Picture Yourself

IN

A HEALTH CAREER
“All good work is done the way ants do things, little by little.”

LAFCADIO HEARN
When you think about health, what words come to mind?

*Write them down and arrange the words to create a song.*
How do you feel today?

*Fill this page with the colour that matches your mood.*
“A line is a dot that went for a walk.”

PAUL KLEE
Healers

Anishnabe members of the bear clan were known to be warriors, police and healers. They spent a lot of time patrolling the land. In doing so, they learned how flowers, berries, leaves, bark, and the roots of plants can be used as medicine to keep people healthy.

*Draw some medicines on this page without using any straight lines.*
Fill this page with doodles of your own.
A SNAPSHOT OF HEALTH CAREERS

ADMINISTRATION
Health Director
Health Manager

ARTS AND HUMANITIES
Art Therapist
Medical Historian
Medical Illustrator
Medical Librarian

DENTISTRY
Dental Hygienist
Dentist

ENVIRONMENTAL HEALTH
Environmental Health Officer
Food Safety Specialist

HEALTH PARA-PROFESSIONS
Community Health Representative
Counsellor
Home Health Aide
Personal Support Worker
MEDICINE
Medical Doctors specialize in many different areas, such as:
- Anaesthesiology
- Emergency Medicine
- Family Medicine
- Obstetrics and Gynaecology
- Orthopaedics
- Pathology
- Psychiatry
- Radiology
- Sports Medicine
- Surgery

NURSING
Registered Nurses, Registered Practical Nurses and Registered Nurses Practitioners specialize in many different areas, such as:
- Community Health
- Informatics
- Neurology
- Obstetrics and Gynaecology
- Oncology
- Orthopaedics
- Paediatrics
- Public Health
- Psychiatry
- Surgery

NUTRITION
- Dietetic Technician
- Registered Dietician

PHARMACY
- Pharmaceutical Scientist
- Pharmacist
- Pharmacy Technician

PHYSIOTHERAPY
- Physiotherapist
- Physiotherapy Assistant

PUBLIC HEALTH
- Biostatistician
- Epidemiologist

SOCIAL WORK
- Social Worker

TRADITIONAL MEDICINE
- Healer
- Herbalist

There’s a health career to suit every interest.
What health career interests you?

*Fill this page with words that come to mind when you think about this career.*
“COLOUR IS THE FRUIT OF LIFE.”

GUILLAUME APOLLINAIRE
Science & Math

Do you like science and math?
They are often vital subjects if you want to have a health career.

*Colour the heart using primary colours—red, blue and yellow.*
Colour the brain using your favourite colours.

Your brain is like a muscle. The more you use it, the stronger it gets.
Midwives

This is Kerry Bebee, and she is a registered Aboriginal midwife. She cares for pregnant women and newborns in Lindsay, Ontario and in places such as the hospital and home.

Aboriginal midwives are experts in healthy pregnancies and birthing, and they combine Indigenous knowledge with Western medicine. For example, they can give newborn babies erythromycin ointment to prevent eye infections, and they can teach parents how to prepare a cedar bath for their newborn.
How much weight did the infant gain from birth to 6 months of age?

At birth – 3,278 grams

At 6 months 7,854 grams

The baby gained _____________ grams of weight.
Medical Doctors

This is Dr. James Makokis from the Saddle Lake Cree Nation, Alberta. There are many different kinds of doctors, such as paediatricians (doctors just for kids), cardiologists (doctors for your heart) and dermatologists (doctors for your skin). James is a family physician.

As a family physician, James takes care of people of all different ages, and people come to see him for many different reasons. For example, a parent may bring their baby to see him because they suspect the baby has an ear infection, or an elderly person might come for a regular checkup.
Divide the cedar into groups, with an equal number in each group. Draw a circle around each group.
Nurses

This is Inez Jasper from Skowkale First Nation, British Columbia. She is a registered nurse and helps people be healthy.

There are many different places where nurses work, such as clinics, hospitals and schools. Inez works at a community health centre. Community health nurses take care of people of all different ages, and they see people for many different reasons. For example, a parent may bring their baby to see her for their routine vaccinations and to learn about nutrition.
How many times did your heart beat in 60 seconds? Write this number on this page using your favourite colour.

*My heart rate is ___________ beats per minute.*
Physiotherapists
This is Derek Debassige from M’Chigeeng First Nation, Ontario. He is a registered physiotherapist.

Physiotherapists help people of all ages move their bodies better after illness or injury. They work at clinics, at hospitals and sometimes in people’s homes if that is where they need help. For example, athletes may see a physiotherapist like Derek to recover from sports injuries, such as a broken ankle, a dislocated shoulder or a tear in the knee’s tissue.
Help Neebin’s broken ankle heal using only one line from the start to the finish of the puzzle.
Fill this page with a drawing of your own.
Draw a portrait of yourself in a health career.
Draw a line from the question to the correct answer.

<table>
<thead>
<tr>
<th>QUESTIONS</th>
<th>ANSWERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. These people help care for pregnant women and newborns.</td>
<td>NURSES</td>
</tr>
<tr>
<td>2. _______ help people be healthy, for example by giving routine vaccinations to babies.</td>
<td>DOCTORS</td>
</tr>
<tr>
<td>3. _______ help ill or injured people restore their body’s movement.</td>
<td>MIDWIVES</td>
</tr>
<tr>
<td>4. There are many types of _______ , such as paediatricians, cardiologists and family physicians.</td>
<td>PHYSIOTHERAPISTS</td>
</tr>
<tr>
<td>5. Anishnabe members of the bear clan were known to be warriors, police and _______ ?</td>
<td>STRONGER</td>
</tr>
<tr>
<td>6. What school subjects are important if you want to have a health career?</td>
<td>SCIENCE AND MATH</td>
</tr>
<tr>
<td>7. The more you exercise your brain the _______ it gets.</td>
<td>HEALERS</td>
</tr>
</tbody>
</table>
Join our health care team. Make a difference in your community.
Want some help with science and math?

Visit www.khanacademy.com
FOR MORE INFORMATION:

Aboriginal Nurses Association of Canada
www.anac.on.ca

Canadian Association of Midwives
www.canadianmidwives.org

Canadian Association of Schools of Nursing
www.casn.ca

Canadian Medical Association
www.cma.ca

Canadian Nurses Association
www.cna-aiic.ca

Canadian Physiotherapy Association
www.physiotherapy.ca

Explore Health Careers
explorehealthcareers.org

First Nations Centre at the National Aboriginal Health Organization
www.naho.ca/fnc

Health Canada’s Health Careers Web pages for Aboriginal students
www.hc-sc.gc.ca/fniah-spnia/services/career-carriere/stud-etud/index-eng.php

Indigenous Physicians Association of Canada
ipac-amic.org

Indspire (formerly the National Aboriginal Achievement Foundation)
www.indspire.ca
Questions

Page 13
How much weight did the infant gain from birth to 6 months of age?

Answers

Page 15
Divide the cedar into groups, with an equal number in each group. Draw a circle around each group.

Page 17
How many times did your heart beat in 60 seconds?

The baby gained 4,576 grams of weight.

The resting heart rate for children aged 10 years and older and adults is typically 55 to 90 beats per minute.
QUESTIONS

Page 19

Help Neebin’s broken ankle heal using only one line from the start to the finish of the puzzle.

ANSWERS

Page 22

Draw a line from the question to the correct answer.

1. These people help care for pregnant women and newborns.
   A. NURSES
   B. DOCTORS
   C. MIDWIVES
   D. PHYSIOTHERAPISTS

2. ______ help people be healthy, for example by giving routine vaccinations to babies.
   A. NURSES
   B. DOCTORS
   C. MIDWIVES
   D. PHYSIOTHERAPISTS

3. ______ help ill or injured people restore their body’s movement.
   A. NURSES
   B. DOCTORS
   C. MIDWIVES
   D. PHYSIOTHERAPISTS

4. There are many types of ______, such as paediatricians, cardiologists and family physicians.
   A. NURSES
   B. DOCTORS
   C. MIDWIVES
   D. PHYSIOTHERAPISTS

5. Anishnabe members of the bear clan were known to be warriors, police and ______?
   A. NURSES
   B. DOCTORS
   C. MIDWIVES
   D. PHYSIOTHERAPISTS

6. What school subjects are important if you want to have a health career?
   A. NURSES
   B. DOCTORS
   C. MIDWIVES
   D. PHYSIOTHERAPISTS

7. The more you exercise your brain the ______ it gets.
   A. NURSES
   B. DOCTORS
   C. MIDWIVES
   D. PHYSIOTHERAPISTS
CONGRATULATIONS
ON FINISHING
THIS BOOK!
YOU'RE A STEP CLOSER TO A HEALTH CAREER.
OAAPH [now known as the National Aboriginal Health Organization (NAHO)] receives funding from Health Canada to assist it to undertake knowledge-based activities including education, research and dissemination of information to promote health issues affecting Aboriginal persons. However, the contents and conclusions of this report are solely that of the authors and not attributable in whole or in part to Health Canada.


Acknowledgements: Thank you to everyone who was involved in the publication of this book, from the reviewers to those who offered suggestions and support. Funding for this publication was provided by Health Canada.

For queries or copyright requests, please contact:

**First Nations Centre**
National Aboriginal Health Organization, 220 Laurier Ave. West, Suite 1200, Ottawa, Ontario K1P 5Z9
Tel: 613-237-9462  |  Toll-free: 1-877-602-4445  |  Fax: 613-237-1810
E-mail: fnc@naho.ca  |  Web site: www.naho.ca/fnc