

The background is a light blue gradient with several realistic water droplets of various sizes scattered across it. Some droplets are at the top, some at the bottom, and some in the middle. They have highlights and shadows, giving them a 3D appearance.

# CHALLENGES WITH NORTHERN LIVING

SPECIALIST APPOINTMENTS

# NORTHERN CHALLENGES

- TRANSPORTATION
- FIRST NATIONS INUIT HEALTH BRANCH
- CULTURE SHOCK
- GENERAL CHALLENGES

# TRANSPORTATION

- LA RONGE DOES NOT HAVE A BUS SERVICE THAT TRANSPORTS PEOPLE TO OTHER TOWNS OR CITIES FOR MEDICAL APPOINTMENTS
- CLIENTS OR PATIENTS MUST FIND THEIR OWN TRANSPORTATION TO GET TO THEIR APPOINTMENTS
- MANY PEOPLE USE THEIR OWN VEHICLES
- MANY PEOPLE GO THROUGH WHAT WE CALL “MEDICAL TRANSPORTATION”
- THE NEAREST CITY TO US IS CALLED PRINCE ALBERT WHICH IS 245 KM OR 2.5 HOURS AWAY
- AND THE NEXT MAJOR CITY IS SASKATOON WHICH IS 4 HOURS AWAY OR APPROXIMATELY 480 KM
- SO REGARDLESS IF YOU TRAVEL IN YOUR OWN VEHICLE IT MAKES FOR A LONG DAY, EVEN LONGER IF YOU ARE USING MEDICAL TRANSPORTATION

# FIRST NATIONS INUIT HEALTH BRANCH

- FNIHB REQUIRES THREE FULL DAYS NOTICE FOR ANY SPECIALIST APPOINTMENT. THIS DEPARTMENT WILL HELP WITH COSTS ASSOCIATED LIKE TRANSPORTATION, HOTEL AND MEALS FOR THE PATIENT. IT MAY ALSO INCLUDE THE ESCORT IF ONE IS REQUIRED.
- 72 HOUR NOTICE IS REQUIRED - SOMETIMES A PATIENT DOES NOT GET NOTIFIED UNTIL THE DAY BEFORE
- ALSO THE HOTEL IS COVERED YES WHICH IS GREAT BUT THE MEAL VOUCHER IS NOT UP TO PAR WITH INFLATION AND MOST MEALS ARE NOT FULLY COVERED BY THE FOOD VOUCHER SO THE PATIENT HAS TO PAY EXTRA. SOME FAMILIES DON'T HAVE THE EXTRA MONEY TO COVER THE EXTRA

# CULTURE SHOCK

- MANY OF OUR PEOPLE (ON RESERVE) DO NOT LEAVE THE COMMUNITY SO IF WE HAVE AN ELDER IT IS A GREAT SHOCK TO THEM TO BE IN A BUSY CITY AND THE HIGH VOLUME OF PEOPLE
- LANGUAGE IS ANOTHER HUGE BARRIER AS THERE MAY NOT ALWAYS BE TRANSLATORS AVAILABLE, SOMETIMES THIS MAY REQUIRE AN ESCORTS
- THE PERSON MAY LEAVE THE APPOINTMENT WITH A LACK OF UNDERSTANDING OF THE TREATMENT PLAN OR FOLLOW-UP
- MANY PEOPLE ARE JUST SCARED OF THE EXPERIENCE

# GENERAL CHALLENGES

- SOMETIMES A PATIENT WILL BE ON A CANCELLATION LIST. THE DOCTORS RECEPTIONIST WILL CALL AT 10 AM AND SAY “HEY WE HAVE A CANCELLATION TODAY CAN YOU COME IN AT 2 PM?” AND WERE LIKE “I LIVE 4 HOURS AWAY I DON’T THINK I CAN MAKE IT!!
- THEN I WANT TO MENTION “POCKET MONEY” MOST TIMES THE PATIENT OR EVEN THEIR ESCORT HAVE NO EXTRA MONEY TO TAKE. SO HAVING TO GO TO THIS IMPORTANT APPOINTMENT COULD BE DEPRESSING....CHALLENGING TO MAKE THE EFFORT TO EVEN WANNA GO..... SO EVEN BEING ABLE TO BUY EXTRA COFFEE OR EVEN A BAG OF CHIPS IS DIFFICULT. THEREFORE HAVING THE SPECIALIST DOCTORS COME INTO THE COMMUNITY WOULD BE MORE BENEFICIAL TO THE PATIENTS
- SPECIALIST DO NOT COME VERY OFTEN. THERE IS NO AUDIOLOGIST THAT COMES TO LA RONGE AT ALL. ANY REFERRAL TO AN AUDIOLOGIST WILL BE SENT SOUTH ( SASKATOON) AND THE WAIT TIME IS SOMETIMES 6 MONTHS TO A YEAR

STILL WAITING FOR THAT REFERRAL



# GENERAL CHALLENGES

- ANOTHER GENERAL CHALLENGE IS NO LANDLINES ANYMORE MANY PEOPLE USE CELL PHONES AND ARE WIFI WARRIORS SO WHEN A DOCTORS OFFICE CALLS AND CANT REACH ANYONE THE PATIENT ENDS UP MISSING THEIR APPOINTMENT AND THEY DOC OFFICE HAS A \$50 MISSED APPOINTMENT FEE THAT MUST BE PAID BEFORE THEY CAN BE SEEN AGAIN
- SOME SPECIALIST COME TO LA RONGE THREE TIMES A YEAR AND THAT'S FOR AN EYE APPOINTMENT SO THAT'S LIKE EVERY 4 MONTHS FOR ONE DAY VERY BIG CHALLENGE FOR US IN THE NORTH TO EVEN HAVE OUR EYES CHECKED I RECALL FYI EYE CLINIC USED TO HAVE AN OFFICE IN LA RONGE BUT WHEN THE PANDEMIC HIT THE COUNTRY I BELIEVE THE LAST DAY THEY HAD THE OFFICE OPEN WAS 2019



THE END

ANY QUESTIONS OR COMMENTS

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