



First Nations Health Authority
Health through wellness

International Year of the Nurse and Midwife - 2020

2020 marks the International Year of the Nurse and the Midwife. Both provide high quality, respectful treatment and care. Midwifery services go beyond assisting childbirth, caring for pregnant women, newborns, family planning and healthy sexuality. Nurses (RN, LPN, NP, RPN) provide care during acute illness, injury, communicable diseases, chronic care, palliative care as well as health promotion and disease prevention. Investing in nurses and midwives will deliver health and wellness. Giving nursing and midwifery the recognition they deserve is important. COVID-19 pandemic has made everyone work even harder including your nurse and midwife – these suggestions of lifting up your hands to your nurses and midwives will acknowledge the good work they are achieving with your community. Thank you for your leadership. *Note “Nurse” represents both nurse and midwife.

SAFETY

- Ensure that the work environment is always safe (physically, emotionally, spiritually and mentally) for everyone
- Ask if there is anything needed to ensure safety for everyone

ENGAGE

- Engage your nurse/s in dialogue, ask your nurse/s: “What is working well?”, “What are the opportunities for change?”
- Facilitate ways nurses can participate with the health committee
- Include your nurse/s in your community health decision making
- Invite nurses to participate in community activities (cultural, sports, other events)
- Ask your nurses for their ideas about health and wellness promotion
- Set aside time to regularly check in with your nurse/s

PARTNER

- Work in partnership with your nurse
- Encourage your nurse/s to seek professional practice support
- Ensure your nurse is able to network/ collaborate with neighbouring communities, region and health authority so they can share good promising practices with each other

EDUCATE / PROFESSIONAL PRACTICE

- Support ongoing education, personal development and professional practice
- Send your nurse/s to educational conferences (i.e. FNHA Nursing Education Forum). Support continuing education of the nurses’ choice
- Reimburse your nurse’s membership fees in nursing associations (other than the licensing body)
- Create opportunities so nurses are up to date with best practice/promising practice

CELEBRATE

- Say nice things about your nurses to others (social media, in-person, meetings), publically
- Recognize good work by having a meal together
- Share a treat to acknowledge good work
- Extend kind gestures (thank you card, small gift)
- Celebrate in your cultural way
- Celebrate and Honour during nursing week (May 11-17)

SUPPORT

- Lead a healthy lifestyle by example
- Make a point to attend all health related activities that are organized for the community

- Assist your nurse/s in promoting your community’s health and wellness
- Support nurses to build knowledge and confidence with members to achieve holistic wellness (i.e. diabetes, high blood pressure etc.)
- Assist your nurse/s to bring difficult health education topics (HIV/AIDS, COVID, Diabetes, Violence issues) to members
- Support your nurse when emergencies arise (wildfires, COVID pandemic, tragic death)
- Work as a team. Stand beside the nurse as she/he supports the community
- Share reasonable expectations with the nurse
- Be aware of nurses’ wellness needs and develop a plan so she/he receives important down time

FORGING FUTURE PATHWAYS

- Promote nursing as a positive career choice for your youth
- Invite Indigenous nurse/s to serve as role models
- Provide educational opportunities directed specifically for your youth to enter a health career
- Ensure that finances are not a barrier to your youth entering a health career field of study