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2008-2009**

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# CANADIAN INTERPROFESSIONAL STUDENT NETWORK (CISN)

## What is CISN?



### **The Canadian Interprofessional Student Network**

*The Canadian Interprofessional Student Network (CISN) is a group of student representatives from the various national health and human services student associations. This group was formed to allow interaction between these student organizations and promote interprofessional education across Canada.*

**Read More!**

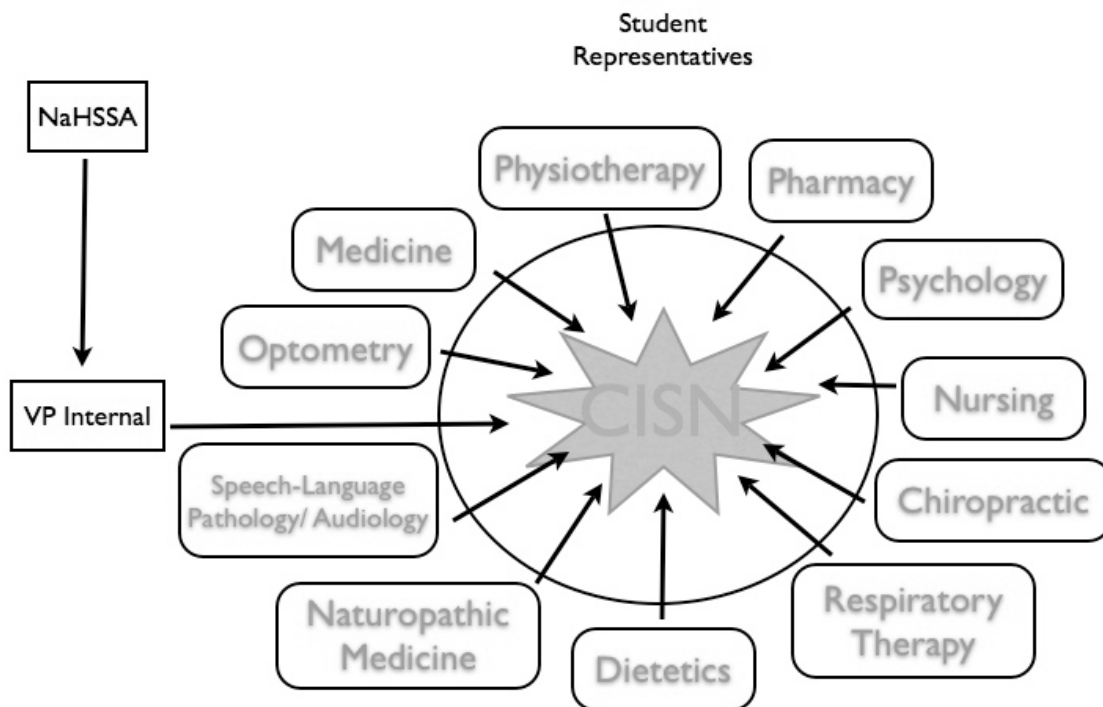


# What is CISN? (continued from page 1)

Supported by NaHSSA, CISN has grown and now encompasses many professions in the sectors of health and human services. CISN has a broad and diverse student membership that creates a dynamic forum to keep the IPE discussion alive. Currently, members include representatives from medicine, speech-language pathology and audiology, optometry, pharmacy, physiotherapy, psychology, chiropractic, dietetics, nursing, respiratory therapy, and naturopathic medicine.

Communication between CISN members through teleconferences and email provides a forum for sharing events, conference, and projects throughout the year and strengthening the link between these various professions. The purpose of this booklet was meant to showcase the diversity of health care professions and their importance in the interprofessional health care setting.

For more information and to see CISN events/news, please visit [www.cisn.info](http://www.cisn.info). For any other questions, or to be put in touch with any of the members, please email [vpinternal@nahssa.ca](mailto:vpinternal@nahssa.ca).



# Chiropractic

Submitted by Andrea Guidolin and Justyne Kersley  
(SCCA Interprofessional Committee)

## What Is Chiropractic?

Chiropractic is a regulated health profession recognized by statute in all Canadian provinces and American states. Chiropractic is the art, science and philosophy that concerns itself with the relationship between the nervous system and the health of the body.

## What Do Chiropractors do?

Chiropractors practice a drug-free, manual approach to health care that includes patient assessment, diagnosis and treatment. In particular, chiropractors assess patients for disorders related to the spine, pelvis, extremity joints, and their effect on the nervous system. Chiropractors are also trained to recommend therapeutic exercise, to utilize other non-invasive therapies, as well as to provide nutritional, dietary and lifestyle counseling.

Adjustment is the most common form of treatment utilized by chiropractors in clinical practice. Also known as spinal manipulative therapy, adjustment is a non-invasive, manual procedure that utilizes the highly refined skills developed through four years of intensive chiropractic education. Adjustment is a carefully controlled procedure delivered by a skilled practitioner to dysfunctional spinal or extremity joints. The primary goal is to decrease pain and restore function by improving areas of reduced movement in the joints and supporting tissues, and decreasing muscle tightness or spasm.



## Where do Registered Chiropractors work?

Chiropractors most commonly practice in private offices either as a sole practitioner or in associateship with other chiropractors or health professionals. Practices in multidisciplinary clinics or in institutionalised health care settings are becoming more common.

## Education & Preparation:

Chiropractic students undergo a rigorous course of study similar to that of other health care professionals. Entrance requirements are also similar. Students are required to complete a minimum of three years of university before they are eligible for admission to the CMCC accredited program. In fact, over 80 per cent of students entering the CMCC program have completed a baccalaureate degree. The CMCC program requires four years of full-time study, including a year-long internship in the College's clinics. In Quebec, the UQTR has a five-year program following graduation from a CÉGEP health science program. Both the CMCC and the UQTR programs include courses in anatomy, biochemistry, physiology, neurology, embryology, principles of chiropractic, radiology, immunology, microbiology, pathology, nutrition, and clinical sciences specifically relating to diagnosis.

## Licensure:

Chiropractic is a self-governing profession, each provincial regulatory body having the authority to grant a licence to practise chiropractic. The self-disciplining and regulatory process includes extensive testing, peer review programs, continuing education requirements and the disciplining of practitioners who fail to meet provincial licensing standards.

In all provinces, the minimum licensure requirements include:

1. Graduation from an accredited chiropractic college
2. A minimum of 3 years pre-professional university/college studies
3. Passing scores on national examinations administered by the Canadian Chiropractic Examining Board, and Passing scores on provincial licensing examinations.

## What is the role of the Canadian Chiropractic Association?

The CCA is a federated association representing the chiropractic profession in Canada through the co-operation and co-ordination of information and programming among its provincial divisions. There are approximately 6,500 chiropractors in Canada of whom 88 per cent are members of the association.

The mission of The CCA is to help Canadians live healthier lives by informing the public about the benefits of chiropractic care, by facilitating chiropractic research, and by advocating for health care system reform to ensure equitable and accessible health care for all Canadians.

Information retrieved from Canadian Chiropractic Association website [www.ccachiro.org](http://www.ccachiro.org)

# Dietetics

Submitted by *Denae Lamontage*  
(*Dietitians of Canada Student Network Co-Chair*)



**Dietitians of Canada**  
**Les diététistes du Canada**

## What Is Nutrition?

Nutrition is the science of foods and the nutrients and other substances they contain and of their actions within the body (including ingestion, digestion, absorption, transport, metabolism, and excretion). A broader definition would also include the social, cultural, psychological and cultural implications of food and eating.

## What Do Dietitians do?

Dietitians are essential members of the health care team and practice in a wide range of diverse workplaces. Dietitians work -

*In health care facilities, including hospitals and nursing homes, community health centres, and home care:*

**Clinical Dietitians** identify nutrition problems and assess the nutritional status of patients; develop care plans and monitor the effectiveness of nutrition interventions; and counsel patients on special diet modifications.

*In the community:*

**Public Health Nutritionists/Dietitians; Dietitians working in Community Health Centres or Aboriginal Health** assess the nutritional needs of populations; identify community nutrition problems; and develop health promotion strategies, nutrition education programs and healthy eating resources. They work with individuals and groups to improve their nutritional well-being; prevent nutrition-related disease; increase access to food and enhance personal control of health.

*In foodservice management:*

**Administrative Dietitians** manage food production, distribution and service of high quality meals/snacks, ensuring adherence to sanitation and safety standards and a cost effective operation. They manage food service departments in hospitals and other health care facilities, schools, universities, and businesses and may be employed by contract food companies.

*In private practice:*

**Consulting Dietitians** provide expertise in nutrition to promote health and prevent disease, counselling services for nutrition-related diseases and disorders, and management advice to food service operations. They operate their own private consulting practices or businesses and work with individuals, groups, workplaces, and media.

*In industry:*

**Dietitians in Business and Industry** assist the private sector with research, product development, marketing, and consumer education.

Working with food and pharmaceutical companies, marketing associations and food service providers, dietitians are able to develop, promote and market better food and nutritional products.

*In government, education and research:*

**Dietitians in Government** develop nutrition and food policy based on scientific evidence in consultation with stakeholder groups. They also direct and administer nutrition programs and services and may work at the Federal, Provincial, Territorial or local level.

**Dietitians in Education** teach nutrition, food chemistry or food service administration to students in dietetics, nursing, medicine, pharmacy, or dentistry programs, or the food and hospitality industry. These courses are taught at all levels - elementary and secondary school, college, university, professional schools and hospitals.

**Research Dietitians** plan and direct research projects which will ultimately enhance patient care and improve the cost-effectiveness of food service. Universities, health care facilities and industry all support research by Dietitians.

## Education & Preparation:

To become a Dietitian one needs to complete a DC accredited Nutrition program and Internship or Practicum program. For more information on the various programs visit: [http://www.dietitians.ca/public/content/career\\_in\\_nutrition/accredited\\_undergraduate\\_programs.asp](http://www.dietitians.ca/public/content/career_in_nutrition/accredited_undergraduate_programs.asp)

## Licensure:

As is the case for other health professionals, Dietitians must register with a provincial regulatory body in order to practice. The provincially mandated dietetic regulatory bodies exist for public safety. This role differs from that of the national association, Dietitians of Canada, which has a mandate to support members.

## What is the role of the Dietitians of Canada Student Network?:

The Dietitians of Canada Student Network is the gathering place for qualifying members who are dedicated to their personal development and excited about contributing to the future of the profession through the promotion of active membership in DC. This network provides a forum that encourages the exchange of information and ideas to support the shared interests of students and interns across Canada.

Qualifying members are encouraged to become actively engaged with the dietetic community at their local level as well as through this network.

# Medicine

*Submitted by Jonathan DellaVedova  
(President, Canadian Federation of Medical Students)*

## THE CANADIAN FEDERATION OF MEDICAL STUDENTS

The Canadian Federation of Medical Students (CFMS) is the national representative body of medical students in Canada. Our membership includes over 7000 medical students pursuing their medical careers in 14 member schools from coast to coast. As an organization we provide specialized services, communication and representation to Canadian medical students.

Though our membership is diverse and distributed over a wide geographic area, we are a grassroots organization and our agenda is set by member input and member resolutions. We listen to the issues that are of concern to medical students and voice those concerns to the national medical organizations, faculties of medicine, the public, and government. In this way we work towards the betterment of our medical education and healthcare systems. At the same time, based on member input, we are always seeking out and acquiring discounts and services for our members such as travel, telecommunications, and educational materials. Our Global Health division is highly active, organizing exchanges for Canadian medical students and participating in exciting overseas health initiatives. Our publications include our growing Annual Review which has captured the attention of government and the national medical organizations.



The CFMS is led by an Executive Group consisting of a President, Past-President, five Vice Presidents responsible for different portfolios, and six Regional Representatives. The 14 individual medical student societies are each represented by two representatives who attend our Annual General Meeting in September and Biannual General Meeting in May and maintain contact with each other and the executive throughout the year. Our General Manager oversees our Ottawa office and carries out much of the day-to-day activity of the organization.

### ***The Medical Profession in Canada***

The route to a career in medicine begins with a general undergraduate education. All Canadian medical schools outside Quebec require 2-4 years of university education with various pre-requisites, and many require completion of the Medical College Admission Test as well. Entry is highly competitive into the 17 medical schools in Canada including 3 francophone schools in Quebec. The length of undergraduate medical education outside Quebec is 4 years with the exception of McMaster University and the University of Calgary which have 3-year programs. Generally, the first half of medical education is pre-clinical consisting of didactic and small-group learning while clinical experiences are gradually introduced. The latter half of medical school is called clerkship and consists of rotations through the various medical disciplines in the hospital and in the community.

Just before graduation, senior medical students participate in a matching process for entry into post-graduate medical education or “residency”. There are approximately 30 different specialties from which to choose including Family Medicine, Pediatrics, General Surgery, Internal Medicine, Psychiatry, Obstetrics/Gynecology and Emergency Medicine. Further sub-specialization is possible in many of these disciplines at a later stage of training. Residency programs can be anywhere from 2 years to 7 years in duration.

Medical trainees are licensed by both the Medical Council of Canada, and either the Royal College of Physicians and Surgeons of Canada or the College of Family Physicians of Canada. Examinations take place at various stages of training. Throughout one’s career as a physician there are requirements to participate in Continuing Medical Education or Continuing Professional Development to keep knowledge and skills current.

Physicians are found in all aspects of the healthcare system in Canada. Family physicians are considered the main entry point into the system and are responsible for providing comprehensive and coordinated care for their patients. More specialized or emergent care is provided by a very wide range of specialists and sub-specialists who staff emergency rooms, operating rooms, specialty offices in the community, medical wards, labour and delivery wards, pediatric wards, public health units, community outreach clinics and many more.

Outside of clinical medicine, many career paths are available including medical education, medical research, administration, and advocacy. Nationally, the professional association of Canada’s physicians is the Canadian Medical Association and each province or territory has its own division as well.

A strong sustainable healthcare system in Canada depends on a vibrant medical profession and high quality medical education system. Though Canada is short on physicians, the profession is growing and increasingly committed to new avenues of collaboration to improve access and quality of care for all Canadians.

# Naturopathic Medicine

Submitted by Nooreen Sumar  
(VP External Communications, Naturopathic Students' Association)



**ccnm**  
CANADIAN COLLEGE OF  
NATUROPATHIC MEDICINE

**What is Naturopathic Medicine?** A distinct system of primary health care that addresses the root cause of illness, and promotes health and healing using natural therapies. It supports the body's own healing ability using an integrated approach to disease diagnosis, treatment and prevention that includes: Asian medicine, botanical medicine, physical medicine (including massage, hydrotherapy & manipulation), clinical nutrition, homeopathy and lifestyle counseling.

**What do Naturopathic Doctors (ND) do?** They are highly educated primary care providers who integrate standard medical diagnostics with a broad range of natural therapies. They practice six fundamental principles of naturopathic medicine, including: *The Healing Power of Nature*

(Trust in the body's inherent wisdom to heal itself), *Identify and Treat the Causes* (Look beyond the symptoms to the underlying cause), *First Do No Harm* (Use the most natural, least invasive & safest therapies), *Doctor as Teacher* (Educate patients in the steps to achieving and maintaining health), *Treat the Whole Person* (View the body as an integrated whole in all its physical and spiritual dimensions), *Prevention* (Focus on overall health, wellness and disease prevention). The six principles as well as consideration of a patient's mental, emotional, physical and spiritual state are taken into consideration when creating individual health plans to address the root cause.

**Where do NDs work?** Graduates may open a private practice or partner with an existing naturopathic/multidisciplinary clinic. Some work with fitness centers, spas or corporate wellness programs. Others find opportunities in teaching, research and development, consulting (for government and nutraceutical/pharmaceutical companies) and publishing.

**Education & Preparation:** Naturopathic Medicine is a post-university professional program that requires a bachelor's degree for admission with prerequisites in biology, chemistry, biochemistry, organic chemistry, psychology and humanities. The program is an intensive four-year program that includes more than 1,200 hours of clinical experience and involves more than 3,000 hours of classroom training. The three major areas of study in the program are:

Biomedical Sciences: Anatomy, physiology, pathology, biochemistry, immunology, pharmacology

Naturopathic Sciences: Clinical Nutrition, Botanical Medicine, Asian Medicine, Homeopathy, Physical Medicine, Lifestyle Counseling

Clinical Education: Differential Diagnosis, Lab Diagnosis, Integrated Clinical Studies, Parenteral therapy, Obstetrics, Pediatrics, Primary Care, Men's & Women's Health

**Licensure:** Naturopathic Medical Schools are accredited by the Council on Naturopathic Medical Education (CNME), the North American accrediting agency for naturopathic colleges and programs recognized by the US Department of Education. NDs are regulated under provincial legislation and must pass provincial and national board examinations in order to practice.

# Nursing

Submitted by *Chrissy Lefkimmiatis*  
(Vice-President, Director Inter/Intra Professional Education & Research  
Canadian Nursing Students' Association)



## What is Nursing?

**Nursing** encompasses autonomous and collaborative care of individuals of all ages, families, groups and communities, sick or well and in all settings. (As defined by the International Council of Nurses)

## What do nurses do?

Nursing includes the promotion of health, prevention of illness, and the care of ill, disabled and dying people. Advocacy, promotion of a safe environment, research, participation in shaping health policy and in patient and health systems management, and education are also key nursing roles. (As defined by the International Council of Nurses)

## Where do Registered Nurses, Licensed/Registered Practical Nurses & Registered Psychiatric Nurses work?

Nurses work in hospitals and acute care settings, public health units, retirement communities, nursing homes, clinics, offices, mental health facilities, group homes, homecare, occupational health and safety, pharmaceutical companies, in government, in the education sector, administration and management, the Canadian Armed Forces, remote/rural areas, research areas, and many other health and non-health care sectors.

## Education:

Registered Nurses are educated as either diploma entry into practice or degree entry into practice Nation-wide. Provincial policies differ, as some provinces (such as Ontario, for example) have phased out diploma education and offer only Baccalaureate entry into practice. This is an initiative that the government has mandated Canada-wide. Licensed/Registered Practice Nurses are educated in a diploma program. Registered Psychiatric Nurses are educated as baccalaureate entry into practice, and only exist in Western provinces.

## Licensure:

Nursing is a self-regulated profession. The Regulating Body for Nurses will depend on the province in which licensure is sought.

## What is the role of the CNSA?

For over thirty years, CNSA has represented the interests of nursing students to federal, provincial and international governments and other nursing and health care organizations. The CNSA represents all classes of undergraduate nursing students in Registered Nursing, Registered/Licensed Practice Nursing, and Registered Psychiatric Nursing programs. CNSA holds annual national and regional conferences and offers lively discussion forums through the web site ([www.cnsa.ca](http://www.cnsa.ca)). The CNSA, with over 22,000 members, is an affiliate member of the Canadian Nurses Association and Practical Nurses Canada as well as an associate member of the Canadian Federation of Nurses Unions. The CNSA has a reciprocal relationship with Canadian Association of Schools of Nursing and is a co-chair of the New Health Professionals Network.

## CNSA is guided by the following underlying principles and objectives:

- Provide a communication link among nursing students across Canada, recognizing the specific language needs of our bilingual country.
- Act as the official voice of nursing students.
- Provide a medium through which members can express their opinions on nursing issues.
- Encourage participation in professional and liberal education.
- Provide a liaison with other organizations concerned with nursing.
- Increase the awareness of both the existence of and the need for nursing research

# Optometry

Submitted by Reena Bansal

(Canadian Association of Optometry Students Interprofessional Representative)



Canadian Association of Optometry Students  
L'Association Canadienne des Étudiants en Optométrie

## What Is Optometry?

A healthcare profession in which independent health care providers specialize in the examination, diagnosis, treatment, management and prevention of diseases and disorders of the visual system, the eye and associated structures as well as the diagnosis of ocular manifestations of systemic conditions.

## What Do Optometrists do?

- Perform eye examinations to evaluate eye health and vision status, as well as diagnose eye disease and vision problems.
- Prescribe glasses or contact lenses to correct or manage vision problems.
- Deliver therapies to correct or manage eye muscle or perceptual problems and low vision

## Where do Optometrists work?

Most optometrists are private practitioners who work in a practice as owner of the practice, partner or as an associate. Optometrists may do hospital visits to accommodate those patients who are unable to leave the hospital.

## Education & Preparation:

Optometrists need a Doctor of Optometry degree, which requires the completion of a 4-year program at an accredited optometry school. This is preceded by at least 3 years of preoptometric study at an accredited college or university. The Optometry Admissions Test (OAT) must be written before entrance to an optometry program.

## Licensure:

In Canada, licensing exams are conducted by the Canadian Examiners in Optometry. In the US, the exams are given by the National Board of Examiners in Optometry. Further clinical examinations must be completed for the specific province or state in which the optometrist wishes to practice.

## What is the role of CAOS (Canadian Association of Optometry Students)?:

- To increase student awareness about current issues and challenges facing the profession of optometry in Canada
- To increase public awareness of optometry's role as the primary vision care provider throughout the community
- To encourage strong communication and involvement between students and their future co-workers, which will provide an enlightened group of future optometrists who will effectively deal with future challenges

# Pharmacy

Submitted by Sara Lavoratore  
(CAPSI Executive Council)



The practice of pharmacy has greatly shifted in the past few decades. Previously, the perception of pharmacists was that they spent most of their time behind the counter in a community pharmacy filling prescriptions and giving advice to their patients. However, pharmacists currently play an important role in utilizing health care, often as advocates, ensuring safe and effective use of medications. Pharmacists work along side other health care providers to educate patients to help them manage disease and their overall health. As professionals, pharmacists are responsible for optimal use of prescription and non-prescription medications.

### Pharmacists place of practice

Pharmacists work in a variety of settings, but the most common and most visible area of practice is community pharmacy. Community pharmacists are one of the most accessible health care professionals, and as such, play an important role in medication management and health promotion. Many pharmacists are also employed in hospitals or ambulatory clinics. When patients are admitted to hospital they are commonly prescribed numerous, complex medications. Pharmacists, along with other members of the health care team, help to ensure medications are used safely and effectively. In hospital pharmacy, pharmacists interact greatly with other health care providers. Additionally, many hospital pharmacists actively participate in programs to upgrade their education and knowledge to specialize in specific fields such as oncology or psychiatry. In addition to the areas of practice mentioned above, pharmacists can also work in the pharmaceutical industry. There is a great breadth of opportunities available to pharmacists in industry; positions can include clinical research, drug information, marketing, professional affairs, and regulatory affairs.

### Education and preparation

Currently, there are 10 schools of pharmacy in Canada. Each school has different admission requirements; however, all schools require some university level prerequisite courses that may take one or two years to complete. Some schools require the Pharmacy College Admission Test (PCAT), and some schools will also conduct interviews. The majority of pharmacy schools offer a Bachelor of Science in Pharmacy, but some pharmacy schools offer a Doctor of Pharmacy. Across Canada, some pharmacy schools are beginning to phase out the Bachelor of Science in Pharmacy degree and are offering the Doctor of Pharmacy degree solely. Throughout the 4-year curriculum of pharmacy school, pharmacy students learn in depth clinical knowledge regarding medications unlike any other health care professional. Pharmacy students learn therapeutics, pharmacology, medicinal chemistry, toxicology, clinical biochemistry, pharmacokinetics, and pharmaceuticals. Pharmacy students also learn about social and administrative pharmacy, interprofessional relations, law, and pharmacoconomics. In addition to classroom and problem-based learning, pharmacy students complete a practical learning component prior to graduation. Upon completion of a pharmacy degree, graduates can complete other educational opportunities such as a hospital residency or industrial residency. University of Toronto as well as University of British Columbia offer a clinical Doctor of Pharmacy degree as well.

### Licensure

As a graduate of a Canadian pharmacy school, pharmacy students must complete two qualifying exams by the Pharmacy Examining Board of Canada. The first exam is a written multiple-choice exam and the second is a structured clinical (practical) exam consisting of stations. Once graduates have completed the qualifying exams they may apply to their provincial college of pharmacy for licensure. Each province requires a jurisprudence exam as well as an internship before becoming a registered, licensed pharmacist.

### The role of the Canadian Association of Pharmacy Students and Interns (CAPSI)

CAPSI is the national, voluntary association of pharmacy students and interns. The Association was developed to promote and advocate the interests of pharmacy students before organized bodies of pharmacy, other professions, government, industry, hospital, and the community. CAPSI provides its members with opportunities for professional advancement through educational programs such as symposia and competitions. Annually, CAPSI holds a conference, Professional Development Week, to allow pharmacy students from across Canada to meet and interact as well as learn from innovative speakers. CAPSI also produces a journal, the CAPSIL, which is published three times yearly and is a venue for pharmacy students to share thoughts on practice and a variety of other issue issues.

# Physiotherapy

*Submitted by Hana Alazem  
(Student CPA Representative)*

## What is physiotherapy?

Physiotherapists manage and prevent many physical problems caused by illness, disease, sport and work related injury, aging, and long periods of inactivity.

([www.physiotherapy.com](http://www.physiotherapy.com))



Canadian  
Physiotherapy  
Association

Association  
canadienne de  
physiothérapie

National Student Assembly  
Assemblée nationale des étudiants

## What do Physiotherapists do?

Physiotherapists are skilled in the assessment and management of a broad range of conditions that affect the musculo-skeletal, circulatory, respiratory and nervous systems. Here are some of the ways physiotherapy can help:

Address physical challenges associated with back pain, arthritis, repetitive strain injury etc.

Attend to sports injuries and provide advice on prevention and recurrence

Direct care for children with paediatric conditions such as developmental delay, fractures and cardiorespiratory conditions

Get you back on your feet after surgery

Help you manage the physical complications of cancer and its treatment

Manage incontinence

Maximize your mobility if you have a neurological disorder such as stroke, spinal cord injury or Parkinson's disease

Oversee rehabilitation in your home after you have been ill or injured

Provide pre- and post-natal care and attend to other women's health conditions

Treat neck and back pain and other joint injuries

Work with you to treat and manage respiratory and cardiac conditions

## Where do physiotherapists work?

In-patient and out-patient hospital settings (ICU, NICU, surgical floor), Neuro-rehabilitation settings, Cardiac Rehab clinics, Resp-Rehab clinics. Dialysis-clinics, Privately own clinics (mainly in orthopedics), Child development centers, Women's health clinics, Sports events/sport teams.

## Education:

Currently in Canada if you would like to become a physiotherapist you must get a Masters of Science - Physical Therapy. M.Sc. PT

## Licensing bodies:

Ontario Physiotherapy Association (OPA)

Canada Physiotherapy Association (CPA) – Voluntary national professional association

## Role of the CPA representative:

-Assisting with the CPA Membership Recruitment campaigns at their schools – materials are provided to assist with this process, and CPA's provincial branches are also usually involved;

-Helping with special projects on a voluntary basis such as fund-raising, writing articles for *Contact*, contributing to the web site, or working with other student advocacy groups on inter-professional initiatives;

-Attending the NSA Annual General Meeting, which takes place at Congress each year. While direct funding is not available for this for positions other than the NSA President, often being an NSA representative can assist in Congress fundraising efforts with your school and/or provincial branch.

# Psychology

*Submitted by Pamela Seeds*

*(Secretary-Treasurer for the Section for Students of the Canadian Psychological Association)*

## What Is Psychology?

Psychology is an academic and applied field which studies the human mind, brain, and behaviour. It has many sub-areas which focus on particular topics, including cognitive psychology (or cognitive science), developmental psychology, educational psychology, personality psychology, social psychology, community psychology, clinical psychology, counseling psychology, neuropsychology, health psychology, industrial and organizational (I/O) psychology, forensic psychology, school psychology, comparative psychology, quantitative psychology, and biological psychology (or biopsychology or psychobiology).

CANADIAN  
PSYCHOLOGICAL  
ASSOCIATION



SOCIÉTÉ  
CANADIENNE  
DE PSYCHOLOGIE

## What Do Psychologists do?

Psychologists apply knowledge to help people understand, explain, and change their behaviour. They can help with everyday problems (e.g., quitting smoking, better teamwork), or assess for and treat mental illnesses (e.g., bipolar disorder). Psychologists can also diagnose mental health problems. They can specialize in working with particular populations (e.g., adults, families, organizations) or particular topics (e.g., grief, pain management, employee selection). Psychologists also can conduct scientific research or teach courses in their areas of expertise.

## Where do Psychologists work?

Psychologists can work in a variety of places, in research, consulting, teaching, and/or clinical practice roles. They can work in hospitals, schools, mental health centres, addiction service agencies, clinics, correctional facilities, colleges and universities, government, commercial industry, organizations and private practice.

## Education & Preparation:

Qualifications for becoming a psychologist differ between jurisdictions in Canada. In many provinces, *psychologists* must obtain a doctoral degree from a recognized degree-granting institution with content that is primarily psychological in nature. In other provinces, an individual with a master's degree from a recognized degree-granting institution with content that is primarily psychological in nature can get the designation of psychologist. In some provinces, a master's level practitioner would be called a *psychological associate*. A psychologist with a doctoral degree can use the title "Dr." Generally, a master's degree takes two years to complete, beyond an undergraduate degree, and a doctoral degree can take anywhere from three to six years to complete. In addition to educational requirements (e.g., thesis/dissertation, coursework, comprehensive examinations), psychologists and psychological associates must complete a certain amount of practical experience hours prior to being eligible for registration. Oftentimes, some of these hours are included as part of a master's or doctoral program (e.g., practicum placements over the course of a Ph.D. in clinical psychology, 1-year internship in the final year of the Ph.D.).

## Licensure:

In each jurisdiction of Canada, there is a separate licensing body which regulates the practice of psychology (e.g., College of Psychologists of Ontario, College of Alberta Psychologists, Association of Psychologists of Nova Scotia). Each college has different licensing requirements, regulations, etc.

## What is the role of the Canadian Psychological Association (CPA) Section for Students in Psychology?

The Section for Students' main objective is to help students obtain an active role within CPA's infrastructure. It provides a forum in which students may learn from each other and begin to prepare for their careers in psychology. Students automatically are members of this Section when they sign up for a Student Affiliate membership at CPA, and students may be in any area of psychology and at any level of training (e.g., undergraduate, graduate).

# Respiratory Therapy

*Submitted by Chantale Blanchard  
(Director of Student Relations, Canadian Society of Respiratory Therapists)*

## **What is Respiratory Therapy?**

Respiratory Therapists are highly skilled healthcare professionals. They care for patients by evaluating, treating, and maintaining cardiopulmonary function. Respiratory Therapists have specialized medical expertise and use advanced medical technology.

## **What do Respiratory Therapists do?**

Respiratory Therapists provide advanced life support to patients that are very sick. Typical duties include:

- Treat patients that have experienced trauma or are in surgery or intensive care.
- Help with cardiopulmonary resuscitation (CPR).
- Stabilize high-risk patients being moved by air or ground ambulance.
- Provide support in high-risk births by attending high-risk deliveries and providing support for babies who have trouble breathing.

Respiratory Therapists have many other duties. Some of these include:

- Delivering anesthesia. Administering inhaled drugs or medical gases.
- Do tests to measure lung function.
- Provide hyperbaric oxygen therapy and rehabilitation services.
- Teach patients to manage a variety of medical conditions including asthma.

## **Where do Respiratory Therapists work?**

Respiratory Therapists work in almost every area of the hospital. You will find us in the Emergency Room, Operating Room, every floor, the Sleep Lab, the Pulmonary Function Lab, Intensive Care Units and Neonatal Intensive Care Units. Respiratory Therapists also work for home care companies, clinics or chronic care facilities.

## **Licensure:**

To become a Respiratory Therapist, students follow training programs offered by either community colleges or universities. Colleges offer a three-year diploma program and universities offer a four-year degree program.

## **What is the CSRT?**

The governing body for Respiratory Therapy is the Canadian Society of Respiratory Therapists (CSRT).

The role of the CSRT Director of Student Relations is to serve as a link between the CSRT Board of Directors and the entire Respiratory Therapy student body. I present student issues to the Board, serve as a student representative, and relay information for the Board to the students.

# Speech-Language Pathology and Audiology

*Submitted by Aliza Kassam*

*(Canadian Association of Speech-Language Pathologists & Audiologists  
(CASLPA) National Student Advisor)*

## **What Is Speech-Language Pathology and Audiology?**

In general, these professions work in collaboration to maximize the communication and hearing potential of individuals.

## **What Do Speech-Language Pathologists (SLPs) and Audiologists do?**

### **Speech-Language Pathologists:**

Screen, identify, assess, diagnose, manage, rehabilitate and prevent speech and language disorders which includes swallowing, voice dysfunction and cognitive communicative disorders

Assess, select and develop augmentative and alternative communication systems

Provide of counseling and education services to clients

Provide of aural (re)habilitation and related counselling services to hearing impaired individuals and their families

Enhance speech-language proficiency and communication effectiveness (e.g., accent reduction)

### **Audiologists**

Facilitate the conservation of auditory system function

Develop and implement environmental and occupational hearing conservation programs

Screen, identify, assess, diagnose and prevent, cerumen management, and rehabilitation of individuals with peripheral and central auditory system dysfunction

Administer and interpret behavioural, electro-physiological and electro-acoustic measurements of auditory and vestibular functions.

Select, fit, and dispense amplification, assistive listening and alarming devices and other systems

Provide counselling services to clients, families and caregivers,

Provide aural (re)habilitation and related counselling services to hearing impaired individuals and their families;

Screen speech-language and other factors affecting communication function for the purposes of an audiologic evaluation

## **Where do SLPs and Audiologists work?**

An SLP or Audiologist can work in various settings. Some of these include: hospitals, rehabilitation centres, childcare facilities, schools, universities, research centres, and private practice. Audiologists can also work in industrial settings and hearing-aid and cochlear implant manufacturers. Collaboration with other professionals such as physicians, nurses, teachers, occupational therapists, physiotherapists, psychologists and supportive personnel often occurs with both of these professions.

## **Education & Preparation:**

An SLP or Audiologist must have at least a master's level training. There are nine universities in Canada that offer a degree in SLP. Two of these, University of Western Ontario and Dalhousie University have three year programs that accept individuals with more diverse backgrounds and fewer pre-requisites. For the remaining SLP programs, a background in psychology, linguistics and biological science would be beneficial, although all schools vary in the exact pre-requisites.

There are six programs in Canada that offer Master degrees in Audiology and all of them offer PhD programs. An important trend within the field and what is currently happening in the US is that a doctoral level degree is required to practice. The mandatory pre-requisite courses vary from school to school with University of Western Ontario and Dalhousie having the least amount of requirements. Statistics, human physiology, anatomy, linguistics and physics are courses which some universities require.

## **Licensure :**

The governing body is the Canadian Association of Speech-Language Pathologists and Audiologists (CASLPA). However, many provinces have regulatory bodies and membership is required in order to practice in that jurisdiction.







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