



**Solutions**  
**NURSING**  
L.F.C. Inc.



# *Gjoa Haven*

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**Solutions Nursing**

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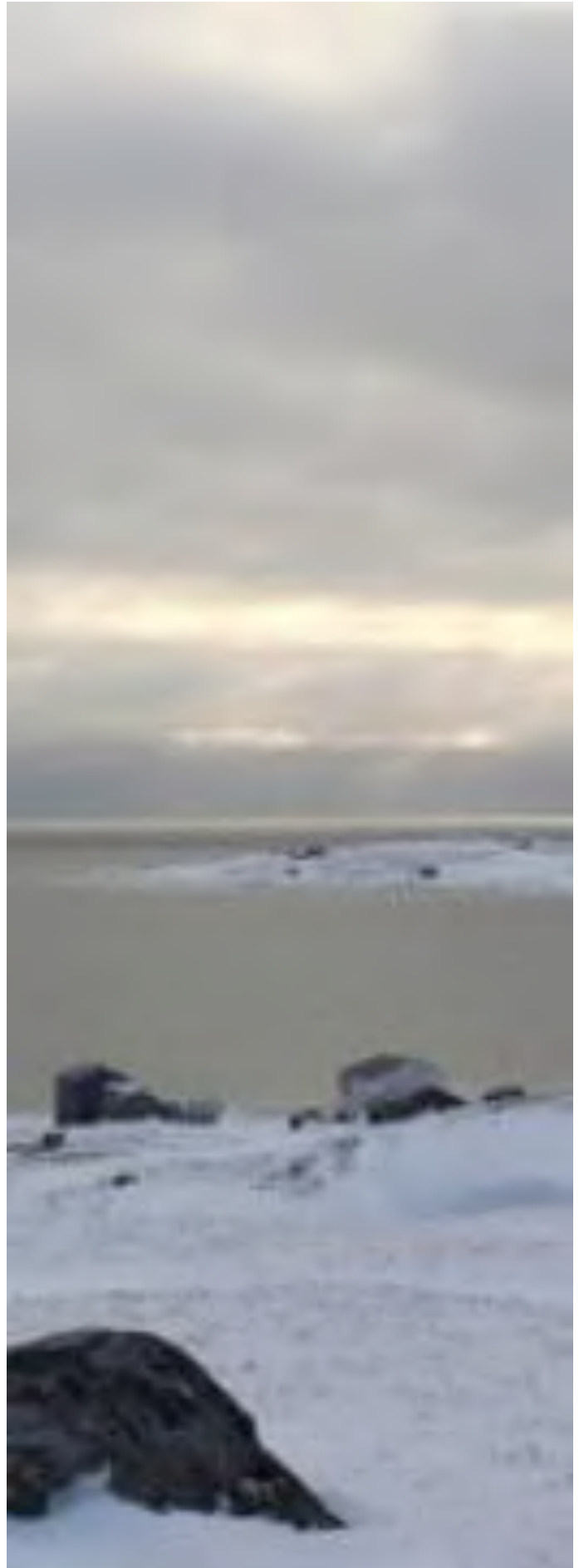
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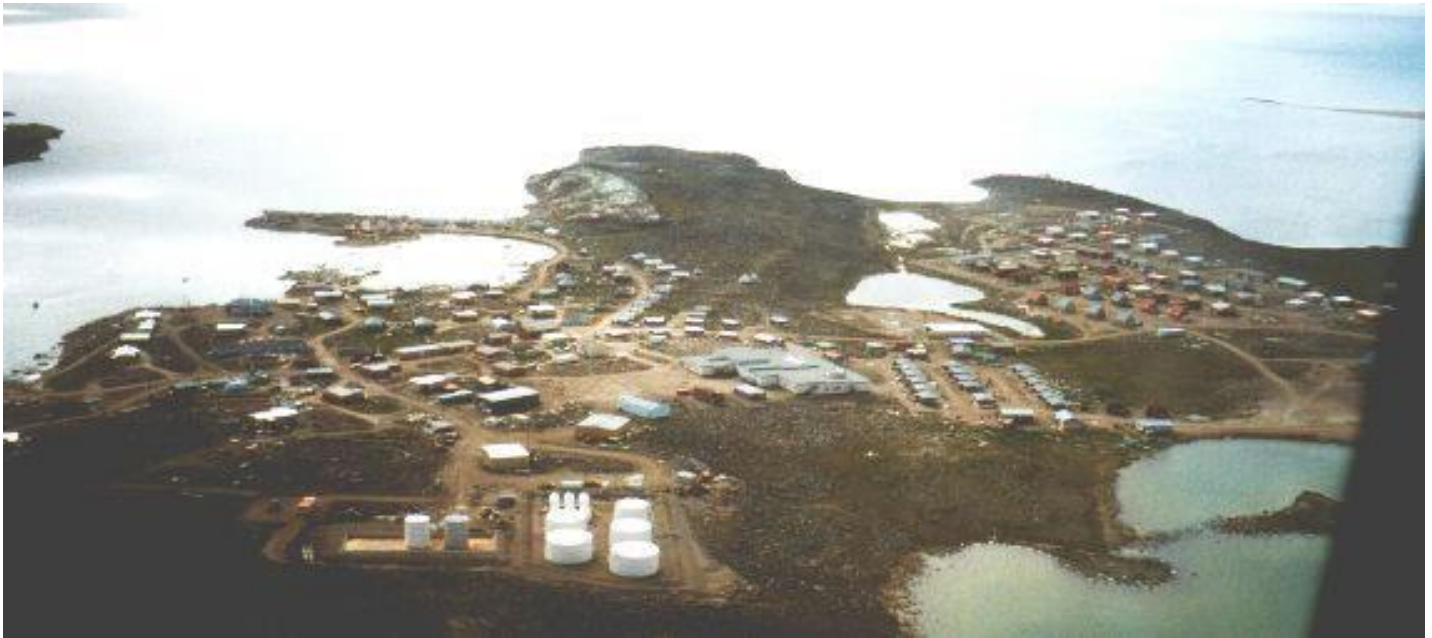
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# The community



## Name

The name for Gjoa Haven in Inuktitut is Uqsuqtuuq, it means “place of plenty blubber” or “a place where whales are abundant”. Roald Amundsen, a great Norwegian explorer, named the place after his ship, the Gjøa. Gjøa means “beautiful god” and Haven means “harbour”.

## Access

It can be reached by plane. From Montreal, the trip takes 2 days. The plane makes a few stops to some communities to finally land in Yellowknife. The nurse stays in Yellowknife and flies again to Gjoa Haven thereafter.



Gjoa Haven's airport

## Location

The community of Gjoa Haven is located on the southeast coast of King William Island, in the Kitikmeot region. It is 250km above the Arctic Circle.



# Commodities

Bank

ATM counters available in the Northern Store and Co/op

Grocery/Coop

Northern Store & Qiqitak Coop (retail and grocery, light banking services)

Hotels

Amundsen Hotel and Mary's Inn Bed and Breakfast

Gas station

Tank farm

Restaurant

Amundsen Hotel, Gjoa's Shoppe (fast food)

Particularities

Taxi service available: 867-561-5999

Post service available

## Groceries prices

The prices are quite high, it is suggested that the nurse takes some supplies with them for their stay. For example, a 4-liter jug of milk can cost up to \$13.

## Temperature

Gjoa haven is sunny 24 hours a day from May to July 21st. During the winter, it is dark; temperatures can range from  $-34^{\circ}\text{C}$  to  $-10^{\circ}\text{C}$ . From November, the sea becomes completely frozen. It is only in July-August that the breakup occurs.

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	Average temperature
January	$-35^{\circ}\text{C}$
April	$-20^{\circ}\text{C}$
July	$8^{\circ}\text{C}$
October	$-10^{\circ}\text{C}$

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# Recreation/Attractions

Fitness center: available in the community

Outdoor activities: boat trips, hiking, camping, hunting, dog sledding, snowmobiling, cross-country skiing, fishing, berry picking, bird watching, mountain biking.

## Tourism

Heritage Center, Hamlet Office, Northwest Passage Territorial Trail, dozens of lakes are available for Arctic char fishing. You can also play golf in the community at the country's northernmost golf course, Central Arctic Golf (nine-hole course).

## Fauna

You will have the opportunity to see Loons, Goose, Duck, Tern, Skua, Plover, Bunting and Snowy Owl. You will also find musk oxen and caribou on the island.



## Culture

Many festivals take place throughout the year in the community including the Qavvavik Frolics, which normally lasts 2 weeks. You will have the opportunity to see drum dances, throat singing, traditional Inuit games and feasts.

From August to October, the Queen Maud Gulf Migratory Bird Sanctuary is accessible by boat. Also, around May 1st, Gjoa Haven's Hammer holds a week of games and activities to celebrate the arrival of the summer sun.

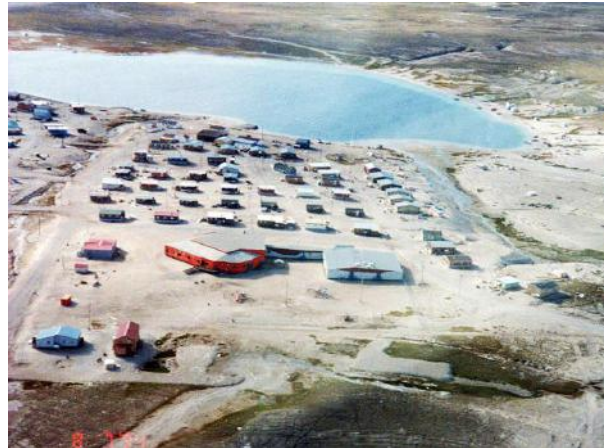
# Population

The population of Gjoa Haven is approximately 1,446 people, spread over an area of 37.65 square kilometers. 95% of them are Inuit. Residents always give the last 4 digits of their phone number. The first 3 are always 360. The area code is 867.

Number of houses: 285

## Language

The commonly spoken languages are Inuktitut and English. A very small part of the population speaks French.



## Arts and crafts

The community is recognized for its magnificent crafts creations. The sculptors are renowned for their achievements in shamanic work and the seamstresses produce beautiful Inuit clothing.



Members of the community

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# The clinic



A brand new clinic opened in 1998. New equipment is available to nurses.

## Main services

Nursing staff: 4 to 7 nurses (4 in community health, 1 in charge, 1 in homecare, 1 in mental health). Staff support at the reception: 1 handyman, 1 person in charge of the household. From 8pm to 8am, there is a security guard in the premises. All staff have their own office.

Schedule Nursing Staff: The nursing staff starts at 8:30am to make reports with the team: doctor if present, community health nurse, nurse in charge, homecare nurse and mental health nurse.

Clinic schedule: 9am to 5pm Monday to Thursday, 9am to 11am Friday. Closed from 12am to 1 pm at lunch time.

Therapeutic Guide: First Nations and Inuit Health Branch (FNIHB). Hard copies are available in the health center. It is also available online: <https://www.canada.ca/en/health-canada/services/first-nations-inuit-health/health-care-services/nursing/clinical-practice-guidelines-nurses-primary-care.html> For antibiotics, they use The Anti-Infective Guide for community - acquired infection. There is a mobile application on the online book available for about \$ 30. These are the two tools used everywhere in all health centers in Nunavut. They also have the Nunavut Drug Formulary. This document indicates all the medication that can be given without a doctor's prescription. You will find a copy in all the rooms and offices of community health nurses.

# Schedule

Here is the schedule of the clinic:

Schedule	Monday	Tuesday	Wednesday	Thursday	Friday
AM	walk in & blood work	walk in & blood work	walk in & blood work	walk in & blood work	walk in & blood work
PM (programs + walk in)	Well woman walk in	Well child walk in	Pre-natal walk in	Chronic disease walk in	Chart catch up/ program management

- If you are on duty on PM Friday, you will still need to see patients and do phone follow-ups.
- All patients have previously made appointments.

# Resources

**Doctor:** The doctor is in the community for 7 to 10 days every 10-15 days.

**Visiting medical specialists:**

**RCMP:** To ensure the safety of all, the RCMP number is posted on the bulletin boards of all the chambers.

**Firefighters:**

**First responders:** no first responders. The paramedics are there to ensure the medevacs of patients and their team only.

**Social worker:** 2 social workers are available

**Psychologist:**

**Nutritionist:**

**Dentist:** Dentist and other professionals come to the clinic a few times a year

**Other professionals:** Physiotherapist, occupational therapist and other professionals must be prescribed or referred by a doctor. Following this, the professional contacts the patient and they go on a medical trip.

**Other services given on visits:**

**Interpreter:**

# On duty

Guards are shared between nurses at the clinic, always first and second when the clinic is closed, including lunch hours.

When you are on call, you have calls during the day, during the opening hours of the center, the staff at the reception will put the name of the patient who calls in the record of the nurse on call so that they can call them back and give them an appointment.



# Lodging

You will remain in a transit that you may share with other health professionals. It is forbidden to smoke in the apartments or bring a spouse. Animals too are forbidden.