

# **CHNC Presentation**

**Introduction to the FNHA Roadmap to Wellness Tool  
and Daily Organizer for Community Health Nurses**

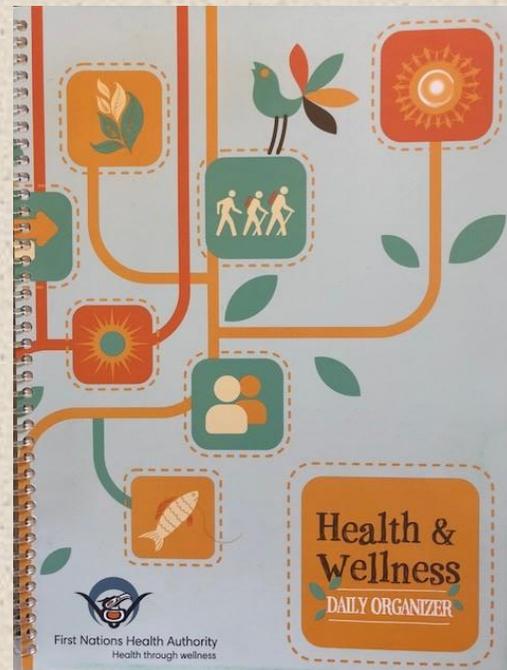
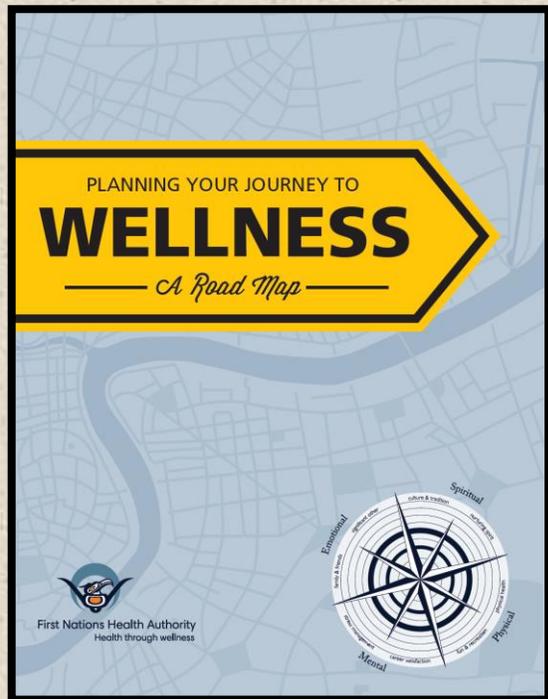
**Presented by Susan Stoneson**

**June 28, 2018**

# Outline

- Introduction
- Introduction to the FNHA Roadmap to Wellness Tool and Daily Organizer
- Hands on activities with the tool
- Setting SMARTER goals
- Wellness Assessment
- Follow Up Plan
- Resources
- Questions

# Introduction to the Roadmap to Wellness Tool and the Daily Organizer



The Roadmap to Wellness Tool and the Daily Organizer are based on the FNHA Operating Principles of **WELLNESS**

# FNHA Operating Principles

**OPERATING PRINCIPLES**

**W**ellness philosophy based on First Nations teachings is the perspective through which the FNHA approaches every aspect of its work and carries out its roles as health and wellness champions and partners.

**E**mphasis on personal best - being the best human being we can be - is how the FNHA approaches its work, partnerships, and those we serve.

**L**iving it - the FNHA leads by example as a First Nations health organization that models wellness.

**L**isten, learn, and act is the approach through which the FNHA establishes itself as a learning organization, and knowledge transfer will support shared learnings with health partners.

**N**ever leaving anyone behind, the FNHA works with its partners to ensure health initiatives, programs and services support and are accessible to all First Nations and Aboriginal peoples living in BC.

**E**xcellence means implementing initiatives, programs and services that brings the best in western medicine together with that of First Nations traditional knowledge and medicine, and by examining needs to continuously improve services and approaches and remove barriers.

**S**ervice delivery and system transformation is driven by First Nations decision-making through engagement to determine desired outcomes, and supported by consensus leadership of the First Nations health governance partners and realized through leveraged collaboration with federal and provincial health systems.

**S**ustainability, integrity, efficiency and innovation are essential components to the business approach that the FNHA brings to its programs, services and initiatives.

FNHA, FNHC, FWHBA SHARED VISION >> Healthy, Self-Determining and Vibrant BC First Nations Children, Families and Communities.

First Nations Health Authority

**W**ellness Philosophy

**E**mphasis on personal best

**L**iving it

**L**isten, learn, and act

**N**ever leaving anyone behind

**E**xcellence:

- Implementing initiatives, programs and services
- Bring together Western Medicine and First Nations Traditional Medicine
- Continually examine needs to improve services, approaches and remove barriers

**S**ervice delivery and System Transformation

**S**ustainability, integrity, efficiency and innovation

# Wellness Journey



# Your Canoe Journey

**LAUNCHING** your **PERSONAL** Canoe

- **YOU** determine the **DIRECTION**
- IT'S **YOU** that moves the canoe **FORWARD**



# How Ready is Your Canoe?



**LAUNCHING** your **PERSONAL** Canoe

# Are You Ready To Step Into Your Canoe?



# Do You Have Anyone In Your Canoe With You?

- **YOU CHOOSE** who rides in **YOUR** canoe
- **PARTNERSHIPS OF YOUR CHOOSING**



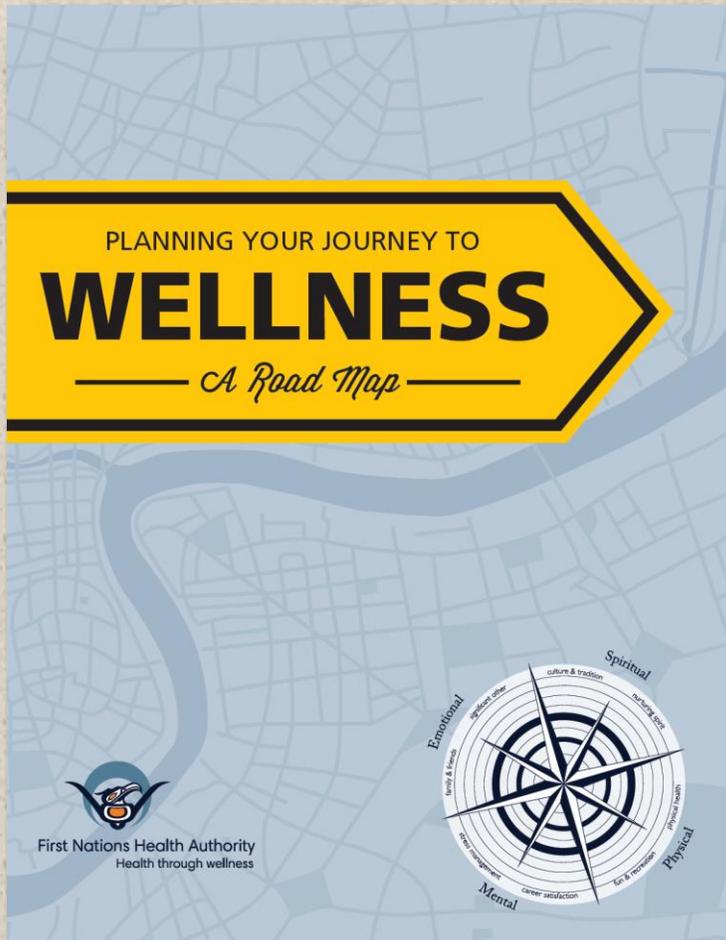
# Changing Paddlers

WHAT TO REMEMBER WHEN CHANGING **PADDLERS**?

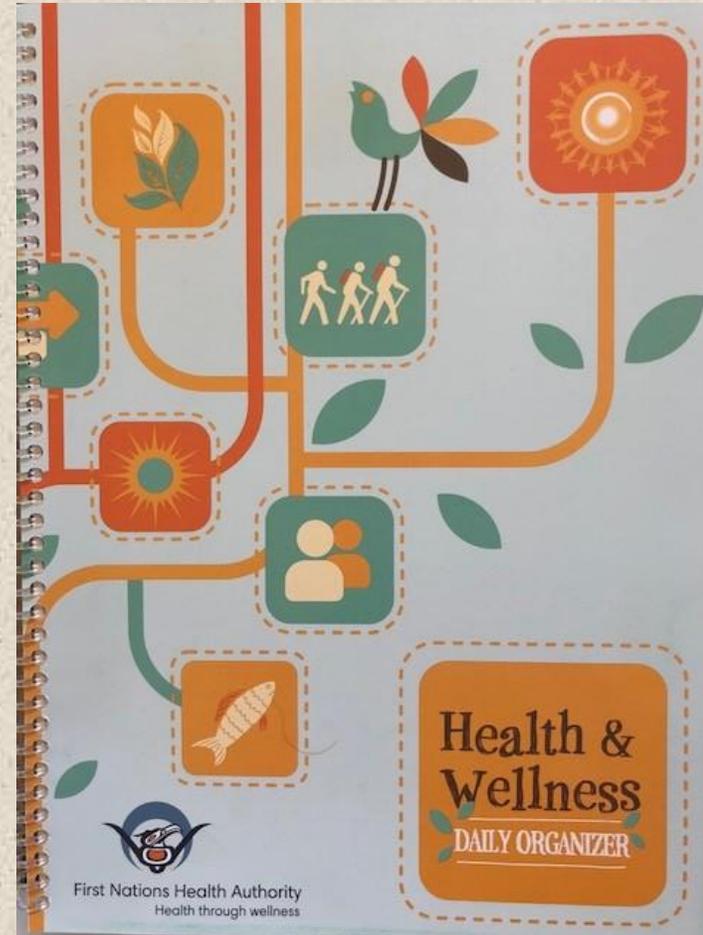
WHEN **PADDLING** IN THE SAME DIRECTION?



# Planning Your Journey to Wellness



Quick  
Clinical Tool  
that has the  
Wellness Plan  
and the  
Physical  
Assessment



Follow Up Tool  
for setting up  
Weekly Goals

# First Nations Perspective of Wellness

**A Visual  
Expression**

**A Unique  
Perspective**

First Nations Health Authority [www.fnha.ca](http://www.fnha.ca)

## First Nations Perspective of Wellness

- A visual expression of the First Nations Perspective on Wellness – the way it has always been.
- Passed down from our Elders and traditional healers.
- Wellness belongs to every human being and their reflection of this Perspective will be unique.

The diagram is a circular model with a central core labeled 'HUMAN BEING'. The core is surrounded by four quadrants: Emotional (top), Mental (right), Physical (bottom), and Spiritual (left). The next ring out contains four domains: Family (top), Respect (right), Relationships (bottom), and Nations (left). The outermost ring contains four pillars: Environmental (top), Social (right), Economic (bottom), and Cultural (left). The entire diagram is surrounded by a circle of blue silhouettes of people holding hands.

# The Wellness Wheel

**Wellness  
Belongs  
To Every  
Individual**

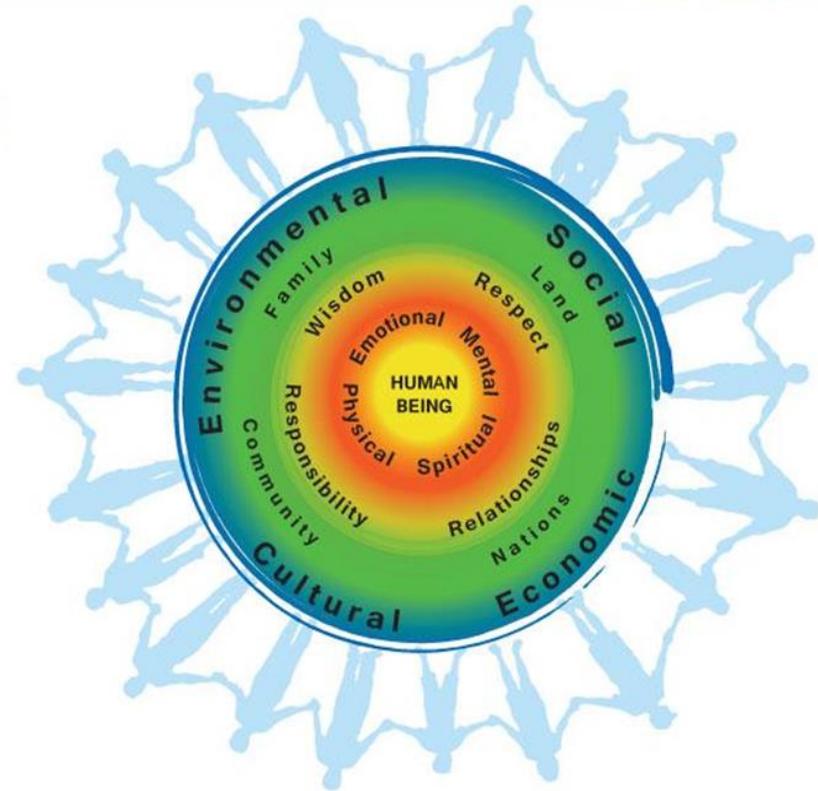
First Nations Health Authority

[www.fnha.ca](http://www.fnha.ca)



## First Nations Perspective of Wellness

- A visual expression of the First Nations Perspective on Wellness – the way it has always been.
- Passed down from our Elders and traditional healers.
- Wellness belongs to every human being and their reflection of this Perspective will be unique.



# I Can Do It!

## Commitment

What is your present level of commitment to addressing any changes needed that relate to your lifestyle?  
Rate from 0 to 10, 10 being fully committed:

0 1 2 3 4 5 6 7 8 9 10

## Strength

What behaviours or lifestyle habits do you currently engage in regularly that you believe support your health?

---

---

What behaviours or lifestyle habits do you currently engage in regularly that you believe are self destructive?

---

---

## Support

Who do you know that will sincerely and consistently support you with the beneficial lifestyle changes that you will be making?

---

## Manage

What is your present level of stress (psychological, physical, workplace)?  
Rate from 0 to 10, 10 being totally stressed out.

0 1 2 3 4 5 6 7 8 9 10

What do you love to do?

---

## Wellness Self Assessment

How often have you been physically active this week (30 minute intervals of moderate (walking) to intense activity)?

0 1 2 3 4 5 6 7

How many 8 oz (1 cup) glasses of water did you drink yesterday?

0 1-3 4-7 8-10

How many servings of fruit/vegetables did you have yesterday (1 serving = 1 half cup)?

0 1-3 4-7 8-10

How many servings of traditional foods have you had this past week?

0 1-3 4-7 8-10

Do you need to quit smoking?

Yes  No

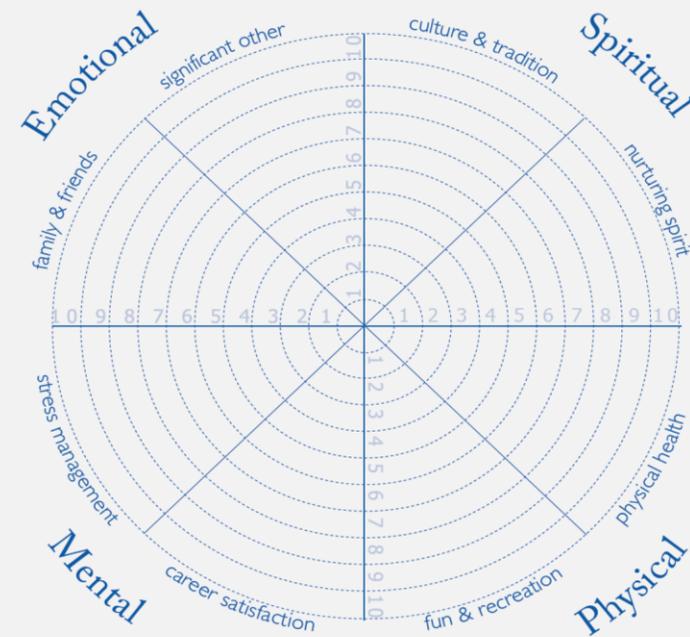


# Wellness is a Balance of Many Factors

**SHADE  
YOUR  
LEVEL  
OF SATISFACTION  
IN EACH AREA  
OF YOUR LIFE**

## WALKING YOUR INNER CIRCLE

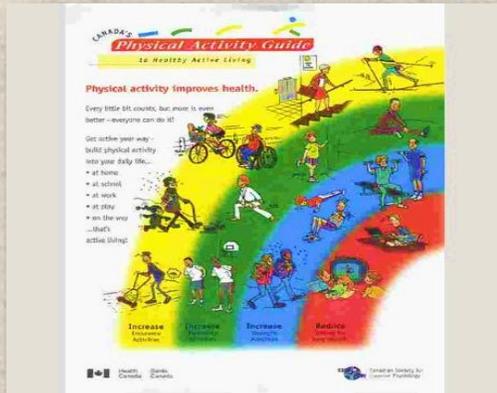
Wellness is a balance of many factors. Using the circle below, shade your level of satisfaction in each area of your life. Use the considerations on the next page to determine your satisfaction in your physical, spiritual, emotional and mental health and wellness. For example, if you are 60% satisfied in your career, shade the first six levels of the career slice. Do the same for each area, starting from the center point radiating outward.



# Where Are You Physically?

## What is your Level of Satisfaction in each area?

- **PHYSICAL**
- **Physical Health**
- **Fun & Recreation**



# Where Are you Spiritually?

What is your Level of Satisfaction in each area?

- **SPIRITUAL**

- Culture and Tradition
- Nurturing Your Spirit



# Where Are You Emotionally?

What is your Level of Satisfaction in each area?

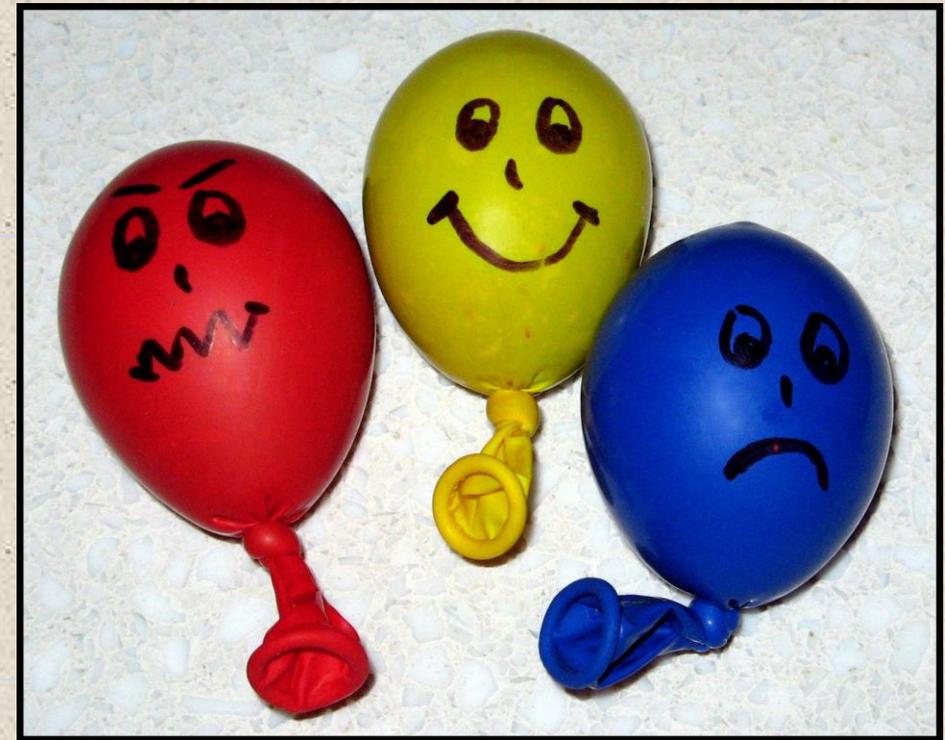
- **EMOTIONAL**
  - Significant Other
  - Family & Friends



# Where Are You Mentally?

What is your Level of Satisfaction in each area?

- **MENTAL HEALTH**
  - Career Satisfaction
  - Stress Management



# How Balanced Is Your Wellness Wheel?



# Goal Setting

**WHAT DO YOU WANT MORE OF IN YOUR LIFE?**



# Smarter Goal

- Specific**
- Measurable**
- Attainable**
- Realistic**
- Timeframe**
- Everybody Cares**
- Resources**



# Specific



NURTURING  
SPIRIT

**Physical:** I will walk every day



EATING  
HEALTHY

**Spiritual:** I will attend more spiritual activities



BEING  
ACTIVE

**Emotional:** I will spend more time with my friends



RESPECTING  
TOBACCO

**Mental:** I will read my novel

# Measureable



**Physical:** I will walk 10,000 steps a day

**Spiritual:** I will attend the activities every Saturday

**Emotional:** I will meet my friends once a week

**Mental:** I will buy my novel

# ATTAINABLE

**Physical:** I will walk in the rain, snow or hail

**Spiritual:** I will call my friend and go with them to the activities every Saturday

**Emotional:** I will meet my friends at the local coffee shop once a week

**Mental:** I will carry my novel in my bag with me



# Realistic



**Physical:** I will walk to and from work each day

**Spiritual:** I will call my friend and go to the activities with them at least once a month

**Emotional:** I will meet my friends at the local coffee shop every two weeks

**Mental:** I will try to remember to leave my novel with my bag

# Timeframe



**Physical:** I will walk to and from work for the next month and will re-evaluate this goal after the first month

**Spiritual:** I will call my friend and go to the activity with them during the winter season

**Emotional:** I will meet my friends at the local coffee shop every two weeks for the winter months

**Mental:** I will read my novel at least twice a week for the next month

# Everybody Cares

I will share my goals and changes with trusted family and friends



## Questions:

- Who might that be?
- Does this depend on the goal?
- Would this change?

# Resources



NURTURING  
SPIRIT

**Physical:** I will make a list of the things I need to add or take away from my routine in order to help me achieve my goals



EATING  
HEALTHY

**Spiritual:** I will call my friend to find out the schedule for the activities and arrange a ride to attend to achieve my goal



BEING  
ACTIVE

**Emotional:** I will send an email invitation to my friends so the meeting is on my calendar as a reminder to achieve my goal



RESPECTING  
TOBACCO

**Mental:** I will find out if there is a reading club I could join to support me achieve my goal

# Share Your Thoughts



Physical:



Spiritual:



Emotional:

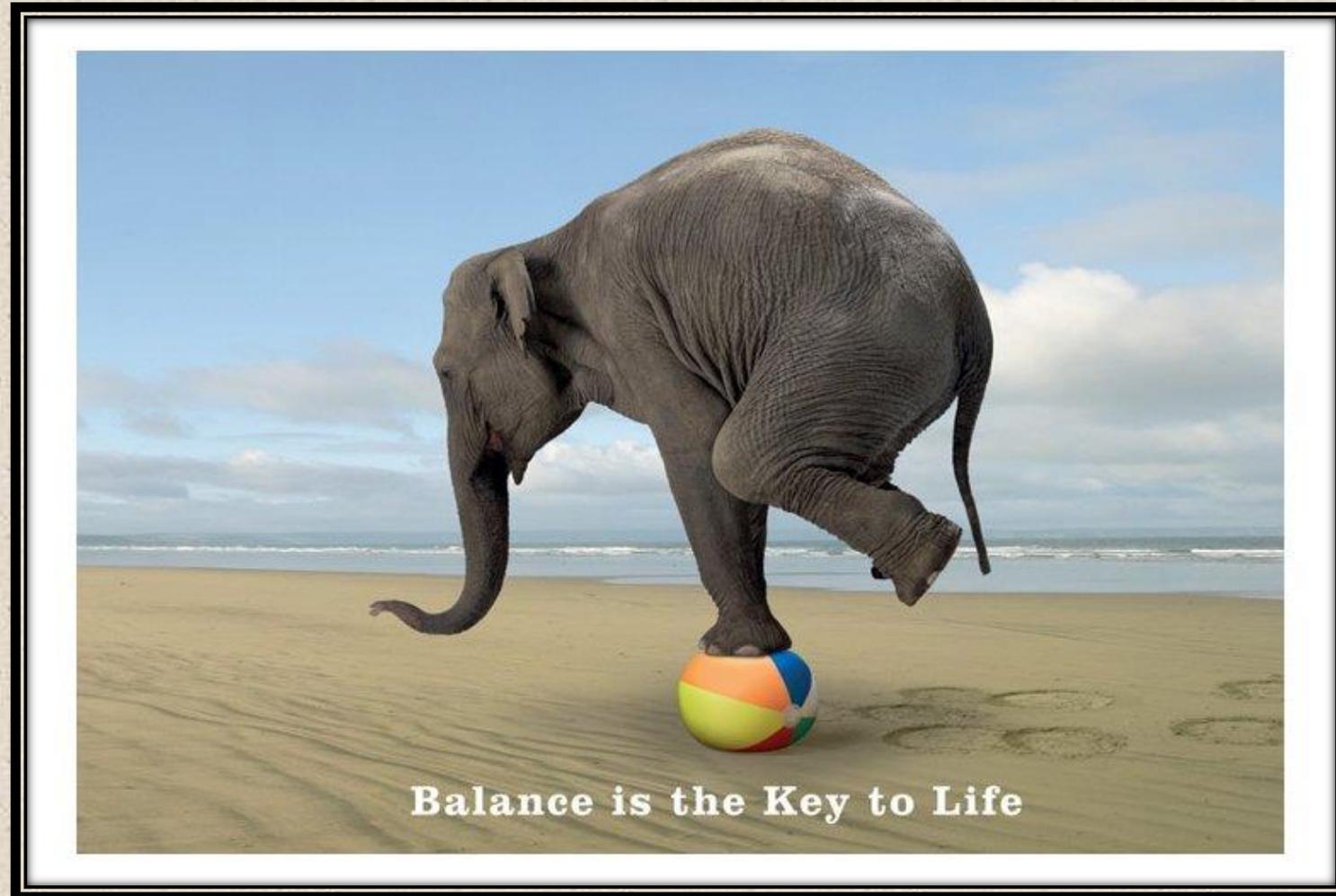


Mental:

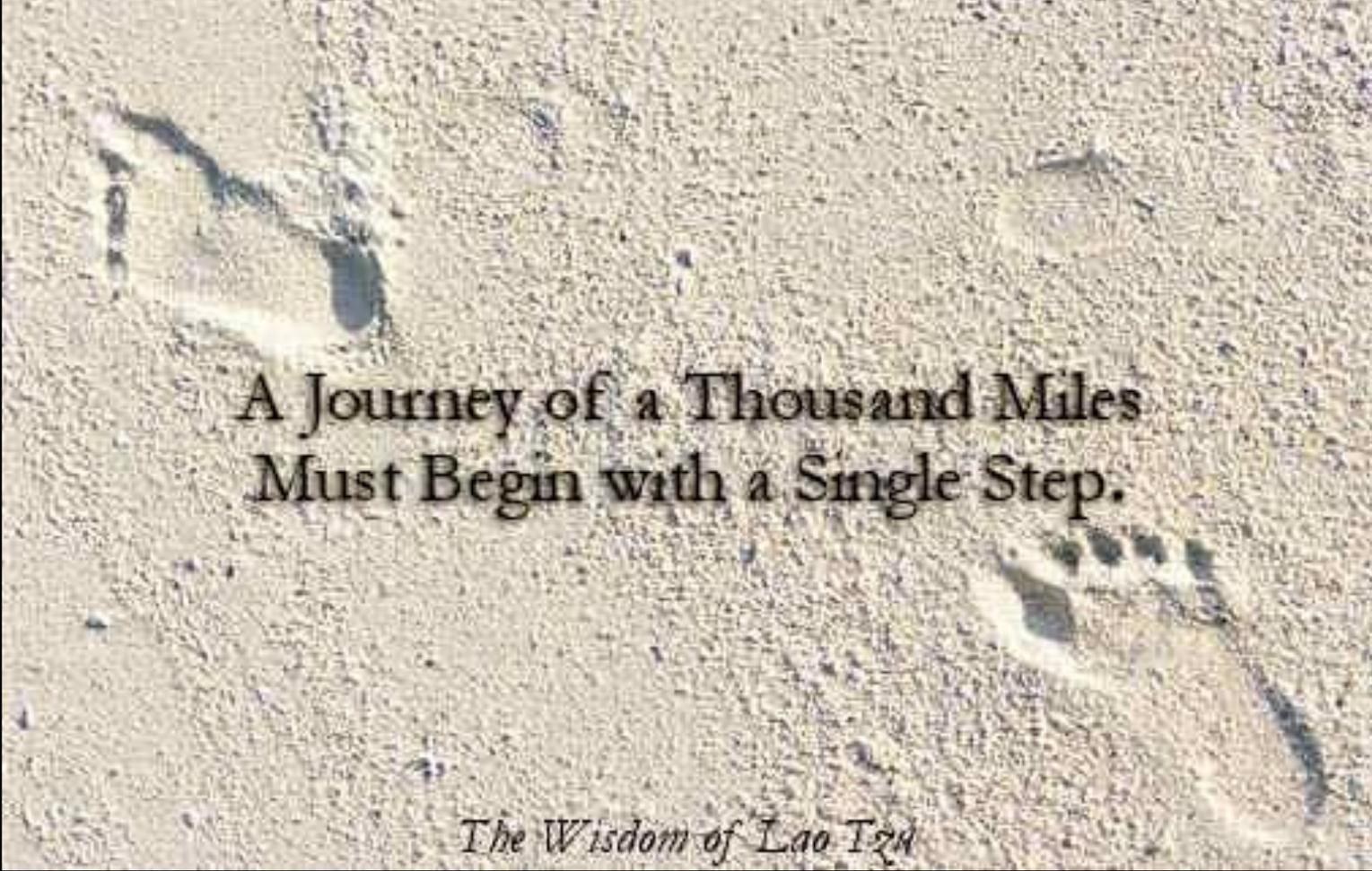
**PUT YOUR KEY IN THE KEYHOLE TO UNLOCK THE  
DOOR TO BEGIN YOUR JOURNEY**



# Having a Wellness Plan is Important Because



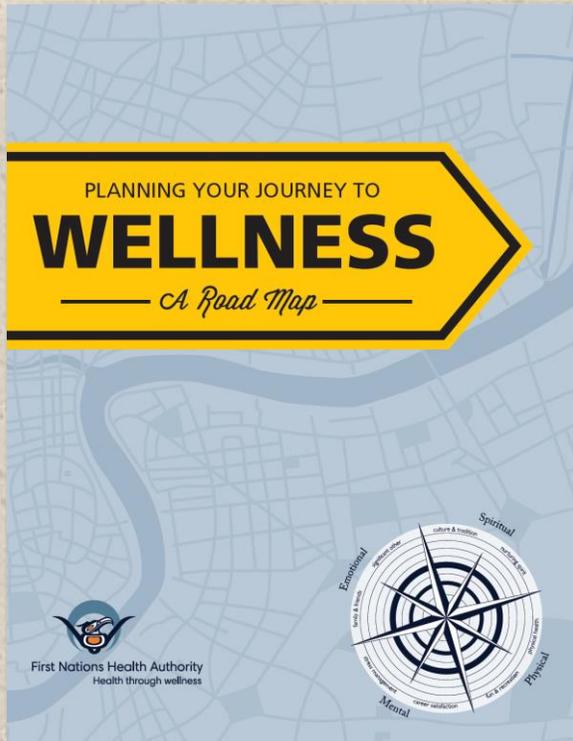
# Remember That



A Journey of a Thousand Miles  
Must Begin with a Single Step.

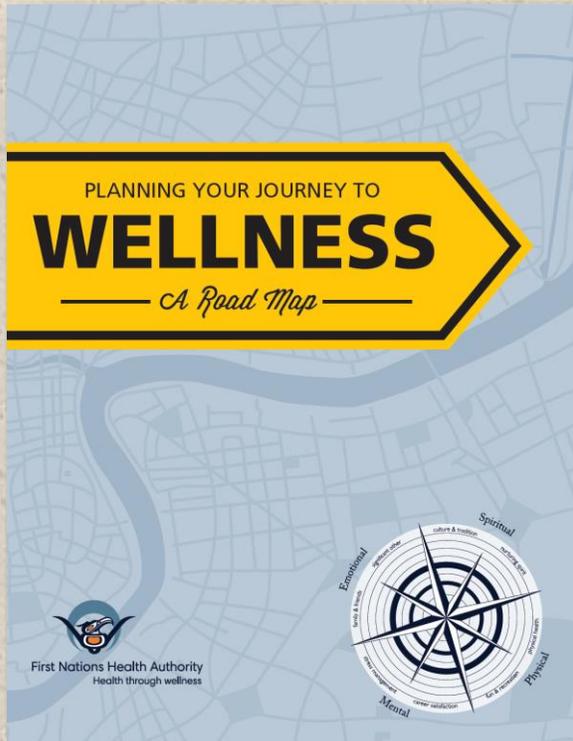
*The Wisdom of Lao Tzu*

# Completion of the FNHA Wellness Assessment



- Time of the Assessment
  - When in the client visit would you complete the wellness assessment?
- Client completes assessment
  - Do you think it is reasonable for the client to complete the assessment on their own?
- Clinician partners with the client to complete the assessment
  - Is it reasonable for the clinician to complete the assessment with the client?
  - What is important if this is done?
- Information completed on the Wellness tool is transferred to the patient record
  - How would you do this?

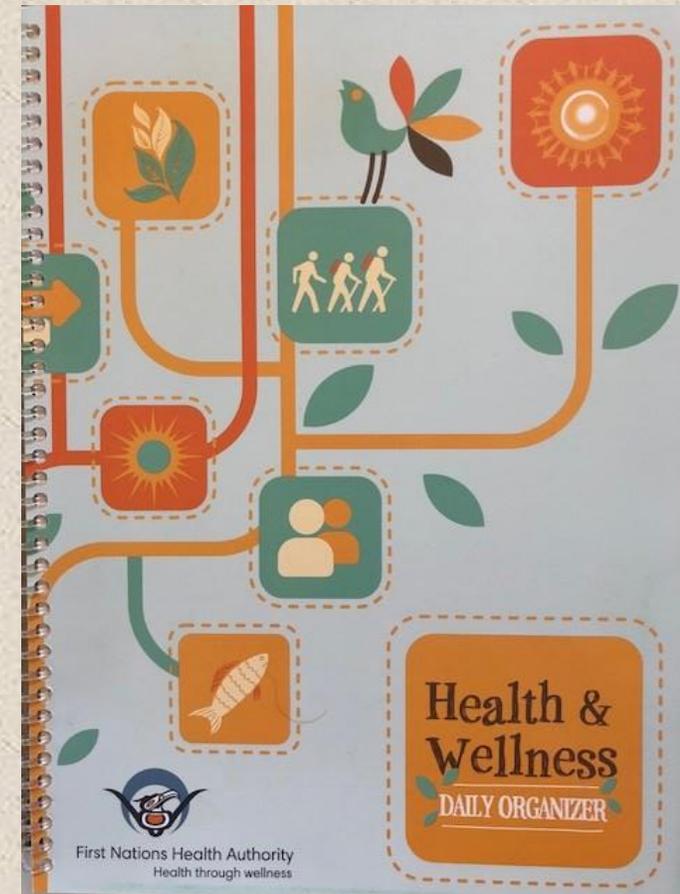
# Completion of the FNHA Wellness Assessment



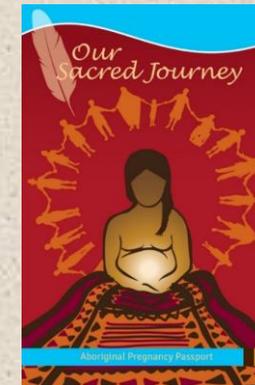
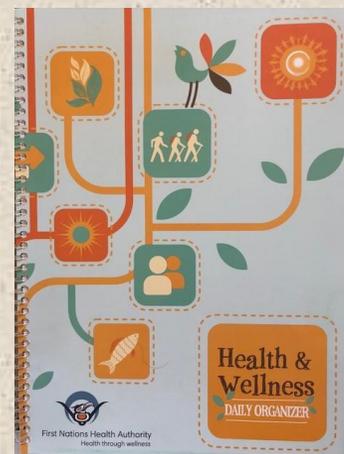
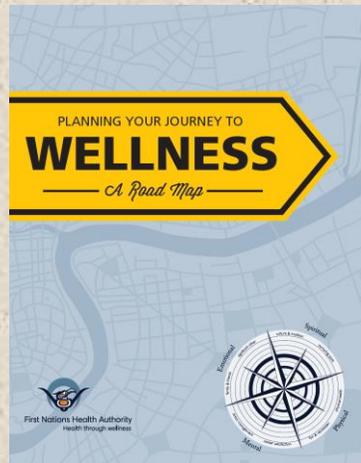
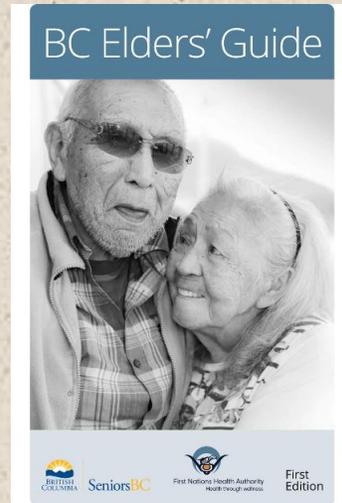
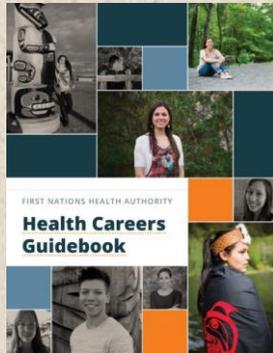
- Time of the Assessment
  - When in the client visit would you complete the wellness assessment?
- Client completes assessment
  - Do you think it is reasonable for the client to complete the assessment on their own?
- Clinician partners with the client to complete the assessment
  - Is it reasonable for the clinician to complete the assessment with the client?
  - What is important if this is done?
- Information completed on the Wellness tool is transferred to the patient record
  - How would you do this?

# Wellness Plan Journey

- Participant continues to make weekly goals
- Daily Organizer is used to track and journal
- Supports are encouraged for the check in part of the wellness plan
- Community supports are encouraged
- Other resources are shared



# First Nations Health Authority Resources



# Questions?

