

PracticeNWT

HSS Professionals Newsletter

April 2024

Capture the Aurora Photography Contest Winner: Jeff Ray Sanchez!



Taken in the Yellowknife Back Bay Area in early April 2024.

Thank you to everyone who sent in their submissions!

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Interview:

Carey Fowler & the Targeted Academic Support Program

Carey Fowler will graduate from the University of Lethbridge this spring with her degree in Recreational Therapy thanks in part to the Targeted Academic Support Program (TASP).

TASP is a funding program available to front line workers who wish to further their education in their field, eligible recipients can receive up to \$50,000.

Carey had been working as a Recreation Therapist for 16 years when she discovered TASP. She then spent the next six years getting her degree while working full time. Carey was eager to learn new techniques and best practices that had developed over the last 15 years. During her education, Carey interned with Ability Online where she gained valuable knowledge and experience on the diverse ways that Recreation Therapy services can be delivered.

Since completing her internship, Carey has been advocating for an expansion of outpatient Recreation Therapy services in the NWT. Carey shared that being able to partake in elective classes in Harm Reduction and the Evolution of Healthcare brought a new lens to Recreation Therapy for her.

Carey credits her perseverance throughout the pursuit of her degree - she was able to complete it despite a pandemic, a university strike, and an evacuation! Congratulations Carey!

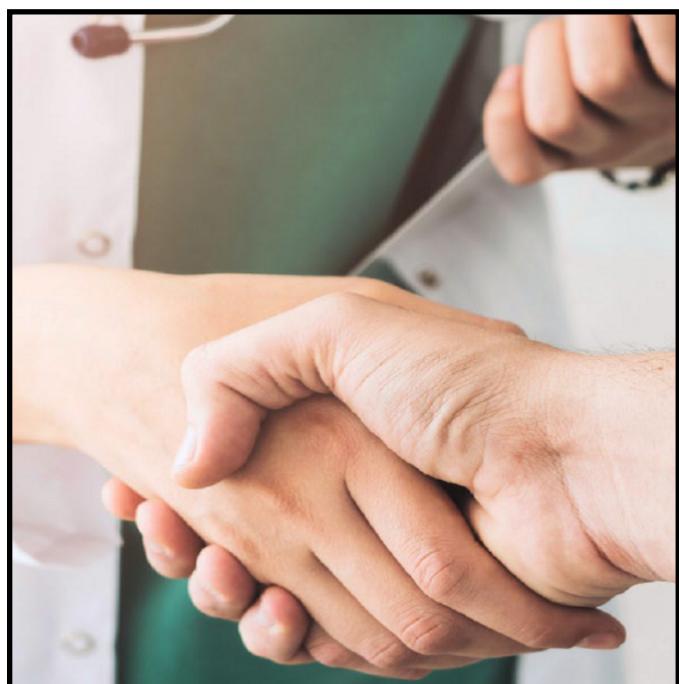
Learn more and discover if you are eligible for the Targeted Academic Support Program on OurNTHSSA.ca.



Carey Fowler at the Snowking Winter Festival.

"The TASP Program provided me with the financial support to pursue my dream of finishing my degree without financial worries."

- Carey Fowler



Program Highlight

The Referral Program

Do you have friends or family interested in joining the NWT Health and Social Services System as a nurse practitioner, registered nurse, or physician?

The NWT HSS System Referral Program is available to all GNWT staff and employees of the NWT Health and Social Services System. Eligible applicants can receive up to \$2,000 for their recruitment efforts!

The Referral Program is open to GNWT and HSS System employees who successfully refer a Nurse Practitioner, Registered Nurse, or Physician to an open or indeterminate position for a year or more within the HSS System. Note that the program is only applicable for employees referred after July 11th, 2023.

All other eligibility requirements including the program guidelines and frequently asked questions, are available on PracticeNWT.ca.

Interview:**Oral Health Month with Julia Erasmus**

PracticeNWT sat down with Julia Erasmus, an Oral Health Professional in Fort Simpson, to get her advice on oral hygiene for Oral Health Month.

Why is oral health important?

“Oral health is the first point of health, our teeth help us chew, speak, and are a part of our identity. Not many people have perfectly aligned teeth and that’s okay; your smile is what makes you, you!”

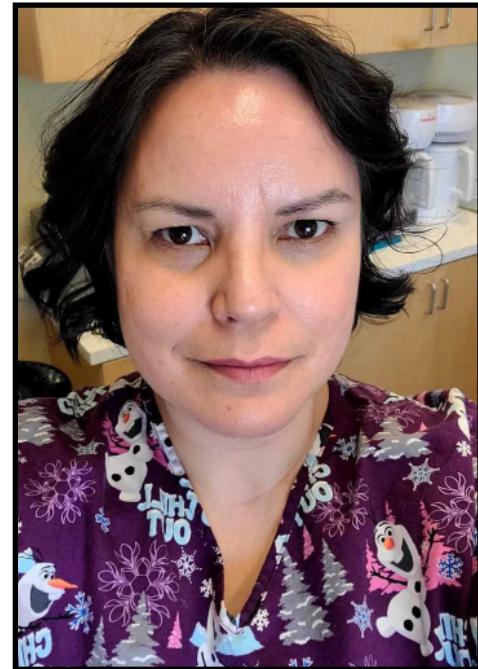
What is something everyone should know about oral health?

“If you want to enjoy a sugary drink such as pop, juice, or even coffee with sugar, to do so with a meal. When you eat a meal, your teeth are already being exposed to an acid attack, the time between meals is when your teeth are able to neutralize the acid attack. Sipping a sugary drink between meals means your teeth don’t have the time to recuperate and neutralize the attack, making you more susceptible to cavities.”

What are some tips to maintain good oral health?

“Brushing too hard can wear away at the enamel and cause gum recession, this can result in tooth sensitivity, and increased risk of cavities. When brushing, the bristles should lightly touch the teeth. If the bristles are being pushed down and flaring out, it’s too hard. A bunch of little wiggles is better than brushing hard and fast.”

Celebrate Oral Health Month by scheduling your annual dental check up!



Julia Erasmus

Conferences and Career Fairs:**Nurse Practitioner Association of Canada Conference**

Erin Currie (NP) & Frank Walsh (RN) in Calgary, Alberta

PracticeNWT was in attendance for this year's Nurse Practitioners Association of Canada National Conference, in Calgary, Alberta. Representatives Erin and Frank were at the weekend long event to share their experiences practicing in the Northwest Territories, as well as provide information about the current opportunities that are available.

The event was well attended, and Nurse Practitioners from across Canada gained some great insights on the benefits of living and working as a Nurse Practitioner in the north.

Program Highlight:

Employee Transition Support

PracticeNWT is excited to introduce Samantha Bhani, Caroline Browning-Kauffman, and Sehrish Khan, the newest additions to our team: the NWT HSS Employee Transition Coordinators! Dedicated to ensuring a smooth and welcoming transition for new and relocating employees within the HSS System, our Transition Coordinators are here to provide support every step of the way.

The Transition Coordinators are here to address any concerns and help employees and their families feel at home in their new surroundings, whether its settling into a new neighborhood, making connections with the new community, or navigating the intricacies of local services. With a wealth of knowledge on a broad range of topics, including restaurants, postal services, and local organizations, they're equipped to provide tailored guidance to meet any and all individual unique needs.

"We understand that moving to a new territory or community can be stressful. I am excited that as Transition Coordinators, we will be able to help alleviate some of that stress, and provide answers to allow the new HSS employees to focus more on their new position."

— Caroline Browning-Kauffman



"The Ocean's Touch" by Sehrish Khan.

Sehrish is an NTHSSA employee based in Inuvik, NT. Her position allows her to welcome new and new to role employees to their new communities. "The Ocean's Touch" won the 2024 NWT Directory Art Contest by Northwestel.

Current Opportunities

Considering joining the NWT HSS System? For a full list of current opportunities visit [HSS Careers](#) and [Physician Careers](#)

Nursing Across the NWT (Short Term and Permanent)

[Registered Nurses](#)

[Community Health Nurses](#)

[Nurse Practitioners](#)

Rehabilitation Services Across the NWT

[Speech Language Pathologist](#)

[Occupational Therapist](#)

[Physiotherapist](#)

Physicians Across the NWT

Family Practitioner [Behchoko](#), [Fort Smith](#), [Hay River](#), [Inuvik](#), [Yellowknife](#).

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