



*A tribute to our
Health Care
Professionals
2024*

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Spectator

A Big
to our local
health-care professionals

We salute the dedication of health-care workers who serve our community.
Your contributions are invaluable and we want to acknowledge them in a big way!

Caregivers in seniors' residences: Guardian angels of the elderly



It's important to highlight the exceptional contributions of orderlies who work in retirement homes and long-term

care facilities. Here's how they're helping to protect society's most vulnerable people.

PROVIDING VERSATILE CARE
Orderlies are responsible for numerous tasks on a daily basis. In addition to assisting with basic hygiene and offering physical care to residents, they also monitor patients' blood pressure, heart rate and temperature. Furthermore, orderlies relay information to medical staff about changes in their patients' health and behaviour.

SHARING A VAST SKILL SET
The men and women who work as orderlies possess a remarkable collection of traits and skills including empathy, kindness and patience. The job requires them to be efficient, meticulous and organized in an often stress-

ful work environment.

These everyday superheroes play a key role in the health-care system. Long after the pandemic, their courage and dedication will be remembered.

Many thanks to the orderlies across the country.

Office Hours:
Monday - Thursday
9 am - 4 pm

Thank you
to the many dedicated health care providers who serve our area and keep our local communities healthy!

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MLA for
Melville-Saltcoats

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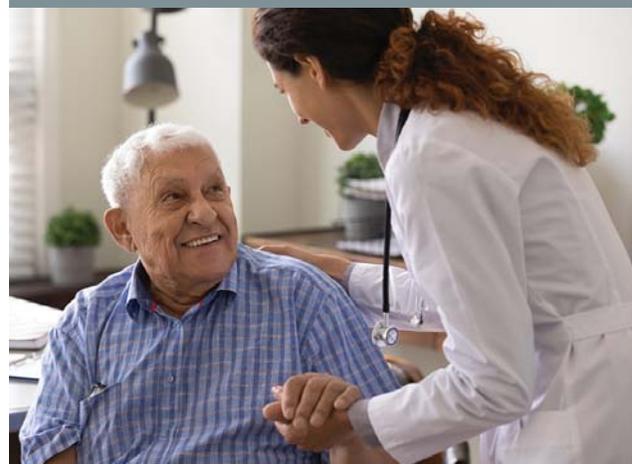


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Health care workers put patients' interests before their own



peers who join together on the frontlines of medicine. In this way, health professionals resemble soldiers who sacrifice for their comrades in the trenches. And like the military, they accept collective responsibility for their behavior.

A core tenet of professionalism is a commitment to professional self-governance. A well-functioning profession supervises itself, setting standards of practice that are based on science and evidence and ethical conduct. That is why society entrusts health care professionals with designing their own licensing exams, training curricula, and disciplinary proceedings. Responsibility to and for peers is another force driving clinicians into the fray.

A third essential dimension of professionalism is commitment to maintaining competence in a specialized area of expertise, in this case, the science that underlies clinical practice. It is not by chance that professional societies publish their own peer-reviewed

scientific journals, or that publication in those journals conveys prestige and standing among colleagues. It should come as no surprise, then, that professionals bridle when lay leaders broadcast assertions that fly in the face of existing evidence.

We should recognize that in times of crisis, professionalism reinforces the sense of duty, the courage, and even the heroism of millions of clinicians who feel its pull. We would certainly be worse off without it.

Protecting health care workers is a sign that society values and respects

them for the professionalism they show every day.

Canadians deeply admire health care workers, and that admiration has justifiably grown over the years. But the public

should realize that the professionalism that undergirds the behaviors they so admire is potentially fragile during tough times, and needs to be supported.



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Why do millions of health care workers—doctors, nurses, emergency responders, aides, transport specialists, and more—risk their lives to care for people during situations like pandemics and other events that can involve risk?

What we see is the professionalism of thousands of health care workers at work. The essence of their professionalism is that they put the interests of patients and the public before their own.

We take it for granted at our peril. Professionalism is ingrained during medical training, role-modeled by the senior clinicians who teach, and reinforced by powerful aphorisms inherited from legendary practitioners going back to

Hippocrates. One was the eminent Boston physician Francis W. Peabody who, in 1927, famously wrote: "One of the essential qualities of the clinician is interest in humanity, for the secret of the care of the patient is in caring for the patient."

Professionalism also instills a commitment to



Thank you for your valuable work and the courage you have to go to work

We appreciate you all!

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Steven Bonk, MLA
MOOSSOMIN CONSTITUENCY

Phone: 306-435-4005
622 Main St. | Moosomin, SK

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We thank you for your service and we appreciate the hard work that you do and the excellent care that you provide to your patients. All the best to the healthcare staff during this week!

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We salute the dedication of health-care workers who serve our community.
 Your contributions are invaluable and we want to acknowledge them in a big way!

Honouring Canada's nurses

National Nursing Week takes place this year from May 6 to 12. This annual event celebrates the invaluable contributions these essential workers make to the Canadian health-care system. Nurses provide care and support to patients and their families and are advocates for those in their charge. For these reasons, their efforts deserve to be recognized.

NURSING AT A GLANCE

Nursing requires a diverse skillset that includes personal attributes such as respect, empathy, tolerance and integrity. The job also demands a great deal of autonomy and continuous training. Among other things, nurses do the following:

- Evaluate the physical and mental condition of their patients
- Develop a nursing treatment plan and ensure it's carried out
- Follow-up with patients who

have complex health problems

- Administer and adjust prescription medications
- Provide palliative care

Members of the profession also collaborate with other health-care professionals to ensure quality services are provided.

Nurses merit respect and recognition more than ever. This week, take a moment to thank the nurses you know for their care and contributions.

National Nursing Week is always held during the second week of May in honour of Florence Nightingale, whose birthday was May 12.



Thank You!

Thank you for your commitment and caring for our communities.

We are lucky to have you.

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Thank you to all our Health Care Professionals!

Thank you for your dedication and the many contributions to the health and well-being of residents.

New funding has been allocated to expand training programs for key health professionals. Beginning in fall 2023, approximately 550 seats will be added across 18 health training programs to help address critical labour market needs.

For more information visit Saskatchewan.ca



Daryl Harrison
 MLA for Cannington
canningtonconstituency@sasktel.net
 306-443-4400



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Nursing one of the most trusted professions in Canada

Nurses champion and promote the health of Canadians coast to coast. As health-care specialists, they are ideally positioned to be the best role models, educators and advocates of healthy living, safety and wellness in Canada. Trust, therefore, plays an important role in the relationship between nurses and the communities they serve; and according to statistics, these caring professionals are doing a stellar job!

Nursing is one of the most trusted professions in Canada with most Canadians rating nurses' honesty and ethical standards as very high. What better way to thank them for their trusted service than by paying them homage this National Nurses Week? Celebrated annually in May, this weeklong observance honors nurses for their dedication to advancing the quality of care in Canada.

Whether they are at the bedside of an ailing patient, in the ER or in the boardroom, nurses play a vital role in the health-care system. Some of their responsibilities include:

- Physical exams and preliminary diagnoses
- Health promotion, counseling and education
- Prevention of illness and injury
- Direct and supervised care of wounds and other personalized interventions
- Research toward improved practices and patient outcomes

This National Nurses Week, join the country in thanking these caregivers (all 3.6 million of them) for the role they play in meeting the health-care needs of Canadians in hospitals, nursing homes, community health centers, schools and even correctional facilities.



Nurses represent a trusted voice on health-related issues in Canada.



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How should we thank our health care providers?

There are different ways you can thank the person or persons who regularly tend to your health and the health of your family. That could be a medical doctor, dentist, chiropractor, nurse practitioner, physician assistant, or a combination of these clinicians!

OB/GYNs traditionally have a brag wall of baby, toddler and teen photos that show how the babies they delivered are growing and changing. This gives the doctors who were there for a person's first breath a chance to see the results of their handiwork. Maybe swing by and share a picture—or bring the actual child or teen into the office and really surprise them!

Emergency physicians and other critical care providers also appreciate when patients and their families come back to show them how well they are doing after having survived a trauma or serious illness. If an in-person thank you is not feasible, a current photo and a note of thanks can also go a long way to boosting the doctor's spirits and encouraging them to continue their life-saving work.

And feel free to get specific! For providers who've seen you through something important like a knee replacement, cancer treatment, and broken bones—try a picture



of you enjoying an activity that would have been impossible if it weren't for their medical intervention. Maybe a picture of you on a Hip Replacement Hike or doing a Cancer Survivor's event. Show and tell the doctor how their skilled medical treatment has changed your life for the better.

And there's something in it for you, too. There's also a practical and somewhat selfish reason to thank your caregiver! You want them to know you as a person as well as a patient. Our physi-

cal wellness is intertwined with our social and mental status, so we want our doctors to understand it all. By thanking them for their care, you stand out and become even more memorable to them. You are even more of an individual and less of a patient.

So this year take a moment to send your health care provider a note of thanks and maybe a picture that highlights how your life is better because of their dedication to your health.

We recognize the critical contributions health care professionals play in achieving health for all

Thank you for all you do!



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Happy National Nursing Week!



Canada's long list of crucial health care providers

The National Occupational Classification (NOC) database is a resource for learning more about careers in Canada, including health careers, and contains information on job titles, main duties and employment requirements. Below are some examples of health professions captured by the National Occupational Classification.

- Audiologists
- Chiropractors
- Dental Hygienists
- Dentists
- Dietitians
- General Practitioners and Family Physicians
- Health Aides
- Health Information Management Professionals
- Home Care Workers
- Licensed Practical Nurses

- Medical Laboratory Technologists
- Medical Physicists
- Medical Radiation Technologists
- Midwives
- Nurse Practitioners
- Occupational Therapists
- Optometrists
- Paramedics
- Pharmacists
- Physiotherapists
- Psychologists
- Registered Nurses
- Registered Psychiatric Nurses
- Respiratory Therapists
- Social Workers
- Speech-Language Pathologists

Having the right supply of qualified health care providers entering the health care workforce is essential for access by Canadians to quality healthcare.

Physicians—committed professionals who serve our well-being

As professionals, physicians are committed to the health and well-being of individual patients and society through ethical practice, high personal standards of behavior, accountability to the profession and society, physician-led regulation, and maintenance of personal health.

Physicians serve an essential societal role as professionals dedicated to the health and care of others. Their work requires mastery of the art, science, and practice of medicine.

A physician's professional identity is central to this role. The professional role reflects contemporary society's expectations of physicians, which include clinical competence, a commitment to ongoing professional development, promotion of the public good, adherence to ethical standards, and values such as integrity, honesty, altruism, humility, respect for diversity, and transparency with respect to potential



conflicts of interest.

It is also recognized that, to provide optimal patient care, physicians must take responsibility for their own health and well-being and that of their colleagues.

Professionalism is the basis of the implicit contract between society and the medical profession, granting the privilege of physician-led regulation with the understanding that physicians are accountable to those served, to society, to their profession, and to themselves.



Celebrating Nurses Across Saskatchewan

National Nursing Week from May 6th to 12th is an opportunity to celebrate our nurses for their contributions to the health and well-being of Saskatchewan residents. They are valued members of our health care teams and they help save lives every day.

Saskatchewan appreciates our highly trained, dedicated registered nurses, registered psychiatric nurses, licensed practical nurses and nurse practitioners. **Thank you to over 19,000 nurses working across the province for the difference you make in the lives of patients within the communities you serve.**

Significant investments this year support continued progress on the province's ambitious Human Resources (HHR) Action Plan to recruit, train, incentivize and retain more health professionals, including nurses. Many key successes have resulted from the HHR Action Plan, including nearly 1,100 nursing graduates hired since the plan was launched.

The Government of Saskatchewan recognizes our nurses strengthen health care teams and play a very important part in meeting the health care needs of our rapidly growing province. We remain committed to supporting our nurses.

Learn more about Saskatchewan's Health Human Resources Action Plan and health care opportunities at saskatchewan.ca/hhr



We proudly pay tribute to our Health Care Professionals.

Thank you for taking care of the members of our communities.

It's because of all that you do, we are stronger!

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4 interesting facts about the nursing profession in Canada

The nursing profession in Canada is a diverse field offering unique opportunities and challenges. Here are four fascinating facts about nursing in Canada:

1. Nurses help people in many ways. Canadian nurses possess a broad scope of practice, including specialties such as mental health nursing, pediatric nursing and community health nursing. They play a crucial role in addressing the holistic healthcare needs of individuals across their lifetimes.
2. Nurses work globally. Canadian nurses are actively involved in international humanitarian efforts, volunteering their skills and expertise to provide healthcare assistance in crises and underserved communities worldwide. Canadian nurses help global health initiatives by responding to natural disasters or participating in medical missions.
3. Nurses work with Indigenous communities. Nurses in Canada are vital in

advocating for Indigenous health rights and addressing healthcare disparities in Indigenous communities. Many nurses work collaboratively with Indigenous leaders and healthcare providers to promote culturally sensitive care and improve access to essential health services for Indigenous peoples.

4. Nurses never stop learning. Nursing in Canada emphasizes lifelong learning and professional development. Nurses often pursue further education and certifications to enhance their skills and stay up to date on advancements in healthcare. Many continuing education programs and professional development opportunities are available to support nurses in career advancement.

National Nursing Week takes place from May 6 to 12. It's a perfect time to recognize and celebrate nurses' diverse roles in promoting the wellbeing of individuals and communities nationwide.

Types of nurses: 10 different nursing specialties

Nursing is a diverse field with numerous specialties catering to various healthcare needs. Here are 10 different nursing specialties, each with a unique focus and responsibilities:

1. **Registered nurse (RN).** RNs are the backbone of healthcare, providing direct patient care, administering medications and coordinating with healthcare teams.
2. **Critical care nurse.** Critical care nurses work in intensive care units (ICUs) and provide specialized care to critically ill patients, including monitoring vital signs and administering lifesaving treatments.
3. **Emergency room (ER) nurse.** ER nurses are trained to handle medical emergencies, triage patients and provide rapid assessment and treatment to patients in urgent situations.
4. **Pediatric nurse.** Pediatric nurses specialize in caring for children and infants, addressing their unique medical needs and supporting young patients and their families.
5. **Operating room nurse.** Also known as perioperative nurses, these professionals assist surgeons during operations, en-

uring a sterile environment, preparing equipment and providing post-operative care.

6. **Psychiatric nurse.** Psychiatric nurses work with patients experiencing mental health disorders, offering therapy, medication management and support for individuals and families.
7. **Labor and delivery nurse.** These nurses specialize in supporting women during child-birth, assisting with labor, delivery and post-partum care for mothers and newborns.
8. **Geriatric nurse.** Geriatric nurses focus on the unique healthcare needs of elderly patients, addressing issues such as chronic illnesses, mobility limitations and end-of-life care.
9. **Home health nurse.** Home health nurses provide medical care to patients in their homes, offering services such as medication management and assistance with daily living activities.
10. **Nurse educator.** Nurse educators provide instruction in academic settings or health-care institutions to ensure the next generation of nurses is well-prepared and knowledgeable.

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Nursing: a career filled with opportunity and reward!

Nurses are the backbone of our health-care system. According to the Canadian Institute for Health Information, they account for almost half of the country's medical workforce, with more than 410,000 registered nurses nationwide. Every year, National Nursing Week (taking place from May 7 to 13, 2023) celebrates these professionals for their dedication and commitment to the health of all Canadians.

Are you interested in a rewarding career that offers endless opportunity for professional growth? Here's why you should consider nursing!

WHAT DO NURSES DO?

Nurses work in a variety of areas, including direct and preventative care, research, education and administration. They administer treatment to patients in large hospitals as well as in small neighbourhood clinics. They educate families in northern, rural, urban and ethnic communities on healthy child rearing practices. They participate in the administration of hospitals to ensure optimal care for all patients. They review cases, test hypotheses and make recommendations for more positive health outcomes. Ultimately, nurses are leaders in the healthcare field, paving the way for



countless lifetimes of good health.

WHERE DO NURSES WORK?

Between community health clinics, schools, rehabilitation centres, doctors' offices and public hospitals, registered nurses provide their valuable knowledge and support in a variety of practice settings. Without them, Canada's ERs, ORs and ICUs would struggle to

provide lifesaving care. But beyond helping patients achieve a full recovery, nurses bring relief from injury and illness by adding a human touch to the health-care experience.

Whether you enjoy working with children, manipulating high-tech equipment or developing your management skills, a bright future awaits when you choose a career in nursing!

Thank you so much for
all the work you do
every day to help others!
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To our healthcare workers,
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Health care workers are trained to manage intensity in their every-day work while supporting patients who are experiencing serious illness and high-stress situations.

Despite all that, health care workers try to remain strong and resilient for their patients, families, friends and communities, and they continue to do so day in and day out.

Every community relies on its health care providers to a great degree. Without a strong base of health care professionals providing regular care, a community can not be viable. Not only do health care providers provide critical services that are detrimental to the health and well-being to a community, but they improve the quality of life for those living in those communities.

To all the health care workers out there who work tirelessly to keep us healthy, and so often put others' needs before their own: we see you and we appreciate you. Thanks for all that you do!

*Dear health Care workers,
You are amazing!
Thank you for being there for us when we need you the most.*



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The 5 ethical principles of nursing in Canada

In Canada, National Nursing Week takes place from May 6 to 12. The weeklong celebration draws attention to the courage and commitment nurses display daily on the front lines of the Canadian healthcare system. Nurses are guided by core principles outlined in the Code of Ethics for Licensed Practical Nurses in Canada. Here's a look at what they entail.

1. Responsibility to the public. Licensed practical nurses, as self-regulating professionals, must commit to providing safe, effective, compassionate and ethical



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care to members of the public.

2. Responsibility to clients. Nurses must provide safe and competent care for their patients.

3. Responsibility to the profession. Licensed practical nurses must commit to their profession and foster the respect and trust of their healthcare colleagues and communities.

4. Responsibility to colleagues. Nurses must develop and maintain positive, collaborative relationships with nursing colleagues and other health professionals.

5. Responsibility to oneself. Licensed practical nurses

must take care of themselves, recognizing and functioning within their personal and professional competence and value systems.

This year's National Nursing Week theme is Changing Lives. Shaping Tomorrow. The theme recognizes the tremendous impact that nurses have on individuals, communities, and the future of health care.

Take the time to write a thank-you note to a nurse who has made a difference in your life or the life of someone you love.

Thank You

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