



A BIG  
*thank you*  
to our health-care  
professionals

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

## Caregivers in seniors' residences: Guardian angels of the elderly

In light of the ongoing coronavirus crisis, 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.

### OFFERING REASSURANCE

To help prevent the spread of COVID-19, people across the country have been prohibited from visiting their loved ones in seniors' residences. During these unsettling times, millions of Canadians are taking comfort in the knowledge that orderlies are looking after the health and well-being of their friends, parents, grandparents and other relatives. These caring individuals are offering support to those who are sad, anxious and alone.

### 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 stressful work environment.

These everyday superheroes play a key role in the health-care system. Long after the COVID-19 pandemic ends, their courage and dedication will be remembered.

Many thanks to the orderlies across the country.

*Thank You!*

Thank you to all health care workers for the important work that you do!

Our communities rely on you and appreciate you.



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*From the Moosomin & District Health Care Foundation, we want to thank all the health care professionals, cleaning staff and everyone for all the sacrifices they have made to keep people healthy and safe.*



**Moosomin & District  
Health Care Foundation**



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## Thank You!

With our deepest gratitude, we thank all healthcare professionals for getting up, getting dressed and going to work every shift.

It takes grit and endurance to face all of the unknown challenges.

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## Honouring Canada's nurses

National Nursing Week takes place this year from May 10 to 16. 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 skill-set 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 prescrip-

tion medications.

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

In light of events over the last year, 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.

## CELEBRATE NATIONAL NURSING WEEK



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## Canadians rate nurses high on honesty

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 from May 6 to 12, 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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## 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 8 to 14, 2017) 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!**  
Health care professionals go above and beyond in the work that you do




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*Thank you!*



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You are amazing!**

**Thank you for being there for us when we need you the most.**



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## When a risky job becomes that much riskier

We all know that some jobs are more dangerous than others. It's expected that people who take on these jobs understand the risks and follow guidelines to stay as safe as possible. But what would you do if your job suddenly became much more dangerous?

That's the situation now facing millions of health-care workers who provide medical care to patients, including nurses, doctors, respiratory therapists, EMTs, and many others. They have a markedly higher risk of becoming infected with the coronavirus that causes Covid-19, especially if they are exposed to a high volume of sick patients (such as in the emergency room) or respiratory secretions (such as intensive care unit health-care providers). Early in the outbreak in China, thousands of health-care workers were infected, and the numbers of infected health-care workers and related deaths are now rising elsewhere throughout the world.

While consistent use of

personal protective equipment (PPE), such as N95 medical masks, reduces the risk of becoming infected with the new coronavirus, PPE is in short supply in many places.

Outside of work, people who have health-care jobs have the same pandemic-related stressors as everyone else. On top of these worries come added challenges, including

- the fear and uncertainty of a heightened risk of infection
- worry that they may carry the Covid-19 coronavirus home and infect loved ones
- a dwindling or already inadequate supply of PPE needed to minimize the risk of infection
- ever-changing recommendations from local leadership, medical and public health experts, and political leaders
- unusually high and increasing demands to work longer hours as their colleagues become sick or are quarantined
- balancing their commitment to help others



(which likely led them to their current profession in the first place) with an understandable commitment to protect themselves and their loved ones.

And if ICU beds, ventilators, or staffing prove inadequate to meet demand, some health-care workers will have to make enormously distressing and difficult ethical decisions about which patients get lifesaving care and which do not.

By all accounts, health-care workers have responded exceedingly well. They are showing up. They are putting in long hours. They have rapidly adapted to the situation by changing how they provide care, revising schedules, embracing telehealth, and even repurposing facilities—for example, turning operating rooms into intensive care units—or creating improvised protective equipment, though

that's far from ideal. And they have continued to demonstrate compassion and a brave front despite the fears they may harbor.

Remarkable stories are circulating about the lengths to which health-care workers are going in order to protect themselves and their families: doctors staying in the garage, hotels, or rental apartments rather than returning home to risk unwittingly infecting a family member; health-care

workers avoiding their small children when they come home until they can change out of their work clothes.

All of this takes a toll, of course. Already, reports are surfacing describing the significant psychological distress health-care workers are experiencing.

We know how to protect health-care workers from this new virus. Fixing the lack of masks and other protective equipment must be a priority: not only is the health-care system obliged to protect its workers but, importantly, if enough health-care workers get sick, our health-care system will collapse.

Nurses, doctors, and other health-care workers did not sign up for such a dangerous job. So, take a moment to recognize the health-care workers you know personally or see for medical care. Dealing with this pandemic is not easy for anyone, but it's especially hard on health-care workers. Let them know you are glad they're there for you.



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We appreciate everything you do.

**Thank you!**

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**We thank you for your service!  
The hard work you do does not go unnoticed. Thank you for everything.**



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health care professionals  
for your hard work  
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# Health care workers put patients' interests before their own

Why do millions of health care workers—doctors, nurses, emergency responders, aides, transport specialists, and more—risk their lives every day to care for those with Covid-19, a potentially deadly infection?

Personal courage is part of the explanation. But there's more to it than that. What we are seeing 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 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 ex-

perience, 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 like this, 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 during this crisis. But the public should realize that the professionalism that undergirds the behaviors they so admire is potentially fragile at a tough time like this, and needs to be supported now and in the future.



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## Six ways to thank a health care worker today



As millions of Canadians are quarantined at home during the coronavirus outbreak, many frontline and essential workers still have to go into work each day. Frontline workers, like doctors and nurses, as well as other essential workers, such as grocery store cashiers, mail carriers, social workers, bus drivers, sanitation workers, and many others, continue to work, putting themselves at risk.

If you have the luxury of being able to stay home during this time, you may be wondering what you can do to thank and support family, friends, and community members who continue to work during the crisis. Here are just a few ideas to start, from creative ways to express your thanks to sending meals to hospital staff. Most importantly: All of these ideas let you show your support, without leaving your house.

### 1. Create a Sign

To express your thanks to essential workers safely, consider making a sign for your yard or window that local workers will see when they walk or drive past your home. While it may be tempting to visit your local hospital with signs, creat-

ing signage for your home lets you show your gratitude without leaving the house.

A simple, legible paper sign in the front window works, but if you want to get a little more creative, go for it!

### 2. Send Food to Hospitals

Many groups are also raising funds to donate meal deliveries to hospital staffers who are working around the clock. Check for local fundraisers in your area.

### 3. Reach Out to Family and Friends Who Are Essential Workers

Send a text to friends and family members who are still required to work during this time. If they're busy working long shifts or overnight hours, they may not find the time to respond right away, but they will still appreciate knowing that you're there for them.

If you can, consider offering to safely drop off or deliver food for them, so they won't have to worry about cooking after a long shift at work.

### 4. Put Your Hands Together

Following the ritual started in Italy, Spain, India, and other countries, some

Canadian towns and cities have begun clapping and making noise for essential workers at a set time. By sticking their heads out of their apartment windows or standing out on the stoop, neighbors join together (from a safe distance) to cheer on frontline workers. Listen in to see if your neighborhood is participating, or consider starting the trend.

### 5. Show Kindness

During these stressful times, a little kindness can go a long way. Even something as simple as sharing a smile (from behind your protective mask, of course!) can brighten someone's day. Try to extend kindness to those who are helping during this crisis, including healthcare workers, first responders, cashiers, and others.

### 6. Stay Home

Above all else, staying home and practicing social distancing is the most important thing we can do to slow the spread of the virus and reduce the strain on first responders and healthcare workers. And when you do venture out for food or medicine, wear a face covering.

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