth-north.sk.ca

PSA – Risk factors of diabetes

English version

- Here is a sample of an English version of the PSA's currently available on our website



Commentary

- The following is a list of risk factors for developing diabetes:
 - Are you overweight?
 - Do you have a parent, brother or sister with diabetes?
 - Is it hard for you to get exercise?
 - Have you been told that you might be at risk for developing diabetes?
- If you answered yes to any of these questions, then you might be at risk or you may already have diabetes.
- Remember diabetes is preventable. You are not alone, help is available.
- This message is brought to you by the Chronic Disease Network and Access Program of the Prince Albert Grand Council.

PSA – Risk factors of diabetes

Cree version

- This is the same PSA, but in Cree
- Translation
- The following is a list of risk factors for developing diabetes:
 - Are you overweight?
 - Do you have a parent, brother or sister with diabetes?
 - Is it hard for you to get exercise?
 - Have you been told that you might be at risk for developing diabetes?
- If you answered yes to any of these questions, then you might be at risk or you may already have diabetes.
- Remember diabetes is preventable. You are not alone, help is available.
- This message is brought to you by the Chronic Disease Network and Access Program of the Prince Albert Grand Council.





Electronic Medical Records Initiative

“Community Engagement on Electronic Medical Records for First Nations- Promise and Challenge”

Website: www.ehealth-north.sk.ca

Challenges

- Size of the Project
- Timelines
- Arrival of H1N1

Size of the project

- Scope of the Project is much greater than the original three years
- Systems Change

Timelines

- Constrictive timelines
- Development of the Project left very little time for the implementation and evaluation

H1N1

- Due to the onset of the World Health Organization designation of the H1N1(2009) Influenza Pandemic, many of our staff were redeployed to help in mitigating the risk of this novel virus

Thank You

Please come visit our display and
you are welcome to join us at our
sharing circle

Website: www.ehealth-north.sk.ca