



National Health Sciences Students' Association

L'Association des Étudiants des Sciences de la Santé du Canada

ISSUE

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Dear Friends and Colleagues,

It is with great pleasure that I welcome you to the first edition of NaHSSA's national newsletter, and it is an even greater pleasure to introduce you to NaHSSA and its Board of Directors!

As the first national interprofessional student association in the world, NaHSSA has gained international status for being at the forefront of student interprofessional initiatives. Bringing together talented individuals from all walks of life and different health and human services backgrounds, NaHSSA offers something for all of us.

I would like to use this opening letter to highlight the work of the 2008-2009 Board of Directors. Without them, none of the projects and hard work featured in this newsletter would be possible and I am truly grateful for their support and tireless efforts to make NaHSSA the organization that it is. This year's BOD is composed of student champions from all across Canada, and they have been hard at work over the summer to follow through with our various projects to strengthen the Association and to find new and innovative ways to engage more students in all levels of our work.

This newsletter represents a snapshot of the countless hours of work that students are putting in to improve Canada's healthcare system and I hope that this will serve as a starting point from which future collaborative projects will be inspired. It is our hope that by showcasing the dynamic work of students throughout the country that this will help to expand local, national and international student-led initiatives, with the ultimate focus of a more collaborative, synergistic healthcare workforce.

As this school year unfolds, expect to see great things from NaHSSA – we will be unveiling a newly designed website in the coming months and look forward to strengthening our relationship with our local chapters. As always, we look forward to your feedback and suggestions, so please get in touch with us and get involved.

This newsletter will provide a forum for students to become involved in a diverse community of students, professionals, academics and policymakers who are all passionate about working towards a better, stronger healthcare system. I challenge all students to become involved in their local chapters and to promote themselves and their work through this newsletter. We intend to distribute these newsletters to all of NaHSSA's friends and lovers, so speak up and be heard! This is also a means of sharing upcoming conferences and opportunities for you to get involved in some interesting work, so be sure to keep an eye out for those postings.

Again, it is with great pleasure that I serve as President of NaHSSA and that I welcome you to this first edition of the NaHSSA Newsletter. Have a wonderful school year and I look forward to hearing from you and your chapter!

Jason Nickerson
President of the National Health Sciences Students' Association

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What's up NaHSSA? Our Board of Directors checks in...

Lindsay Burke, VP Chapter Development

I have been working to collect documents and information from chapters that may be helpful to new or struggling chapters. I would eventually like to create a chapter development resource package to send to our chapters containing this information. I have also been working to compile a list of the most current information in our chapters and update their contact information.

Kamini Kalia, VP Communications

I've been developing the NaHSSA communication strategy for next five years with Jason and mentor Andrea. This strategy will focus on improving communications with chapters through our new website and a NaHSSA video. Another of my projects is to create e-bulletins to keep everyone up-to-date on NaHSSA!

Shandy Fox, VP Student Affairs

I have been acting as a liaison between NaHSSA and the student clinics, doing small projects for the other Board of Directors, and mainly planning for the upcoming student advisory council meetings that will start again in the fall. I will soon be in contact with the individual chapters across Canada and will be working closely with them to promote communication, sharing of ideas, and problem solving between the associations.

Upcoming NaHSSA Contests & Conferences!

2nd Annual National Essay Competition:

Submissions due January 10th 2009

First Prize: **\$500 & Publication in the Journal of Interprofessional Care.**

5th Annual National Conference:

Queens University, Kingston March 20-22nd 2009

Registration Information will be available soon!

3rd Annual IPE Mentorship Award:

Nominations due January 10th 2009

See www.nahssa.ca for complete details.

Chapter Highlight Series:

The London Interprofessional Healthcare Students' Association

The London Interprofessional Health care Students' Association (LIHSA) was founded in early 2007 as an expansion of the Interprofessional Health Students' Association at the University of Western Ontario. Today, it encompasses both Fanshawe College and the University of Western Ontario (UWO) with membership from a variety of disciplines and programs.

In September 2007, LIHSA held its first event inviting students to a night featuring the UWO Comedy Club with free food offered at the Spoke Lounge at UWO. Overall, the event provided an opportunity for students to get together and enjoy a night of poking fun, delicious food, and interprofessional goodness.

Our second and last event of the year featured our first ever Annual General Meeting, executive elections, and an interprofessional case competition. This interactive competition was designed to promote understanding of the roles of health professionals in teams. Professional and pre-professional students alike enjoyed the experience and felt that the creative learning experience truly epitomized LIHSA's vision of collaboration.

LIHSA concentrated the majority of its efforts in organizing and hosting the 4th Annual NaHSSA Conference held in January 2008. The themes of this conference were interprofessional education, patient-centred care, and patient safety, and was collectively titled "Putting the Patient First!".



The LIHSA Executive team and over 30 volunteers worked tirelessly to bring together a forum of inspiring leaders and students from all over Canada in a time constraint of only four months. This conference was an opportunity for students to network and discuss interprofessional education, and in most cases, this experience has encouraged individuals to take a more active role in their local chapter. LIHSA is proud of its accomplishments and looks forward to hosting the national conference again one day!

LIHSA continues to grow as an independent chapter in London, Ontario. The support and guidance from Dr. Carole Orchard and the Office of Interprofessional Education and Health Research at the University of Western Ontario cannot go unrecognized. The support of LIHSA's executive and general members have been central to the efforts of this chapter and LIHSA looks forward to a new academic year in the city of London!

*Can't Find Your Chapter? Missing Information?
Send an email to vpchapterdevelopment@nahssa.ca*

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McMaster University

University of Manitoba

Université de Montréal

New Brunswick (St. John)

Newfoundland and Labrador

University of Northern British
Columbia

University of Ottawa

Queen's University

University of Saskatchewan

Université de Sherbrooke

University of Toronto

University of Victoria

University of Waterloo

York University

EYE ON IT

7th International Conference
on Urban Health

October 29-31, 2008

Vancouver, British Columbia

The Canadian Society for Life
Science Research 3rd Annual
Conference

November 7-8, 2008

Toronto, Ontario

IPE Ontario Conference

January 18-20, 2009

Toronto, Ontario

NaHSSA'S Sponsors, Partners, and Affiliates

Associated Medical
Services (AMS)

College of Health Disciplines

Canadian Interprofessional
Health Collaborative (CIHC)

Canadian Society for Life
Science Research (CSLR)

Emerging Health Leaders
(EHL)

Health Canada

World Health Organization on
Interprofessional Education

Emerging Health Leaders

For and by the next generation of health leaders

The Emerging Health Leaders (EHL) is one of NaHSSA's newest partnerships which provides leadership opportunities for those transitioning from the professional student to practitioner. With several nodes and more in development, NaHSSA members now have another venue to nurture their inner student champion! You can learn more about EHL, its history, mission, and activities from this article, and be sure to visit EHL's website for more details on how to get involved.

EHL's History: In the beginning

In winter 2006, Adrienne Hagen (Canadian Medical Association) and Emily Gruenwolft (Association of Canadian Academic Healthcare Organizations) coordinated a "blue sky" meeting to gather input and direction to facilitate the creation of Emerging Health Leaders.

Participants at the blue sky meeting were immediately keen and offered great suggestions on directions and priorities for the group and as a result, Adrienne and Emily established the first node of Emerging Health Leaders in Ottawa, and hosted events throughout 2007 including EHL's first annual meeting in September 2007.

Today

Emerging Health Leaders now has three established nodes – Ottawa, Vancouver, Halifax –with two new nodes – Edmonton and Montreal – in development. Between them, more than 15 events and networking opportunities have been hosted. EHL's membership includes, but is not restricted to, emerging health administrators, clinicians, policy makers, researchers and program managers.

Where to from here?

EHL will continue to grow and develop nodes based on demand expressed and is supported by its national members. EHL's main communications vehicle – www.emerginghealthleaders.ca – will continue to feature materials of relevance to this generation of health leaders addressing health systems, leadership, work-life balance, and advancing one's career, among others.

EHL's Vision

To develop emerging health system leaders across Canada.

Mission

To provide opportunities to support the development of emerging health leaders through the creation of knowledge exchange networks, educational events, mentoring relationships and informed health care and related discussions.

-Adrienne Hagen, EHL

Discussing the Profession:

Physiotherapy

Q: What does the job description of a Physical Therapist (PT) entail?

Generally, PTs provide assessment, treatment and education to people with physical impairments as a result of neurological, musculoskeletal and cardiorespiratory conditions. They provide treatments that develop, maintain or restore normal movement and functional ability.

Q: What education do you need to become a PT?

As of 2010 all entry level physical therapy programs will be at the Masters level.

Once you have your degree you need to pass the Physiotherapy Competency exam, after which you must apply for a license in the province you wish to practice in, and then you're officially a physical therapist!

Q: Many people confuse PT with Occupational Therapy (OT), how are they different?

PTs work more to develop, maintain or restore normal movement and functional ability, whereas the primary goal of an OT is to enable people to participate in the occupations which give meaning to their lives. PTs will work more on the restoration of gross motor skills (gait, upper and extremity movements) whereas OTs will work more on activities of daily living (self-care, leisure or work related).

Q: How often do you collaborate with other health professionals?

It depends on the setting you work in and the needs of your patients. For example, PTs work very closely with nurses and physicians in acute care settings, in rehab setting they will work closely with OTs, speech language pathologists and physiatrists and in private practice PTs usually work alone. It's important to

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Q: How has your experience working/studying for PT been rewarding?

My experience studying PT has been AMAZING! I have had the opportunity to learn from some of the best professors in the country as well as a wide variety of clinical specialists. We had the opportunity to consolidate our skills by doing five 6 week clinical placements in a variety of settings in and around London. The five 6 week clinical placements were my favorite part because I got exposure to so many different settings and patients populations and I learnt SO MUCH! What has made my education even better is the people I've been surrounded by. The outstanding faculty has been extremely supportive, dedicated and committed. Overall, I would say my PT experience at Western has been nothing short of extraordinary!



Patrick Mayne

Patrick is currently in his second year of the Master of Physical Therapy program at University of Western Ontario.

He has a BSc. in Exercise Science with a specialization in Athletic Therapy from Concordia University.

His interests in the field include sports orthopaedics and spinal cord rehabilitation.

Making Interprofessional Work

Know who is on your team and what skills and knowledge they bring with them.

Avoid misinterpretation, by communicating with the same terminology and language.

Create a shared pool of knowledge so team members can rely on each other's skills and experiences.

Make decisions as a Team, and have a plan to discuss issues, disagreements, or differences of opinion.

Calling All Chapters!

A Message from Your VP Chapter Development....

In an effort to support other chapters, I am looking to collect documents that may be useful in developing new chapters and guiding struggling chapters. If your HSSA Chapter has any resources that can be used to share with developing chapters, I would love to see them!

These documents may seem useless now that your chapter is finished with them but your hard work could really teach another chapter how it's all done. Or even better - help another chapter to be as successful as yours! Knowledge is power!

- 1) **Basic Documents** – Core documents useful for starting a chapter
- 2) **Chapter Initiatives-** Documents related to social or academic interprofessional initiatives
- 3) **Documents Related to Local Governance** -Any documents pertaining to the structure and mandate of your local chapter.
- 4) **Logos-** We showed you ours, now you show us yours!
- 5) **Information about Local Chapter-** Any old or new information you have about your chapter.
- 6) **Proposals, Reports & Funding Requests** - Your chapter made them - It was painful - so why not share?
- 7) **Conference & Annual General Meeting Documents**
- 8) **Interprofessional Literature & Resources**

Check Out The Website for More Information On:

- Chapter and Student Resources !
 - Contests and Awards!
 - Communications Galore!
 - Conferences & Events!