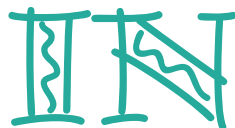




A CREATIVITY SKETCHBOOK

Picture Yourself



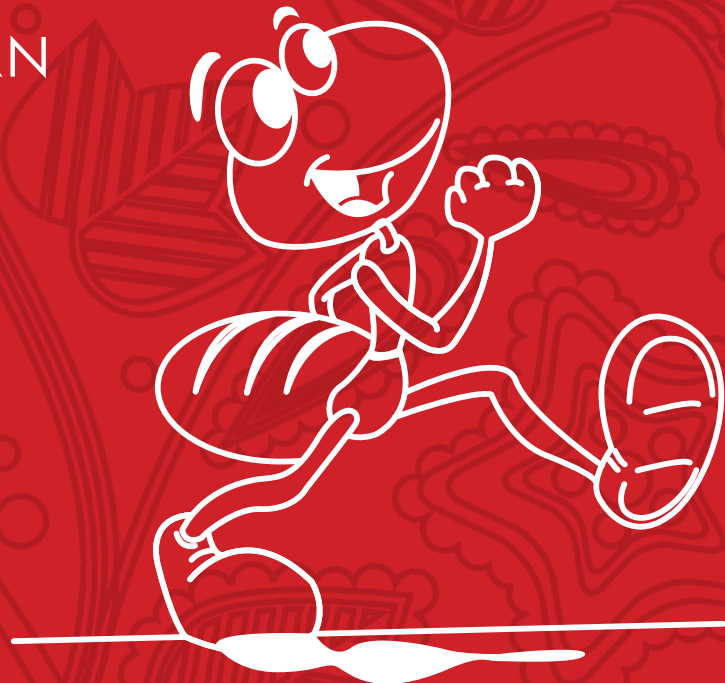
A HEALTH CAREER



National Aboriginal Health Organization (NAHO)
Organisation nationale de la santé autochtone (ONSA)
ᑎᓐᓂᓐ ᓂᓐᓂᓐᓂᓐᓂᓐ ᓂᓐᓂᓐᓂᓐᓂᓐ ᓂᓐᓂᓐᓂᓐᓂᓐ

“ALL GOOD WORK
IS DONE THE WAY
ANTS DO THINGS,
LITTLE BY LITTLE.”

LAFADIO HEARN



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

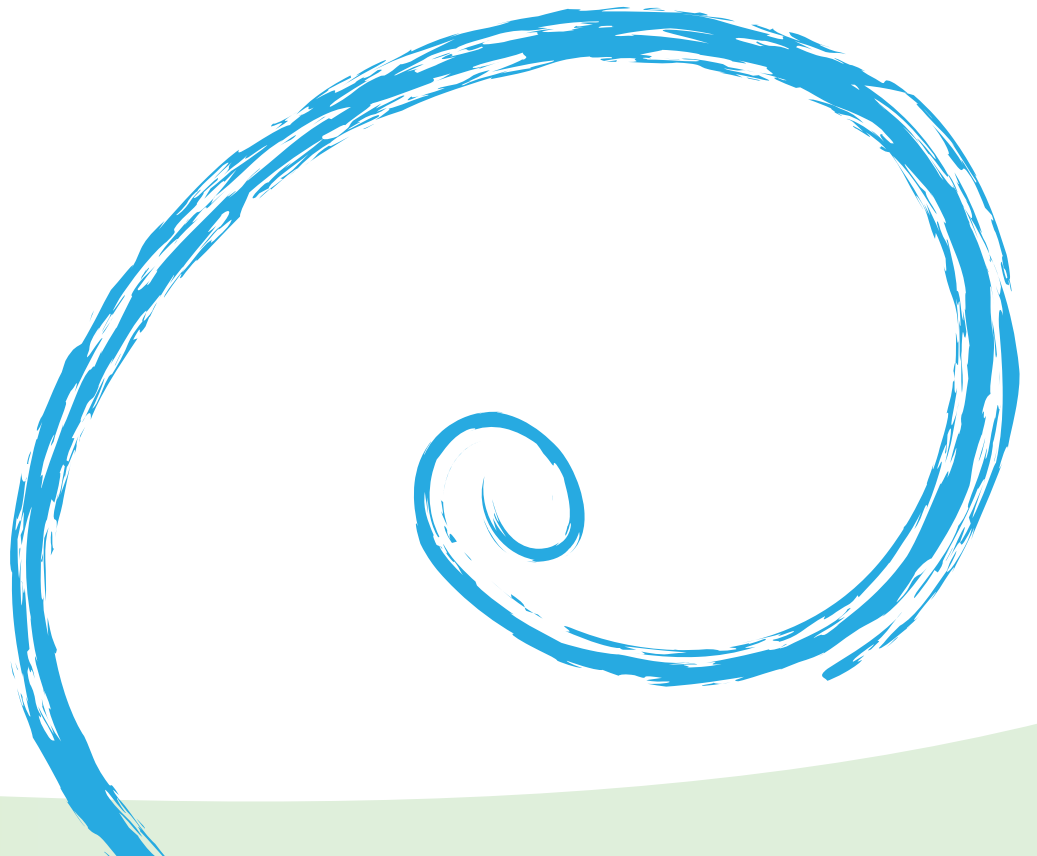
Write them down and arrange the words to create a song.

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

MIDWIFERY

Midwife

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. ”



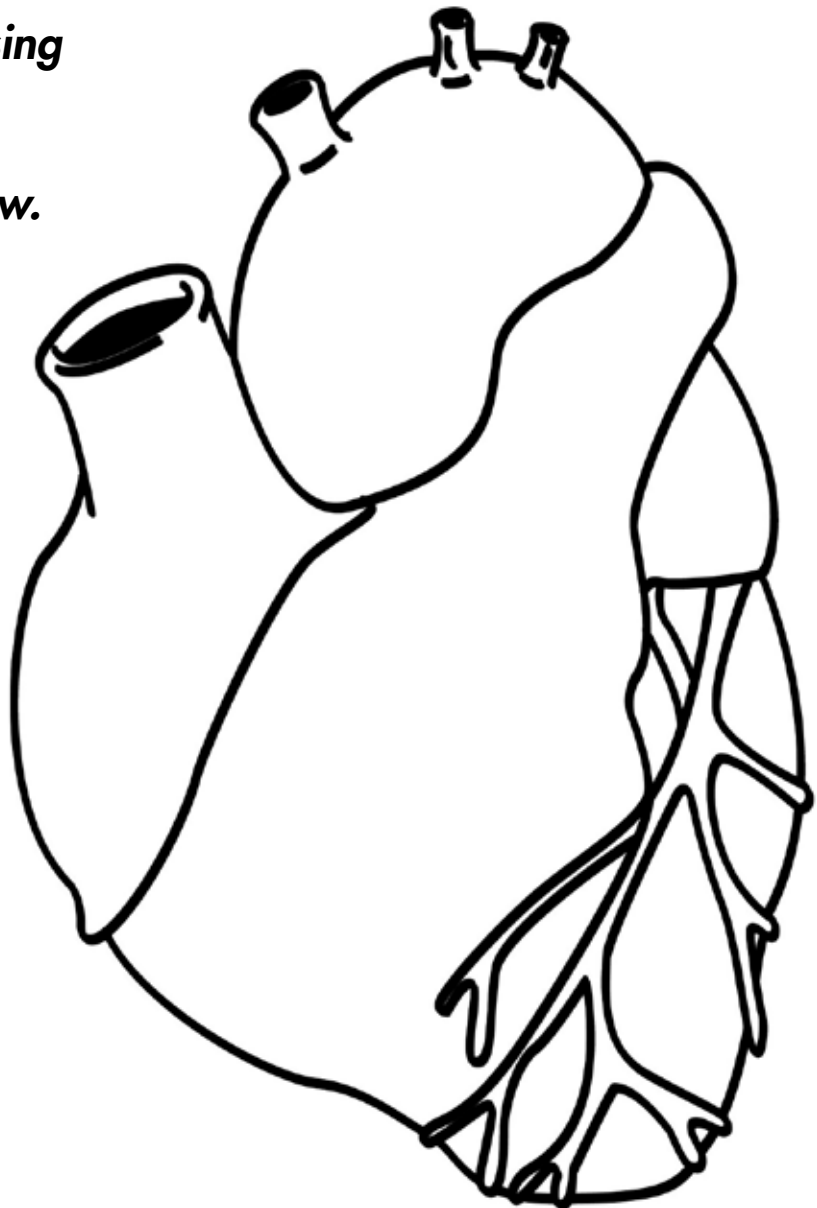
GUILLAUME APOLLINAIRE

Science & Math

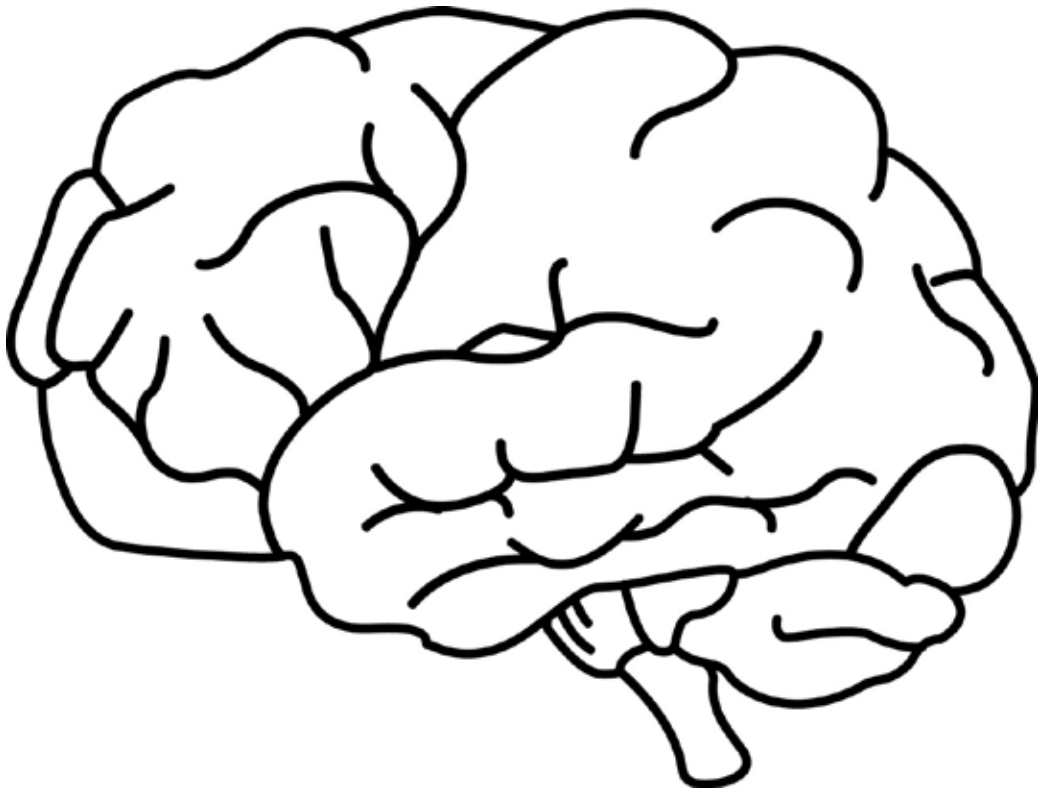
Do you like science and math?

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.

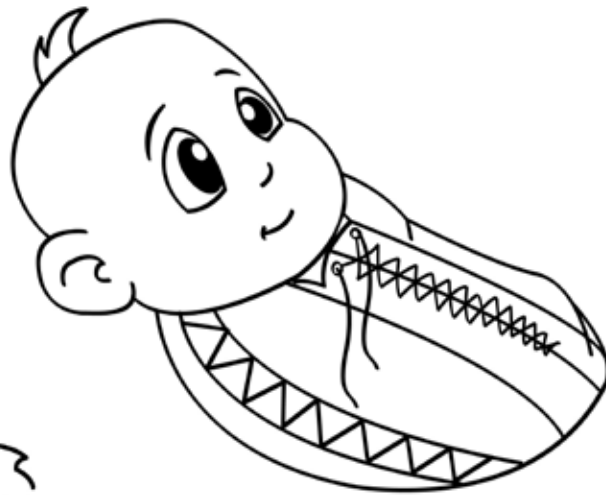
Aboriginal midwives are experts in healthy pregnancies and birthing, and they combine Indigenous knowledge with Western medicine.

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**



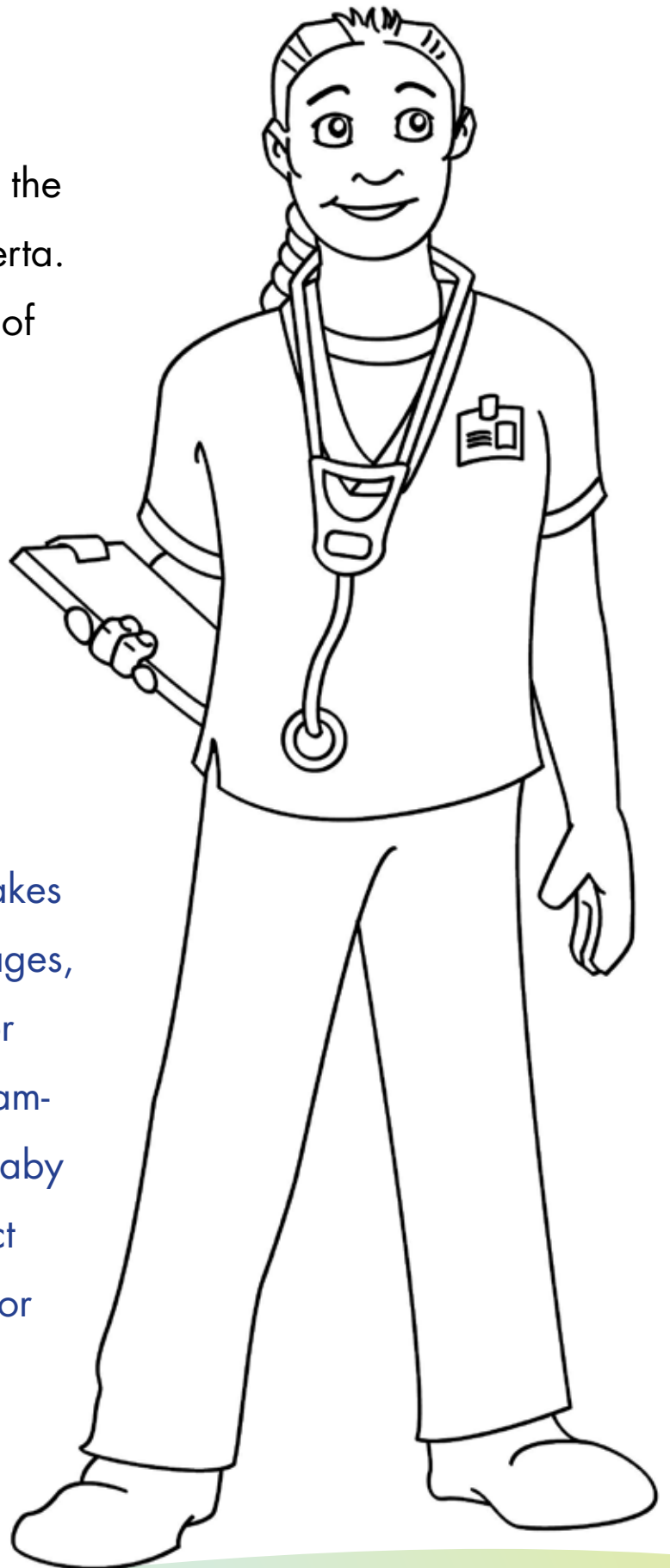
**At 6 months
7,854 grams**

The baby gained _____ grams of weight.

Medical Doctors

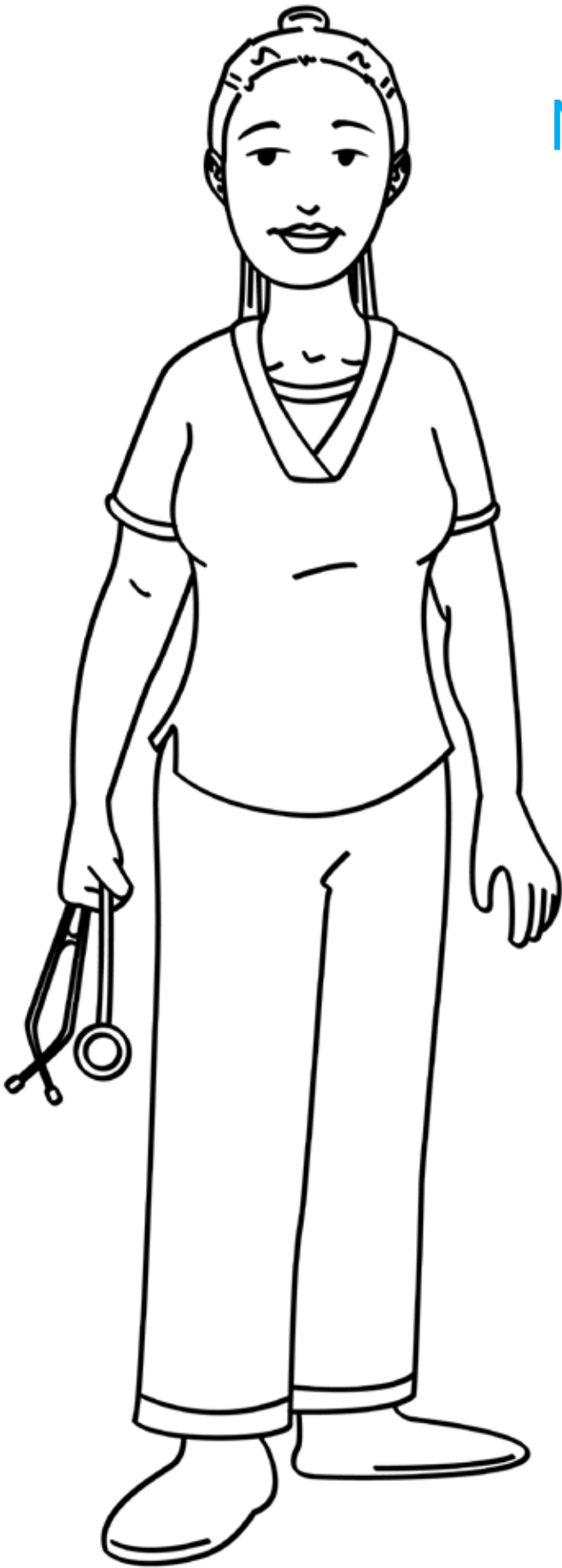
This is Dr. James Makokis from the Saddle Lake Cree Nation, Alberta. There are many different kinds of doctors, such as paediatricians (doctors just for kids), cardiologists (doctors for your heart) and dermatologists (doctors for your skin). James is a family physician.

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.

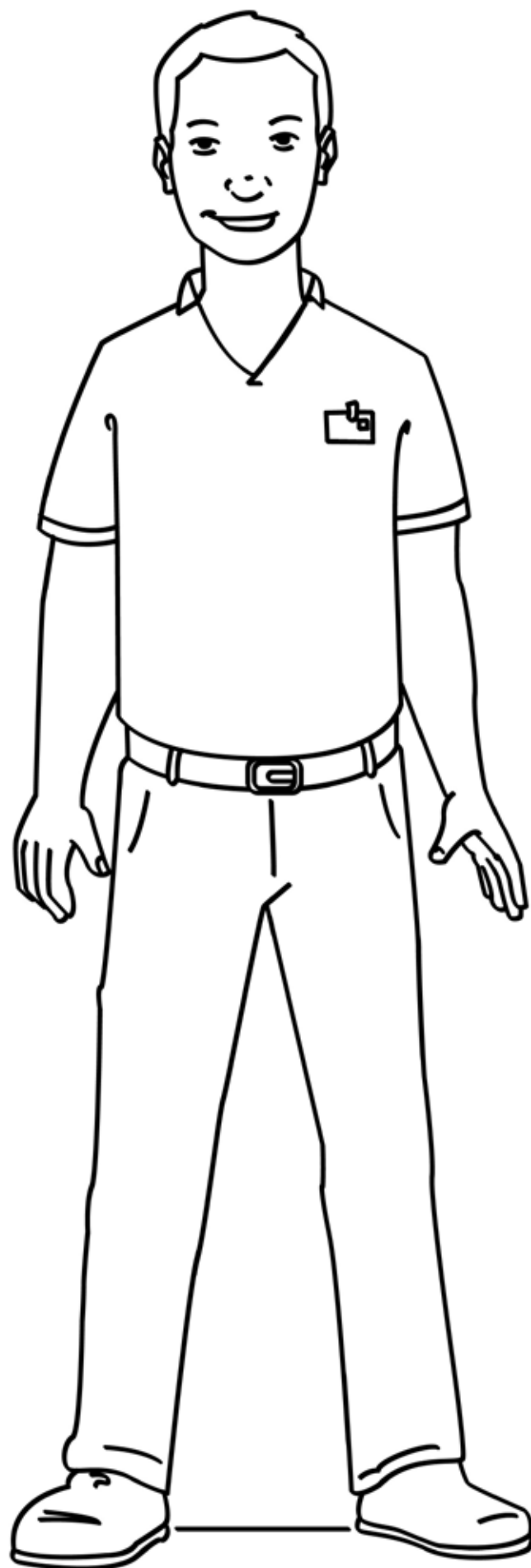
My heart rate is _____ beats per minute.



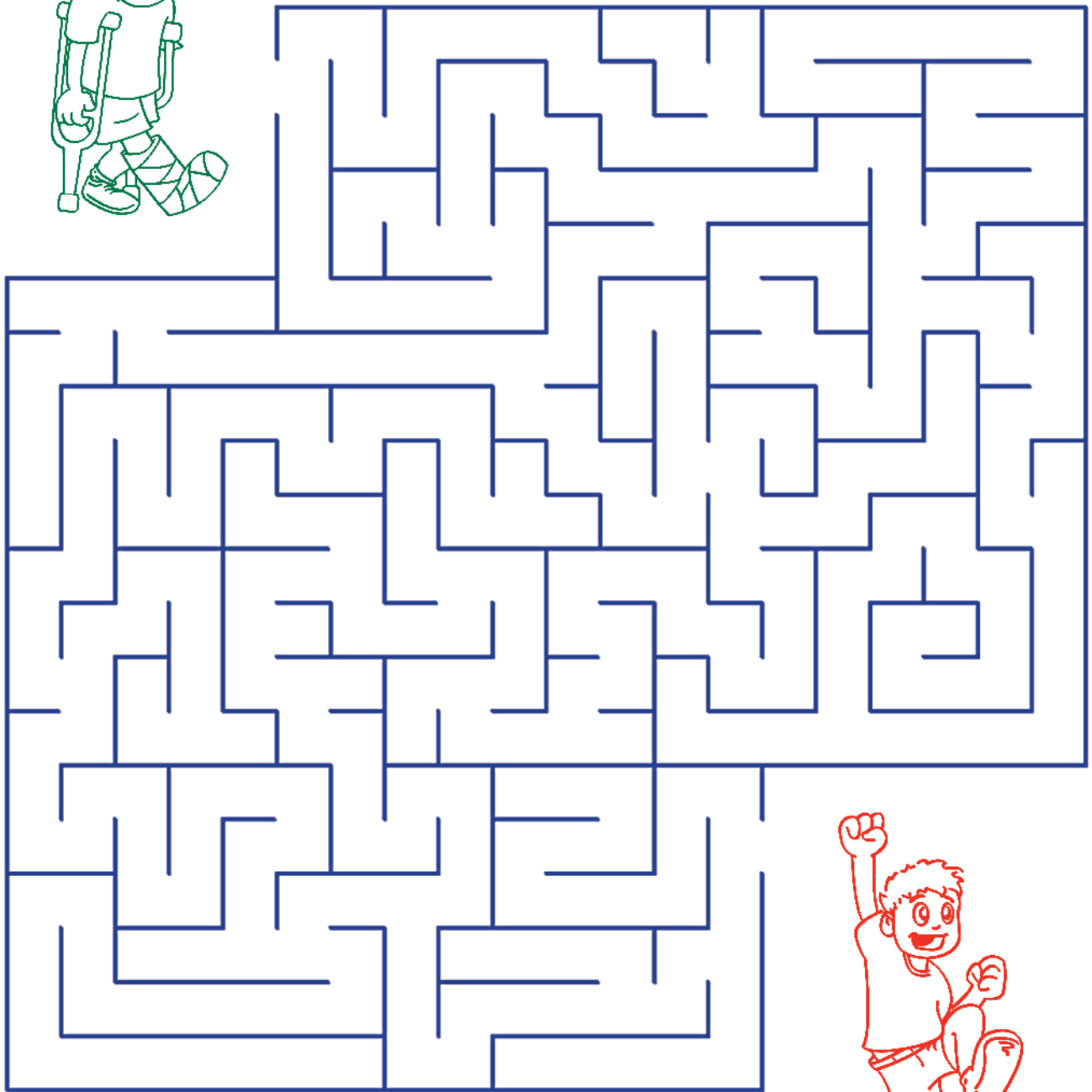
Physiotherapists

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.

QUESTIONS

ANSWERS

1. These people help care for pregnant women and newborns.



2. _____ help people be healthy, for example by giving routine vaccinations to babies.



3. _____ help ill or injured people restore their body's movement.



4. There are many types of _____, such as paediatricians, cardiologists and family physicians.



5. Anishnabe members of the bear clan were known to be warriors, police and _____?



6. What school subjects are important if you want to have a health career?



7. The more you exercise your brain the _____ it gets.



● NURSES

● DOCTORS

● MIDWIVES

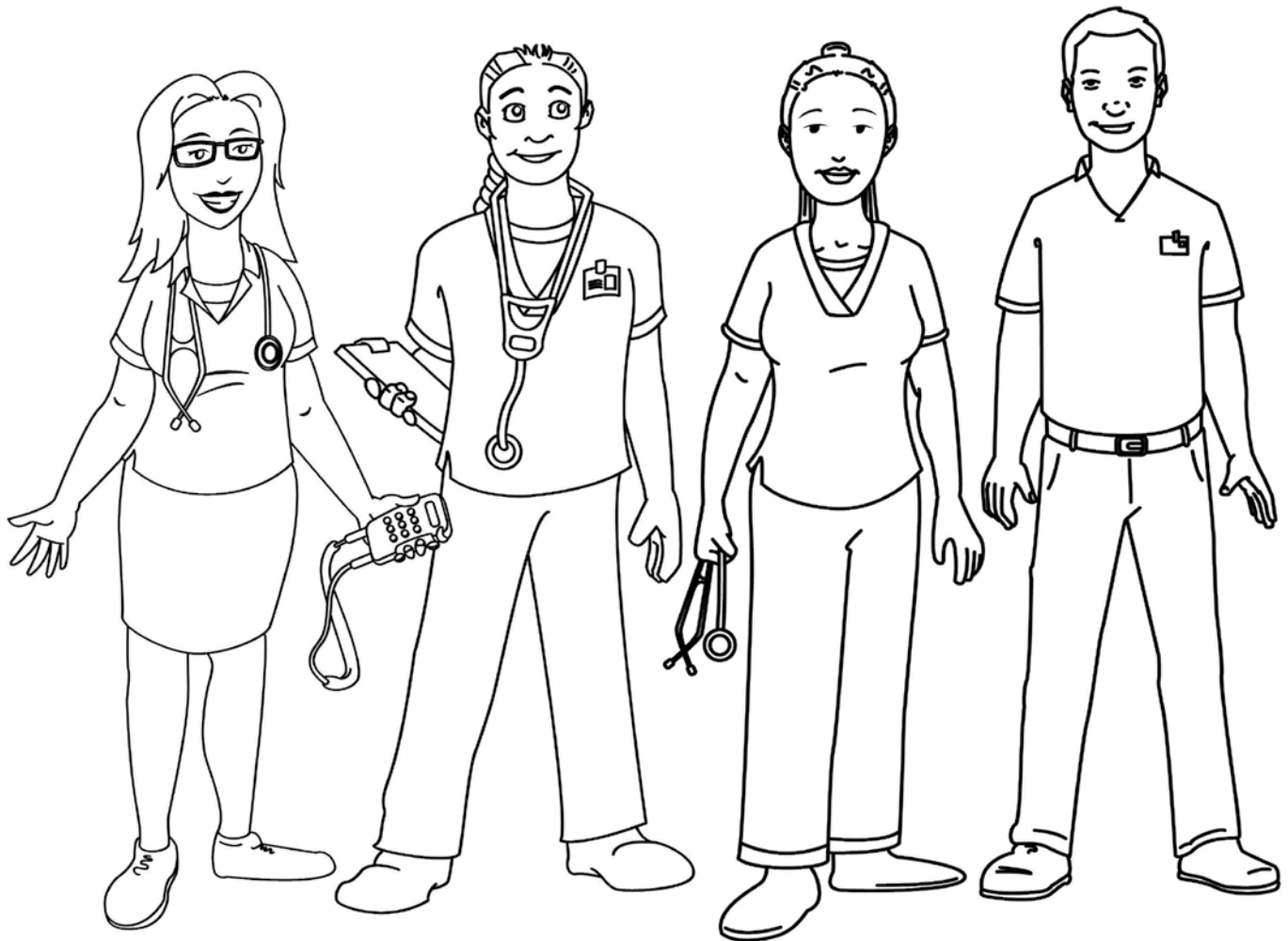
● PHYSIOTHERAPISTS

● STRONGER

● SCIENCE AND MATH

● HEALERS

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

Answers

QUESTIONS

Page 13

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

ANSWERS

The baby gained 4,576 grams of weight.

Page 15

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



Page 17

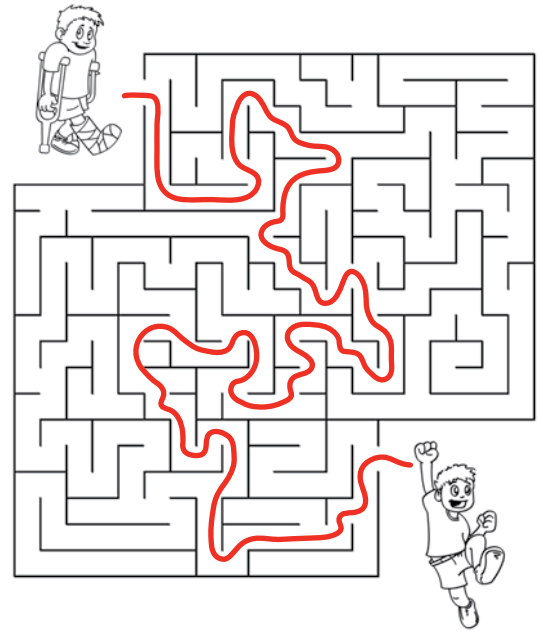
How many times did your heart beat in 60 seconds?

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

QUESTIONS

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

ANSWERS



Draw a line from the question to the correct answer.

QUESTIONS

ANSWERS

- | | | |
|--|---|---|
| 1. These people help care for pregnant women and newborns. | • | • |
| 2. _____ help people be healthy, for example by giving routine vaccinations to babies. | • | • |
| 3. _____ help ill or injured people restore their body's movement. | • | • |
| 4. There are many types of _____, such as paediatricians, cardiologists and family physicians. | • | • |
| 5. Anishnabe members of the bear clan were known to be warriors, police and _____? | • | • |
| 6. What school subjects are important if you want to have a health career? | • | • |
| 7. The more you exercise your brain the _____ it gets. | • | • |
- NURSES
 DOCTORS
 MIDWIVES
 PHYSIOTHERAPISTS
 STRONGER
 SCIENCE AND MATH
 HEALERS

CONGRATULATIONS
ON FINISHING
THIS BOOK!





YOU'RE A STEP
CLOSER TO A
HEALTHY CAREER.

NOTES





© Copyright 2012 National Aboriginal Health Organization
ISBN : 978-1-926543-75-8 (Print)
ISBN : 978-1-926543-77-2 (PDF)

Publisher: National Aboriginal Health Organization
Contributors: Camille Lem and Nadine Solomon
Copy Editor: Jennifer Thomas
Design and Layout: EarthLore Communications
Illustrations: Healthy Aboriginal Network
Translator: Madeleine Smith

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.

This document should be cited as: First Nations Centre (2012). *Picture yourself in a health career: A creativity sketchbook*. Ottawa: National Aboriginal Health Organization.

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



www.naho.ca/firstnations

FIRST NATIONS CENTRE
220 Laurier Ave. W.
Suite 1200
Ottawa, ON K1P 5Z9

Phone: 613.237.9462
Toll Free: 877.602.4445
Fax: 613.237.1810
Email: fnc@naho.ca