

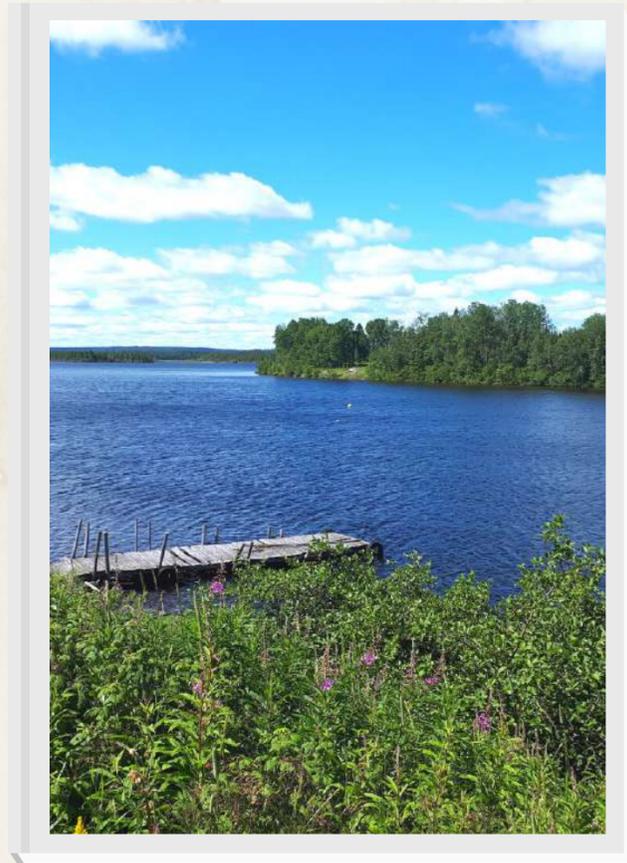


# MISTISSINI

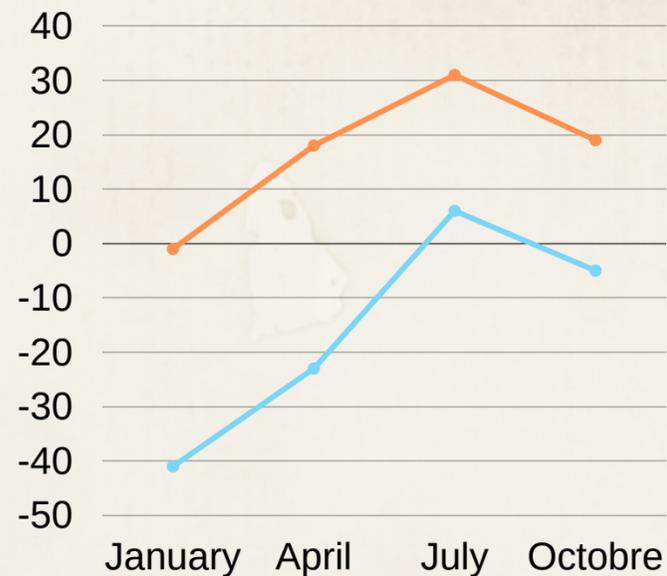
Address: 302 Queen St, Mistissini, Quebec, G0W 1C0  
Tel: 418-923-3376 / Fax: 418-923-3240



*Its name «the big rock» comes from a huge block of rock located near the lake's outlet in Rupert river. It was a gathering location.*



## Temperatures



## History

*The Cree from Mistissini have lived in the surroundings of Lake Mistissini from time immemorial. The community is at the heart of the largest wildlife reserve and the largest clearwater lake in Quebec. It is also the biggest Cree city in James Bay and the biggest community in northern Quebec.*

## Access



### Year-round road access

Route 167 after Chibougamau  
90 km from Chibougamau  
783 km from Montreal (9 hours)  
601 km from Quebec

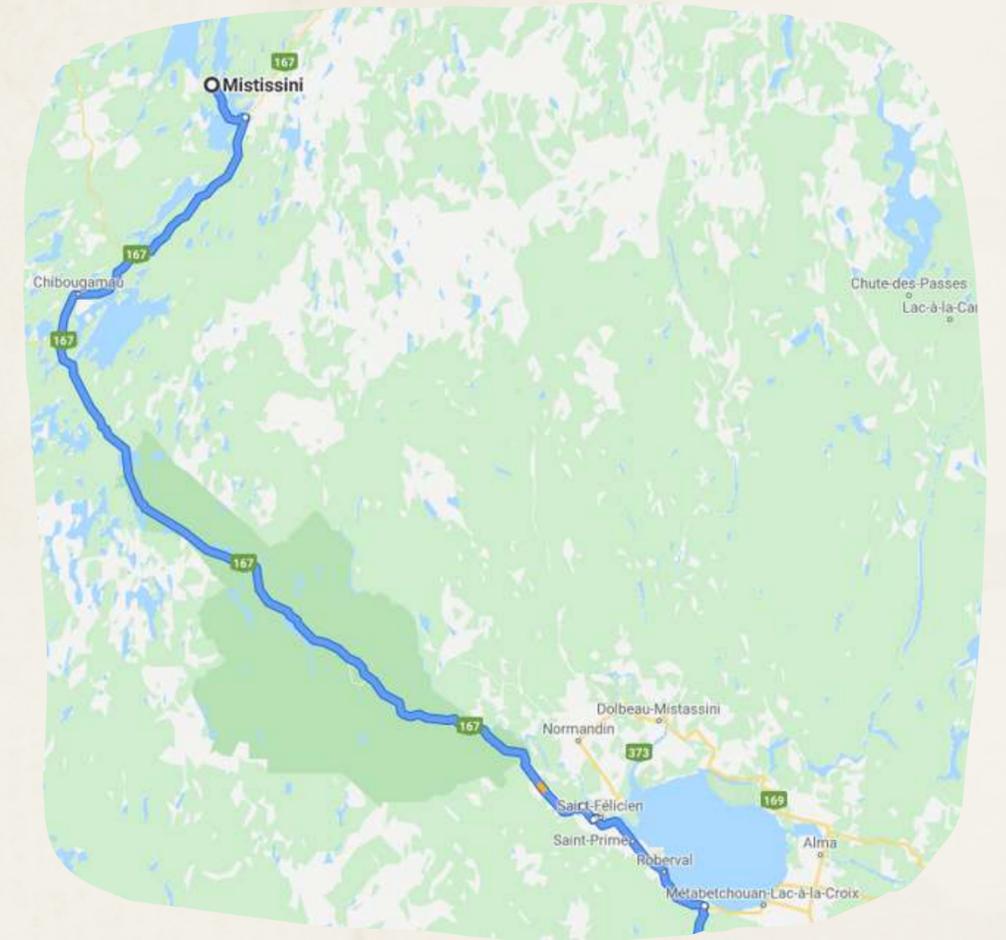
### Access by plane



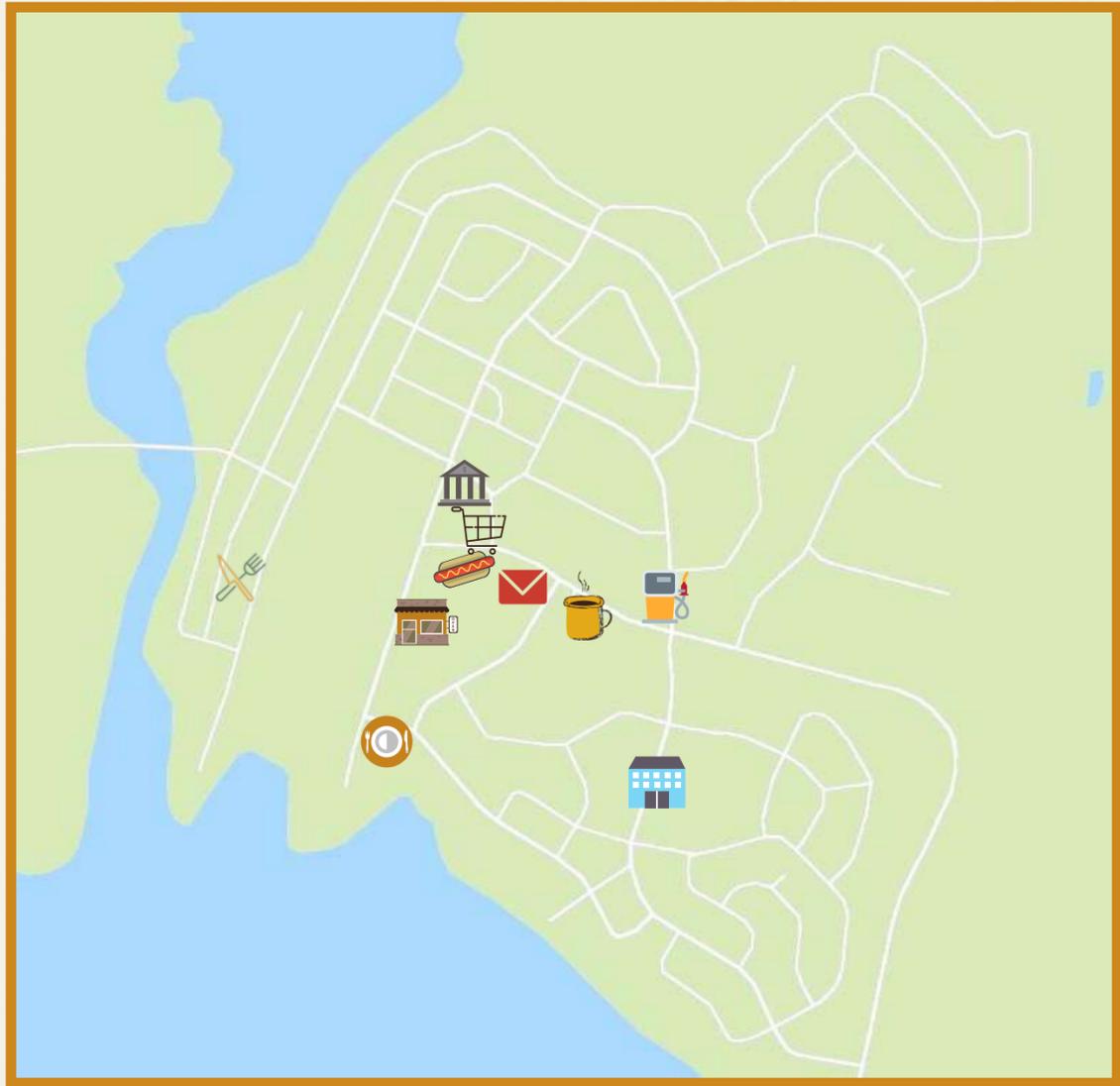
Via Chibougamau airport (1 hour)  
Taxi Albert serves Mistissini



If you travel by car, plan your journey carefully. At some point, you will no longer have access to gas stations and roads will be less used. Make sure to have a survival kit including food, something to keep you warm and light a fire. In case of trouble, always stay in or near your vehicle, never venture into unknown areas.



# Services



-  Clinic
-  Gas station and convenience store
-  Desjardins credit union
-  Ace general store
-  Post office
-  Intermarché Meechum grocery store

-  Mistissini Lodge restaurant
-  Adels restaurant
-  Tim Hortons
-  Mista hot dog stand

## Other services:

- childcare
- sports centre
- geology centre
- radio station
- administrative centre



Esso gas station with video rental shop



Mistissini Lodge, hotel-restaurant on the lake shore

# Grocery store

Prices are relatively reasonable; nice variety of products.



# Telephone companies



# Activities and attractions



- Very nice fitness centre, small but fully and newly equipped, and little crowded. A monthly subscription costs approximately \$30.



- Arena, ice-skiing is free on Sunday



- Snowshoeing and crosscountry skiing



- Cultural, fishing and adventure tourism packages



*Lake Mistissini*  
161 km long and 19 km large  
Access to the lake: canoe and kayak (the water is cold!), beach 10 km from the village  
Fishing from June to September with license

Lake Mistissini in winter

# Population

*Inhabitants: 3500*  
*About 80 births per year*

*Economic activities:*  
*Businesses and services, forestry, trapping, agriculture, furniture, cleaner, oil exploration, food service industry*

*Languages:*  
*The first language is Cree.*  
*The second language spoken is mostly English but there are also a few inhabitants who speak French very well.*  
*The language used at work is English with the Cree and French with other health professionals for most cases.*

## Health problems

The most common health problem observed is diabetes, at any age. Diabetes has negative consequences such as cardiac disorders and kidney failure. Obesity is also very prevalent among the Cree.

## Walking Out Ceremony

The « Walking Out Ceremony » is a symbolic celebration which is very important for the Cree. It takes place when children are old enough to walk. At that moment, they participate in a great celebration where they wear traditional costumes with the elders.



## The clinic

*Address: 302 Queen St, Mistissini QC G0W 1C0*

*Tel: 418-923-3376*

*Fax: 418-923-3240*



### People in charge

Current services: Martin Nyles

Awash program: Josée Nadeau

Chishaiyuu (Chayou) program: Agathe Moar

**Nursing staff: 26**

*Mistissini's clinic is unique. It's a hybrid version half-clinic, half-hospital.*

*It functions entirely differently from the other clinics. The nursing staff works in an expanded role and assesses patients the same way than in the other communities, but they have more amenities and services on site: doctors at all times, pharmacie managed by pharmacists, laboratory analyses done on site, hemodialysis department, xray, dentistry...*



### Interview with Martin Nyles (extracts)

*What are your expectations towards new nurses who start at your clinic?*

« I like proactive, dynamic people, who are not afraid to ask questions. It's not normal when someone does not ask questions. I like energetic people, who like to help and take charge, nurses who are brisk. »

*What should a new nurse expect?*

« At first, she should not expect to see 12 patients a day. »

« There is less hierarchy here, the nurse is not at the doctor's orders. It's a team work! »

## Resources

Doctor: 2 to 3

Security agent: at all times day and night

Police: yes

Firefighters: yes

First responders: yes, in charge of the ambulance. They're called for emergencies or for transfers to Chibougamau hospital

Social worker: yes, in each department and there are also community workers

Psychologist: yes, visits every 4-6 weeks

Pharmacist: 3 + 4 to 5 technicians

Other health professionals: 2 dentists, 2 dental hygienists, nutritionists, ergotherapists, technician in physical readaptation

## Current services / emergency (1st floor)

Patients report at the reception, there is no triage. Secretaries have a good judgment: if the patient needs to be seen right away, they admit them at the back entrance and ask for a nurse.

### Hours

- 1 nurse in the evening (4-5pm with the team then alone from 5pm to midnight)
  - Sees +/- 14 patients
- 1 nurse at night (midnight to 8am)
  - Sees 2 to 3 patients but often for serious emergencies
- Clinic closed at weekends
  - Day: 2 nurses for emergencies
  - Evening and night: nurse on call like in the other communities

### Therapeutic guide

Cree Board of Health and Social Services of James Bay's therapeutic guide. There is one in each examination room (digital version) for a quick consultation.



## On-call duty

3 nurses on call

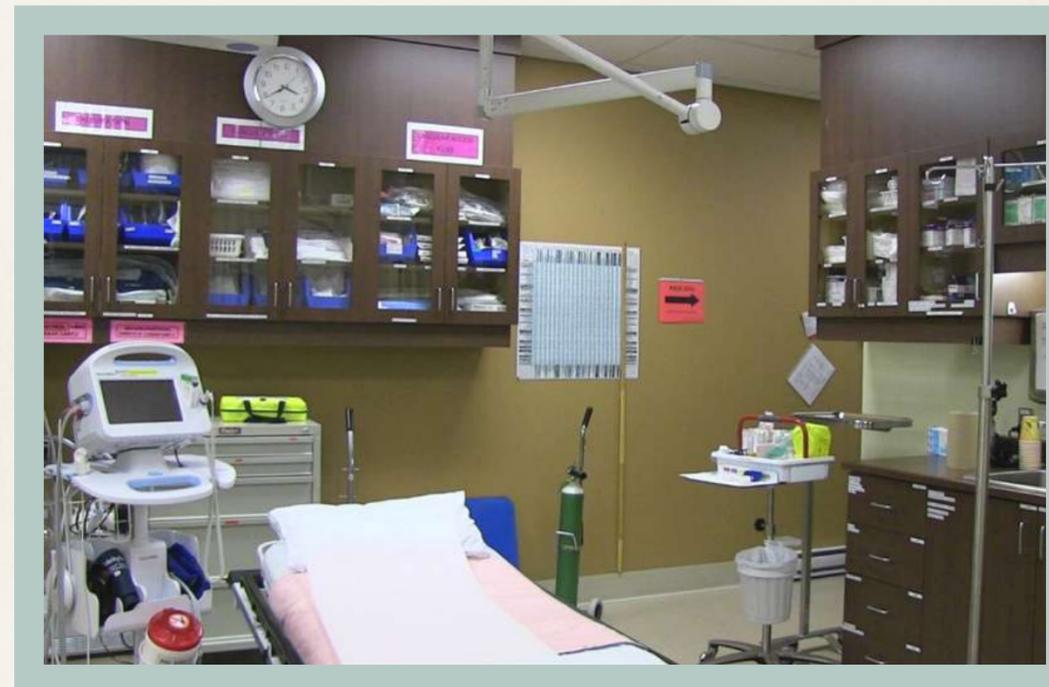
- 1 nurse at the clinic, answer calls
- 2 other nurses at the transit as "back up"

The 3 people on call have a cellphone. The emergency line rings on the 1st nurse's cellphone and the other strategic phones inside the clinic.

A security agent is in the clinic (walkie-talkie). The police can be called as well.

Home care visits during hours on call are made by the 2nd on call, for example to change a dressing. As there is no bed and it is not a health centre, the maximum time in observation is 2 to 3 hours in the evening and 2 hours at night.

Agency nurses are more often on call to relieve the regular nurses.



## Emergency info

**Emergency cart:** checked every month as all the equipment in the ER.

**Emergency kit:** 1 in the ER and 1 in the ambulance.

**Oxygen bag:** O2 cylinders in the ambulance.

**Blood transfusion:** no blood transfusion sanguine, transfer to Chibougamau.

**Sexual assault kit:** about 5 per year, handled by doctors mainly

## Medevacs



### Ambulance

Only one ambulance available. The 2nd nurse on call does the transfers to Chibougamau hospital, +/- 45 mn away from Mistissini. There are around 25 Medevacs per month.

### Taxi

Patients who do not require medical escort can be transferred by taxi. The patient can also decide to get there by their own means.

### Plane

Patients who need a medevac to Montreal are first transferred to Chibougamau hospital. From there, the decision is made to evacuate or not to a bigger centre. The nearest airport is in Chibougamau.

## Examination rooms

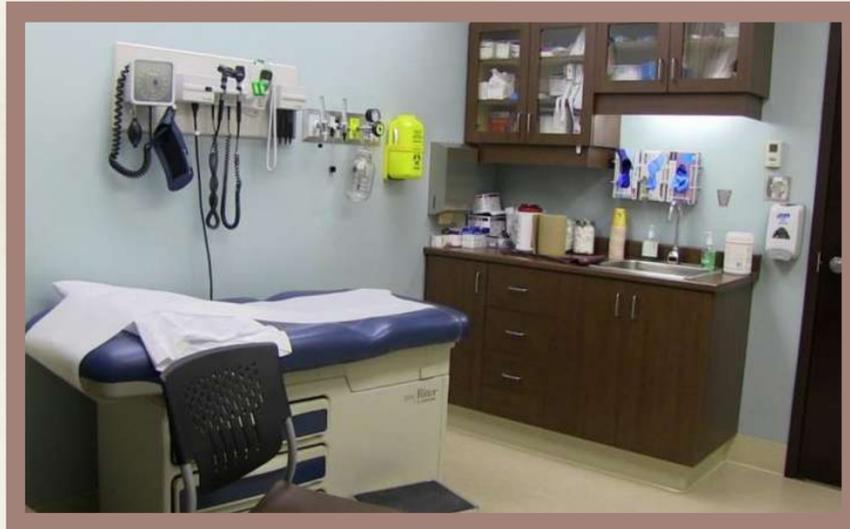
10 examination rooms

All are equipped with a computer.

Regular rooms: #1 to #5

Specialized rooms:

- ophthalmology
- plaster room (fiberglass)
- gynecology



Each nurse has their own room, but there are always rooms that are free (specialized rooms).

## Pharmacy



3 pharmacists full time; 4 - 5 technicians



**Only the pharmacists are allowed to enter the pharmacy, contrary to other clinics. Nurses are not allowed in.** Instead, they give a prescription to the patient who goes and sees the pharmacist for their medication.

If medication is needed in the evening/at night, there is a little pharmacy for this purpose with all the medication that is in the guides. If someone takes some, they must do a prescription and put it in the basket.

No need to count tablets, everything is already counted and labeled. Ex: vials with 12 tablets of Motrin are ready to use.

During an evening/night shift, if a nurse needs medication that is not in the little pharmacy, for example Cipro, they call the pharmacist on call who can advise another medication or come to the clinic.

Narcotics: in Guylaine's office - the nurse in charge of current services

## Laboratory



2 - 3 technicians, always one on call.

In case of emergency, the doctor decides if the technician must come to the clinic.

There is a room for antibiotherapy and also for morning labs that take place every weekday from 8 to 9.30. Sometimes labs are done by community health staff at the 2nd floor.



## X-ray



2 technicians, always one on call.

In case of emergency, the doctor decides if the technician must come to the clinic.



No scan, no mammography: bus CLARA passes each year in every community to do mammographies.

Ultrasound:

- regular ultrasound
- 18-20 week fetal ultrasound but no nuchal translucency
- ultrasound device for injection

Regular x-ray only.

# Community health & administration (2nd floor)

**Hours:** from Monday to Friday between 9am and 5pm

## Programs

AWASH: mother-baby 0-9 yo, pre and postnatal follow-up, infant follow-up and immunization

USCHINIICHISUU (USCHI) : 10 to 29 yo

CHISHAAYIYUU (CHAYOU) : ≥ 30 yo, chronic diseases

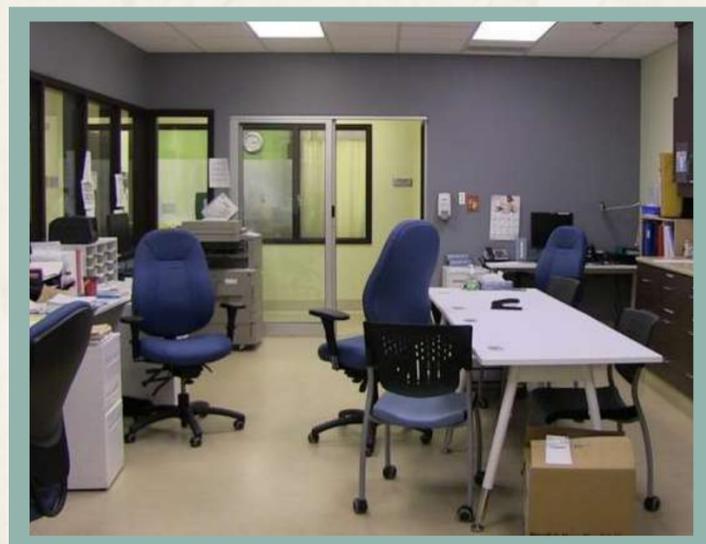
## Staff

Awash  
4

Uschi  
2

Chayou  
4

+ 4 CHR (Community Health Representatives)



## Peculiarity

Replacement needs never combine 2 programs as in other communities, ex. Awash/Uschi or Current/Chayou.



## Accommodation



Apartment units with several transits. One unit is located further from the clinic (usually for nurses who have their own vehicle). The second one is within walking distance. You may be alone or share the apartment with other health professionals depending on the size of the transit. Worth noting: toilet paper is not included.



Smoking in the transit and bringing your spouse is forbidden. Animals are not allowed.



### To pick up your keys and address

At your arrival, go pick up your keys at the clinic in Mary Petawabano's office, in administration (2nd floor). The keys are in an envelope with your name and address on it. Ask the taxi driver to wait for you, he should be available for you until you open the door of your transit.

- At the weekend

Go to the clinic, ring the bell next to the ambulance exit. The interphone will ring on 4 telephones. The security agent will open the door for you and will hand you the keys and informations to your transit.



Enjoy your assignment!