Welcome to another issue of the NJM Library’s newsletter. In this issue you will find information on the following topics and more.

- Chronic Obstructive Pulmonary Disease (COPD)
- Inuit health research
- The Canadian Hypertension Education Program recommendations
- Qulliq — a new section featuring information for social services and wellness
- Medical rehabilitation resources
- Bullying: how to help children, families and teachers

The Neil John Maclean Health Sciences Library (NJM) is your library, providing information services wherever and whenever you need it.
Selected Topic: COPD

Copies of The GOLD Pocket Guide to COPD Diagnosis, Management and Prevention (updated 2005 edition) are available in the health centres in the Kivalliq Region and Sanikiluaq.

The pocket guide is also available on the web site of the Global Initiative for Chronic Obstructive Lung Disease (GOLD) at www.goldcopd.com
The web site features many other resources including patient education materials and a slide show on the GOLD initiative and evidence-based practice for disease management.

COPD recommendations from the Canadian Thoracic Society were recently sent to the health centres. They are also available on the internet at http://www.pulsus.com/Respir/11_SBP/contents.pdf


Patient Education Resources for COPD

Canadian Lung Association web site
www.lung.ca

MedlinePlus
http://medlineplus.gov/

American Association of Family Physicians
http://familydoctor.org/706.xml

Physical Therapy for COPD Outpatients


Provides a case report to illustrate the process of integrating the patient/client model in the physical therapy management of a geriatric patient with chronic COPD. Note: The author used the Guide to Physical Therapist Practice (2nd ed., 2001) published by the American Physical Therapy Association.
Journal articles on COPD


Also available on the internet at http://www.aafp.org/afp/20050801/cochrane.html


Continuing education & upcoming conferences

14th Annual Rural & Remote Medicine Conference — Winnipeg — April 20-22, 2006
Organized by the Society of Rural Physicians of Canada, the conference objectives include

- To provide a forum for the exchange of information between physicians and nurses in small communities as well as with their urban counterparts to whom they refer patients
- To provide practical information and the opportunity to develop skills for the treatment and management of clinical problems in rural areas.

Visit the SRPC web site or phone 1-877-276-1949 for more information
http://www.srpc.ca/rr2006/

CancerCare Manitoba’s 2006 Community Cancer Programs Network Educational Conference — Neepawa, Manitoba — May 4,5, 6
Contact CCPN for more information or registration at 204-787-5159
Claire.schram@cancercare.mb.ca
COPD: Providing care in the community

A series of articles covering all aspects of COPD has recently been published in the journal, Home Healthcare Nurse. These articles can assist many people supporting patients with COPD to continue to live in the community.

Health care providers for residents of Sanikiluaq and the Kivalliq Region can order free copies of articles from the Neil John Maclean Health Sciences Library.

**Chronic Obstructive Pulmonary Disease Care at Home.** Home Healthc Nurse. 2005 Sep; 23(9):556-8. PMID 16160548

Cigna JA, Turner-Cigna LM. **Rehabilitation for the Home Care Patient with COPD.** Home Healthc Nurse. 2005 Sep;23(9):578,84; quiz 585-6. PMID 16160553

Farquhar SL, Fantasia L. **Pulmonary Anatomy and Physiology and the Effects of COPD.** Home Healthc Nurse. 2005 Mar;23(3):167,74; quiz 175-6. PMID 15764922

Frazier SC. **Implications of the GOLD Report for Chronic Obstructive Lung Disease for the Home Care Clinician.** Home Healthc Nurse. 2005 Feb;23(2):109,14; quiz 115-6. PMID 15706160

McAllister M. **Promoting Physiologic-Physical Adaptation in Chronic Obstructive Pulmonary Disease: Pharmacotherapeutic Evidence-Based Research and Guidelines.** Home Healthc Nurse. 2005 Aug;23(8):523,31; quiz 532-3. PMID 16103803

Miles-Tapping, C. **Home care for chronic obstructive pulmonary disease: Impact of the Iqaluit program.** Arctic Medical Research. 1994 53(4), 163-175. PMID 7857474

**Occupational health resources for Inuit carvers**

See the health and safety tips for Inuit carvers and other artists on the Nunavut Arts and Crafts Association web site http://www.nacaarts.org/health.html

The web site provides information in Inuktitut & English along with information about upcoming safety workshops for artists.


*Presents results of the study of carvers in Baker Lake, Gjoa Haven, Taloyoak, and Cape Dorset. Contact the NJM Library to receive a copy*
Keeping Up-to-Date on Inuit Health Research


If you have ever gone hunting in Nunavut, you will find this article interesting. The researchers interviewed elders and other hunters in Igloolik to document the ways hunters orient themselves to the land using traditional knowledge and/or new technologies such as global positioning system (GPS) units.

Other articles can be ordered from the NJM Library. There is no charge to order articles from the NJM Library for staff in the Kivalliq Region and Sanikiluaq.
Copies of the CHEP articles have been sent to each health centre in the Kivalliq Region and Sanikiluaq.


Thanks to Dr. Alec Macaulay, Inuit Health Program Coordinator, for suggesting this topic and the following additional resources.


Find more information for medical management and patient education on the Canadian Hypertension Society web site at http://www.hypertension.ca/recommend_body2.asp. The web site features slides, treatment protocols, and handouts for patients.

*This paper explores aspects of Northern life for transplanted professionals while suggesting strategies for integrating practical, cross-cultural competencies in the support of promising practice for Qallunaat and the benefit of Inuit young people.*

The article is available on the internet or contact the Neil John Maclean Library to receive a print copy.


*Eight non-Indigenous counsellors who temporarily lived in Nunavut to serve Inuit clients were interviewed regarding what they learned about Inuit spirituality during their cultural immersion experience. They were also asked about how they applied their understandings of the Inuit spiritual worldview in their professional practice. Counsellors’ narratives of their experiences in Nunavut revealed an understanding of the unity of humans and the natural environment in Inuit spirituality, alternate versions of reality, and diverse religious beliefs and rituals. Counsellors’ reflective practice facilitated a search for culturally meaningful explanations of clients’ presenting problems, as well as the use of culturally appropriate healing methods.*


*The Inuit Needs Project was a joint effort of Correctional Service Canada (CSC), Inuit Tapiriit Kanatami (ITK) and Pauktuutit Inuit Women’s Association. The report documents the needs of offenders and family along with the CSC program gaps in an effort to develop more effective strategies for reintegrating Inuit offenders back into their communities.*
[http://www.csc-scc.gc.ca/text/rsrch/reports/r142/r142_e.pdf](http://www.csc-scc.gc.ca/text/rsrch/reports/r142/r142_e.pdf)
Download the report for free on the internet or contact the NJM Library to receive a copy.
This section of the newsletter features information for the Medical Rehabilitation staff but may be useful for other health professionals on the team or other people in your community (such as CHRs or teachers).


Bullying

Thanks to Miriam Lam, Occupational Therapist in Rankin Inlet, for suggesting this topic.

Visit the **NJM Library’s web site** to find pamphlets in Inuktitut on children’s health topics such as bullying and early child development.

http://www.umanitoba.ca/libraries/units/health/aboriginal/inuktituk.shtml#children

You can also choose to go directly to the Student Support Materials section of the **Government of Nunavut’s Department of Education web site** to download the brochures.

http://www.ecss.nu.ca/ss/index.htm

There are many posters, pamphlets and reports to enhance understanding of Inuit values, child development, bullying and suicide prevention on the **Mental Health Task Force for Nunavut web site**. The **Inuit Values** posters were illustrated by **Donald Uluadluak**, an elder and educational advisor from Arviat.

http://www.gov.nu.ca/education/COEWebsite/English/library.htm

Visit the Department of Education’s web site to see **Sanasimajut**, the list of publications produced in Nunavut for teachers. The resources support Inuit values for child development.


You can find additional information on bullying, self esteem and children’s mental health on the following web sites:

- **Canadian Health Network** http://www.canadian-health-network.ca/
- **MedlinePlus** http://medlineplus.gov/
- **Assessment Toolkit for Bullying, Harrassment, and Peer Relations at School**: A Project of the Canadian Public Health Association
  http://www.cpha.ca/antibullying/
  Includes tips for students, parents, and teachers. The site provides an overview of what works and what doesn’t, best practices and core school components needed for measurable, successful programs.
  http://www.ala.org/ala/booklinksbucket/bulliesbullying.htm
- **Saskatchewan Learning. Anti-bullying Resources**
Related resources on bullying


This paper describes complex and counterbalancing motivations underlying attachment, which governed social life in traditional Inuit camps and continue to influence Inuit behaviour in modern settlements. These motivational patterns are capable of maintaining a strong sense of personal worth and connectedness with other people; but they can malfunction in difficult circumstances. The differing vicissitudes of nurturance and dependence in camps and in settlements are described, with focus on the modern development of a vicious circle, which can afflict the self-esteem of Inuit who live under modern conditions.


These are some of the Inuit Values compiled by the Departments of Education and Health & Social Services. Visit the Government of Nunavut website to see more Inuit Values, to enjoy the artwork on the banners or to share with others.
http://www.gov.nu.ca/education/COEWebsite/English/library.htm
What does the NJM Library do for you?

- Sends articles to you
- Purchases and delivers books for your reference in the health centres
- Answers your questions using our large medical collection
- Provides lists of journal articles for patient care and program development
- Provides training and assistance in finding quality literature on the internet and in using PubMed
- Has a web site of useful resources about Inuit health, patient information in Inuktitut and cross-cultural care

Visit our web site to learn more about our services
Click on ‘Aboriginal Health’
Find information designed for you

www.umanitoba.ca/libraries/health
204/789-3464 NJM_Ref@umanitoba.ca
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Visit the Aboriginal Health section of our web site for a complete list of library services, tools, and contact numbers www.umanitoba.ca/libraries/health

Contact Janice_Linton@umanitoba.ca 204/789-3878 or NJM_Ref@umanitoba.ca 204/789-3464 to obtain further assistance.