



Kugaaruk

Address: Health Center, Kugaaruk, NU X0B 1K0

Phone: 867-769-6441

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The community



Name

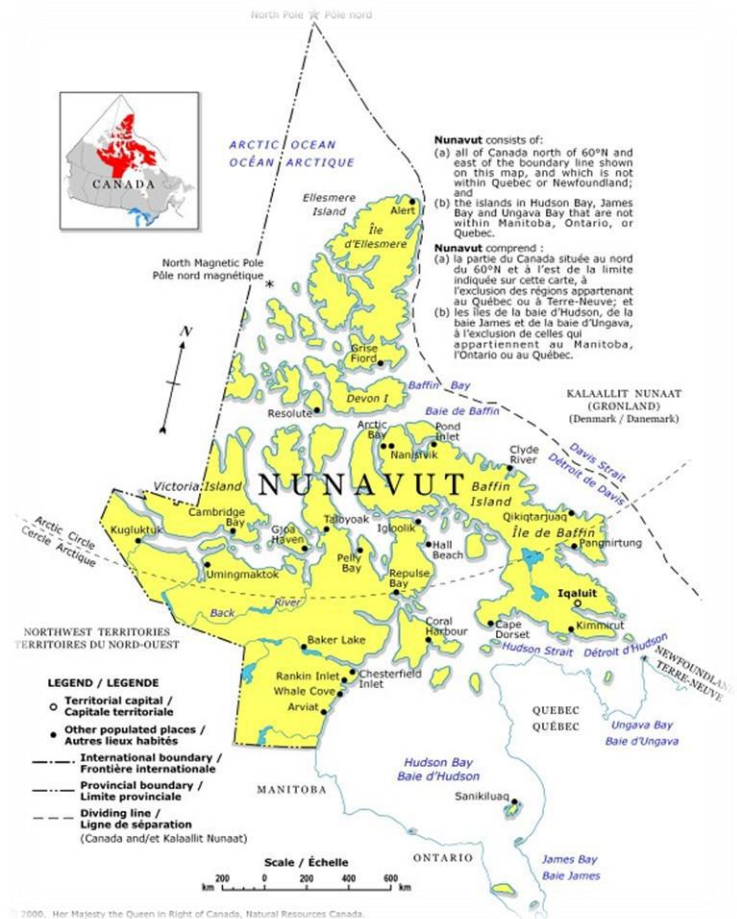
Kugaaruk means “little stream” in Inuktitut. It is also known as “a place where there are many bowhead whales” because it is located near an important bowhead whale habitat.

Location

Kugaaruk is located in the Kitikmeot region. The community is nestled in the coastal mountain valleys between Pelly Bay and vast expanses of wild tundra scattered with numerous boulders. The bay is grouped with several small islands and there are countless small lakes, rivers and streams all

Access

It can be reached by plane. From Montreal, the trip is normally done in 2 days. From Edmonton, the plane makes a stop at Yellowknife. Then, the nurse takes their second flight from Yellowknife to Kugaaruk. A direct flight is possible. The total journey normally lasts 18 hours.



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Commodities

Bank

ATM counters are available in the Northern Store and Co-op.

Grocery/Coop

2 general stores / grocery stores Northern Store (retail & grocery, light banking, Fun 2 go! & QuickStop available)

Retail

Koomiut Co-op, Emily's Artwork

Hotels

There are 2 hotels in the area, Coppermine Inn and Enokhok Inn, but their dining room is only accessible to hotel guests and not to people in the community.

Gas station

Koomiut Co-op

Particularities

There are 3 Tim Horton's in the community available in the Northern Convenience Stores.

Only those who have cellular networks with Bell will have network.

Post service available.



Grocery prices

The prices are quite high, it is suggested that the nurse takes some supplies with them for their stay.

Temperature

Kugaaruk is sunny 24 hours a day from May 21st to July 27th. During the summer, temperatures range from 5 °C to 15 °C.

Winter temperatures can range from -15 °C to -35 °C and can be as low as -50 °C with wind chill. Blizzards can occur at any time during the winter months.

On January 13, 1975, the coldest wind chill in Canada was recorded in Kugaaruk at -78 °C.

	Average temperature
January	-26°C
April	-24°C
July	10°C
October	-7°C

Recreation/Attractions

Fitness center

A fitness center is available in the community.

Outdoor activities

Hiking, camping, hunting, fishing, wildlife viewing, sea kayaking, dog sledding, snowmobiling and mountain biking.

In April and May, you can enjoy activities on the snow and pack ice. While from July to September, it is better to travel by boat on the sea or by mountain bike on the land.

Wildlife

The sea abounds with marine mammals such as bowhead whales, narwhals, walrus, seals and polar bears. The surrounding lakes and rivers are also full of Arctic char. Hare, fox, ptarmigan, hawks and caribou herd can be found on coastal hills and tundra.



Culture

The community is blessed with the presence of many artists working with bones from animals such as walrus and whale. Some artists also work with caribou antlers and walrus ivory. A majority of women in the community make traditional parkas, amautiits (baby carriers) and kamik (sealskin or caribou boots).

Population



The population of Kugaaruk is about 933 people, spread over a territory of 4.97 km².

Number of houses : 180

Residents always give the last 4 digits of their phone number. The first 3 are always 769.
The area code is 867.

Language

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

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Fax: 819-769-6059

The clinic



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.