

HEALTH CAREERS

PREPARED FOR THE FIRST NATIONS CENTRE, NATIONAL ABORIGINAL HEALTH ORGANIZATION

2005

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THANKSGIVING

Before we begin, let us take time to honour all our ancestors who were Medicine men and women; healers who knew the plant and animal worlds and were accomplished pharmacists; herbalists; counsellors; midwives; and doctored our physical, emotional, mental, and spiritual needs.

We thank you.

We also take time to honour our present day Traditional Medicine men and women, chosen to continue practicing our ancient healing and wellness practices.

Let us also give thanks to the future generations of Medicine men and women who will practice as healers, counsellors, pharmacists, social workers, doctors, community health workers, optometrists, dieticians/nutritionists, dentists, psychologists, nurses, medical and environmental scientists, midwives, sports therapists, and in so many other areas of health, wellness, and healing.

We thank you.

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Introduction

This Health Careers Tool Kit is one of several information packages prepared by the First Nations Centre (FNC) to inform and share knowledge on key issues in health and wellness, and to assist in community capacity building. We have prepared this kit by drawing on materials in the fields of health career education, employment opportunities such as Job Futures, the National Occupational Classification (NOC) at Human Resources and Skills Development Canada (HRSDC), and job descriptions for the fields mentioned.

This First Nations Health Careers Tool Kit can be used with *A Listing of Aboriginal Health Careers: Education and Training Opportunities* that lists health programs available in Aboriginal education institutes; Aboriginal-specific programs in non-Aboriginal education institutes; access and transition programs; professional health career programs with Aboriginal initiatives; and other education and training strategies.

This document is available at: http://www.naho.ca/english/pdf/research_aboriginalhealth.pdf

There are more than 50 different health care professions presently recognized by the Government of Canada. Health care professions are jobs that maintain the health and condition of the human body as well as the well-being of the community. A social worker, for example, may strive to improve the emotional health of an individual as much as work to improve the social welfare and the well-being of

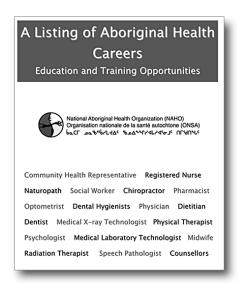


Figure 1 A Listing of Aboriginal Health Careers Toolkit

the community. An athletic trainer helps athletes keep in shape, but also helps athletes when they are injured. Midwives take care of mothers and babies before and after birth. All are health care professionals.

There are health care jobs for everyone. Health care professions referred to as "Assisting Occupations in Support of Health Services" need some high school or a high school diploma, a trade/vocational certificate or college diploma, and/or on-the-job training.

Here are some examples of assisting occupations:

- dental assistant;
- nurse's aide or orderly;
- pharmacy assistant;
- orthopedic technologist;
- morgue attendant;
- home health care aide; and
- many other types of jobs.

You can always go back for more education and advance your job opportunities in the health care field. If you start out as a pharmacy technician, nurse's aide or orderly with a previous or unrelated degree, that degree might be applied toward a degree in pharmacy or to help you become a registered nurse.

Choosing a health care profession will make a difference to you and to people who need care. You will contribute to improving the standard of health care in your community.

We hope this Health Careers Tool Kit helps you make informed decisions about which health care profession is for you.



Figure 2
A sample of career information aavailable at the HRSDC website.

Questions and Answers Funding, Forms, and Other Interesting Things

I am a high school student. Why should I choose a career in health?

- a. Health careers provide a challenging and stimulating work environment.
- b. There are many opportunities for personal and career growth.
- c. The field has fast growth and good pay.
- d. It can be very rewarding.
- e. You would have the ability to make a difference.
- f. It fulfills a desire to help people.
- g. It also fulfills a desire to help community.

Who can I talk to about careers in health?

- a. Community health representatives (CHRs), nurses, dentists, doctors, Emergency Medical Technicians (EMTs), psychologists, etc.
- b. Your counsellor at your school or community education centre.
- c. Math and science teachers.
- d. Your parent(s) or family members.
- e. Post-secondary counsellors at a nearby college, university or vocational/technical institute.

GIFT OF WORDS

I am a Mohawk from Kahnawake Mohawk Territory and I am a pediatrician. I work at the Montreal Children's Hospital, and on several Cree reserves in the James Bay region, and on the Mohawk reserves near Montreal.

Medicine is a very tough job, but it is worth every minute of it. It takes a lot of dedication and hard work to go through all the studying, long hours, and exams. Once all your studies are done, you feel like you can accomplish anything. Through medicine, you continue to learn not only about health and medical diseases but you also learn something every day about humanity, and about yourself as well. You are privileged to hear about people's concerns, not only from a medical perspective, but concerns about all aspects of their lives that have an impact on their health.

Physicians are in a unique position to listen to people and help guide them towards a healthy lifestyle. Medicine can be difficult and frustrating at times, but overall, it is a truly rewarding way of life.

Kent Saylor, M.D.

Are there certain courses I should take in high school?

- a. Math, biology, chemistry, physics, English (or French), computers, social studies.
- b. Grades are important and should be 70 per cent or higher.

What if I have graduated but do not have all the required courses to enter a health career program?

There are colleges throughout Canada that offer access or transition programs to assist individuals succeed in post-secondary education. Some of these programs are specifically

GIFT OF WORDS

As a social worker, it has been my great honour to join hands with those working in health care to support Aboriginal concepts of health for communities and individuals. Colonization has resulted in a myriad of multigenerational and multidimensional risks facing too many Aboriginal people in Canada. As our traditional value of interdependence teaches us, no one discipline, or way of knowing, can support the holistic care of Aboriginal communities; we must reach across the professional boundaries to engage each other, and most importantly, community members in designing and implementing the best solutions.

Aboriginal young people have already made substantial contributions in shaping a new and revitalized future for our communities. These contributions can only be enhanced as greater numbers of young people learn and value the cultural teachings whilst achieving college and university degrees in the health and social sciences. By creating an interdependence of knowledge, new approaches, which affirm and enhance cultural teachings and values, are possible.

Choosing a career in health care means choosing to make a difference—by affirming the ability of Aboriginal peoples to make the best health care decisions for themselves and by being a positive role model for the generations of Aboriginal children and young people to come. No matter where life leads you—to work in a hospital, a community clinic, or a child welfare office—never stop believing in your value as an Aboriginal person or your ability to work with others to see their own strengths.

Cindy Blackstock, Executive Director
First Nations Child and Family Caring Society of Canada

designed to help students obtain the marks they need to enter health career programs. Many access programs are two semesters (one school year) or longer. In addition, many high schools offer courses for credit in their adult education programs for mature students and high school students lacking prerequisites for college. Age and other criteria may be a factor for admission.

Who can I talk to about access programs and adult education programs?

- a. Post-secondary counsellors from your community or closest urban centre.
- b. services guidance counsellors from colleges or universities.
- c. Adult education counsellors from your community or urban centre.
- d. Other students you know who have taken an access or adult education program for math and sciences credit.

How do I apply to colleges and universities?

a. Student services and post-secondary counsellors in your community, education centre, or the school that you attend, can provide you with information on colleges and universities. Many post-secondary institutions have a First Nations counsellor who offers a variety of services, especially important to first-year students.

- b. Counsellors can help you find the program you are looking for, provide application forms and deadline dates, and tell you what to include in your application (for example, a copy of your latest marks).
- c. Many colleges and universities charge a fee that must be included with your application. This fee is usually non-refundable.
- d. Start your search early (October or November). Use the Internet to help you narrow down your choices of program, college or university. Some things to consider are whether a school offers your preferred health program, the distance of the school from where you normally live (less costly if you live closer), and whether you will need to move to another city or province. The counsellor can advise you of the best choice of school or program, how to find a place to live while in school, and how to budget your money.

What about funding my health career education?

Indian and Northern Affairs Canada (INAC) offers the Post-Secondary Education Program (PSE) to Inuit and Status Indian students through the Post-Secondary Student Support Program (PSSSP) and the University College Entrance Preparation Program (UCEP) to assist with the cost of tuition fees, books and travel, and living allowances, when applicable. Inuit and Status Indian students

residing on- or off-reserve and ordinarily living in Canada (usually 12 months prior to applying) are eligible for the PSE program. Support is subject to the selection criteria defined in the Band Council policy.

More information on these federal programs is available at:
http://www.ainc-inac.gc.ca/
ps/edu/ense_e.html
http://www.ainc-inac.gc.ca/
ps/edu/ense_e.html

GIFT OF WORDS

I am a 31 year old Mohawk from Kahnawake. I have been a registered Nurse for $3^{1}/_{2}$ years. I presently work two days per week in the emergency department of the Montreal General Hospital, two to three days per week at the Kateri Memorial Hospital in Kahnawake, where I split my time between working in the Family Medicine Unit and as a Diabetes Educator. I also work on call for Skyservice, which is a private company that specializes in air ambulance transfers for patients all over the world.

It took me three years of Nursing training at John Abbott College to receive my Registered Nurse License. I then did another three years of part-time studies at the University of Ottawa to get my Bachelor of Science in Nursing.

I would encourage all First Nations people, men or women of all ages to aim high and work hard for their dreams. Nursing is a very rewarding profession in that you help individuals in times of need. We — as First Nations people — are born with this caregiving characteristic. Living in tight knit communities with large families, we are taught from our childhood to respect and care for the youth, elderly and those who are ill. Often we do it instinctively without even realizing it. All those who have an interest in helping others, should consider nursing as a career.

All the men out there should realize that the enrollment of men in nursing programs is increasing every year across Canada. As well, I have never encountered any negative issues despite the fact that I am a man in a female-dominated profession.

Clifford Dailleboust, R.N.

USEFUL TIPS

Start Early:

Apply early. There are forms to fill out, including application forms for college or university.

Know Deadlines:

There are deadlines to apply to colleges and universities and to the INAC Post-Secondary Assistance Program.

Keep Copies of all Important Papers:

Once funding is confirmed and you have received an acceptance letter or conditional acceptance letter from the college or university, forward them to your post-secondary funder together with any tuition bills and receipts.

Ask:

The post-secondary counsellor can provide you with information on health career scholarships, bursaries and student loans.

What if I am a student with a disability?

Many colleges and universities have services available for students with learning disabilities or health considerations. As a student, you can identify your specific learning needs when you apply. It is also strongly recommended that you follow up with a call to student services at the school before beginning classes. Some of the services you can ask for are:

- a. Note taking.
- b. Alternative test and examination arrangements (i.e., oral exams).
- c. Access to specialized computers and software, tape recorders or transcription of print materials onto tape, computer disks, large print or Braille.
- d. Individual counselling to develop strategies on access issues and self-advocacy.

9 Are there any health careers for students with disabilities?

There are many careers in health and medicine for students with disabilities. In fact, there are no limits on an individual's choice of careers. For a listing of possible career choices, consult the following section on health careers. It lists occupations, but it also shows how to find the academic requirements for each profession, and what post-secondary institutions offer courses in a particular area of health.

One note of caution though: Before you apply to a school, check out the school's facilities for access to students with particular disabilities and consult with student services.

Are there any other criteria required for health careers?

For many health careers, you may be asked by the school to have a medical check-up. This may be a requirement

if you enter nursing, dentistry, medicine and other health programs.

Most health career programs also involve submitting health and immunization records, undergoing a criminal background check (you may have to pay for this and it can be arranged through any local police station), and in some instances you may be required to obtain up-to-date first aid training. College and university programs will explain their prerequisites and criteria for admissions in their calendars, or you can call the faculty department for more information.

How will I know if I am suited for my health career choice?

CHECK IT OUT BY:

- Volunteering at a nearby elders' home, clinic, health centre, or hospital.
- Talking to student services about arranging job shadowing (spending a day or several days with a health professional).
- Talking to doctors, nurses, dentists, and CHRs to ask if you can volunteer in their centre, clinic or hospital.

GIFT OF WORDS

I am the Ontario South Director for the Aboriginal Nurses Association of Canada and the Senior Research Analyst and Projects Manager for Canadian Institutes of Health Research – Institute of Aboriginal Peoples' Health (CIHR-AIPH) at the University of Toronto.

I have been very fortunate in my career. I have worked as an orthopaedic nurse for many years. I have had exceptional experiences linking my professional skills with others in various areas of health, including clinical practice, community health, research, and education. I have seen many advances in science and challenges in the health care system. I am cognizant of the perpetuation of impoverished conditions that many Native people face. I am also encouraged by the accomplishments of the growing number of Native people in the health care field.

I have been grateful for my colleagues, role models, friends, and family, who along the way have supported my efforts and created paths that I would not have been able to take all on my own. My message to Native students is to pursue your passion, great and small; seek opportunities outside of even the traditional ones; believe that you can make a difference; be willing to change; and value the support of those around you.

Dawn Bruyere, RN BA, BScN, MScN

- Attending health career fairs; get as much information as possible on your chosen career.
- Taking online career testing (available websites are listed at the end of this tool kit).
- Doing Internet searches on health careers.

Health Careers

Here is a partial list of health careers that are out there. This list is available at the Information Centre on Aboriginal Health (ICAH),² an online clearing house for health information produced by the National Aboriginal Health Organization (NAHO).

There are additional links available at this site that will direct you to universities and community colleges where courses are available in a given field.

Audiology
Chiropractics
Community Health
Counselling Dental-related
professions
Dentistry
Education
Emergency Medical Services
Environmental Health
Laboratory Technology/Technician
Medicine
Midwifery
Naturopathy
Nursing

Nutrition and Diet
Occupational Therapy
Optometry/Ophthalmology
Pharmacy
Physical Therapy
Psychology
Records/Administration
Social Work
Speech Pathology
Technology
Workplace Health and Safety

What kind of information should I look for?

There is an example on the following page, and some blank worksheets for you to fill out.



Example of a Career Evaluation

Ambulance attendants, paramedical

Job Title: Emergency Medical Technician (EMT)³

Summary:

Assesses emergency situations; sets priorities for emergency services; provides basic life support medical care, such as, First Aid, CPR, and any other emergency treatment necessary to stabilize a patient for transportation to the nearest hospital.

Education:

High school graduate or equivalent; completion of a training program in a college or other recognized program in emergency medical technology, emergency health care, and supervised practical training.

Duties Include:

Assesses and manages medical emergencies of acutely ill or injured patients in pre-hospital care settings.

Assesses and provides medical care to prevent or reduce death or disease due to illness or injury; opens airways, restores breathing, controls bleeding, treats shock, and immobilizes fractures.

Applies bandages, assists in childbirth, treats heart attack victims, and provides initial care to poison and burn victims.

Transports patients by land, air, or water to medical facility; documents and records injuries and the treatment provided.

Maintains ambulances and emergency equipment/supplies.

Works principally in advanced life support units in ambulance services under medical supervision and direction.

Useful High School Subjects:

Sciences, math, first aid, English (or French).

Useful Experience/Skills:

Ability to cope with stressful working conditions; multidisciplinary teamwork; interpersonal skills.

Average Starting Salary:

\$13.58 to \$18.73 hourly wage.

Employment Outlook:

Employment opportunities are above average due to aging population and increased health care funding; employment is possible with private ambulance services, hospitals, fire departments, manufacturing and mining companies, as well as government departments.

Use the following pages to do your own research!

Work Sheets

Summary:	Education:
Duties Include:	Useful High School Subjects:
	Useful Experience/Skills:
	Average Starting Salary:
	Employment Outlook:

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	Employment Outlook:

Glossary

Academic Counsellors

Counsellors are available to help students in their academic, personal, and social development. Counsellors can provide information and advice on: exam anxiety; study skills; stress management; tutoring; maintaining self-confidence; career development; changing majors or transferring to another faculty; dropping or adding a course before deadlines; scholarships; loans; bursaries; and much more.

Academic Program

This is a program of study involving theory (book knowledge) and research skills usually leading to a diploma, certificate, or bachelor degree.

Admission

A school admits a student into a program of study once the student has met all of the entrance requirements.

Bursary

A student may apply for student financial support commonly called a bursary, based on financial need and good academic standing.

Calendar

A college or university calendar describes all of the programs and courses it offers. A calendar also includes all rules, regulations, policies, courses, deadlines, and tuition fees for each course.

Career/Technical

A program of study in theoretical and practical (hands-on) knowledge leading to a certificate or diploma in a specific career path; for example, nursing assistant, pharmacist assistant.

Concentration

A concentration is similar to a major or minor in a program of study but with fewer requirements. A major is an academic subject chosen as a field of specialization. A student specializing in nursing, but also taking courses in social work would have a nursing *major* with a *minor* in social work.

Co-op Program

Certain programs of study place students in paying jobs where they may get experience and learn new skills. These placements may vary in length, but are usually between four and eight months.

Course Outline (also called a syllabus)

Teachers or professors usually hand out a description of the course to students on the first day of class. The course outline, or syllabus, describes: the content of the course; what is covered each week; what students are expected to know; what tests or papers are required; when papers are due; the number of credits for the course; and the hours of class time per week.

Credit

Each course has a given value. For example, a student may earn three credits for a one-semester course in biology. If a student successfully completes the course, the post-secondary institution recognizes three credits toward a degree or program of study. Credit values vary from province to province, and from institution to institution.

Degree

A student earns a degree after successfully completing a program of studies and obtaining the required amount of credits.

Department

A department is a division of a college or school giving instruction in a particular subject, such as, the Department of Medical Research or the Department of Health Sciences.

Faculty

A faculty is a group of teachers or professors, or a group of departments and programs, with academic rank in a similar program area at a post-secondary institution; for example, the Faculty of Medicine or the Faculty of Nursing.

Grade Point Average (GPA)

GPA is the overall grade average for all courses taken for credit during a semester or year. The Cumulative GPA (CGPA) is the average for all grades earned over several semesters or years at a school.

INAC Post-Secondary Education Programs

Indian and Northern Affairs Canada (INAC) provides support for post-secondary education to eligible Indian and Inuit students through its Post-Secondary Student Support Program (PSSSP) and the University College Entrance Preparation Program (UCEP). Students may apply for grants to cover the cost of tuition fees, books, travel, and living allowances when applicable and are subject to the selection criteria defined by and individual Band Council policy. There are three deadlines for the fall, winter, and summer semesters.

Laddering

These are programs that allow students to build on credits or credentials already earned so they can be transferred, recognized, or applied toward a higher degree. For example, a student with licensed practical nurse credits may be able to transfer or apply those credits toward a bachelor degree in nursing.

Letter of Permission (LOP)

Students obtain a letter of permission before taking a course at another college or university for credit. This letter authorizes your school to accept a credit earned at another school.

Prerequisites

Courses a student must pass to meet entrance requirements are called prerequisites. Many health career programs require passing grades in biology, chemistry, physics, math, and English in high school, adult education, or an access or transition program. Other prerequisites may demand proof of medical and immunization records, etc. Check the school's calendar and faculty or department for more information.

Scholarships

An award of money based on academic standing is called a scholarship. The faculty administering the scholarship (there are usually more than one) often requires a minimum grade point average (GPA).

Student Loans

Student loans are loans that must be paid back with interest upon graduation. Both the provincial and federal governments provide student loans and often require proof of financial need.

Websites for Counsellors and Students

National Aboriginal Achievement Foundation

http://www.naaf.ca/cnaf.html

The NAAF promotes the development, education and professional advancement of Aboriginal Peoples



through four main initiatives—the Education Scholarship Program, the National Aboriginal Achievement Awards, Blueprint for the Future, and Taking Pulse. Through corporate and government contributions, NAAF awards more than \$2 million annually to Aboriginal students across the country. It is second only to the federal government for funding Aboriginal education.⁴ Under its Education Scholarship Program for Aboriginal students, NAAF provides scholarships and bursaries to Aboriginal students who are enrolled in a post-secondary health program, including, nursing, medicine, dentistry, pharmacy, lab technology, physiotherapy, dietetics, health administration, and public health policy.

Assembly of First Nations (AFN) http://www.afn.ca/ Assembly_of_First_Nations.htm

The Education Sector of the Assembly of First Nations



(AFN) provides contact lists for the AFN Indian Education Council (NIEC), the AFN Chiefs Committee on Education (CCOE), the National Association of Indigenous Institutes of Higher Learning (NAIIHL), and resource materials. Local and national objectives include, but are not limited to: advocacy; policy development; knowledge and research; and communication and information sharing.

Health Canada

http://www.hc-sc.gc.ca/fnihb-dgspni/fnihb/index.htm

"Training and capacity building are essential parts of the mandate of the Community Program
Directorate to transfer control of health programs



and policy to First Nations and Inuit."5

Through the First Nations and Inuit Health Careers Program, the First Nations and Inuit Health Branch (FNIHB) actively encourages people of First Nations and Inuit ancestry to pursue post-secondary programs leading to health careers, including in the areas of environmental health and health administration. In 1998–99, the Community Program Directorate transferred the health careers component of the Aboriginal scholarship and bursary program to the National Aboriginal Achievement Foundation and continues to offer the program funding support.⁶

Human Resources and Skills Development Canada

http://www23.hrdc-drhc.gc.ca/2001/e/generic/publications.shtml

This website offers links to the Career Handbook, Second Edition, and the National Occupational



Classification (NOC) 2001, both available in print and CD-ROM versions.

http://www.hrsdc.gc.ca/en/home.shtml

Finding understandable information about the world of work and how it is organized can be difficult.



The Career Planning pages provide useful, reliable, and accessible information about occupations to counsellors and their clients. These pages, along with the above-mentioned *Career Handbook*, help counsellors and their clients investigate occupations and make informed career decisions.

Indian and Northern Affairs Canada (INAC)

http://www.ainc-inac.gc.ca/ps/edu/index e.html

INAC provides information on education programs for students. It also funds post-secondary institutions for



the development and delivery of special programs for Indians through the Indian Studies Support Program (ISSP). Included here is the third edition of the directory, Scholarships, Bursaries, and Awards for Aboriginal students that has more than 300 sources of funding available and is updated regularly.

Information Centre on Aboriginal Health (ICAH)

http://www.icah.ca

This website offers information on Aboriginal-specific programs and training institutions in Canada as well as non-Aboriginal specific programs, contact information, a description of health

careers, scholarships and bursaries, and much more.



Job Futures

http://jobfutures.ca/en/home.shtml

This website offers specific health career job descriptions, what education

and training is necessary to achieve goals, what experience/skills are helpful, and much more.



http://canlearn.ca/index.dfm?langcan learn=EN

CanLearn is another excellent site for health career descriptions, courses needed to study dentistry medicine, nursing, etc.

Aboriginal Nurses Association of Canada

http://www.anac.on.ca/web/scholarships.htm

The Aboriginal Nurses Association of Canada (ANAC) was officially formed in 1975. The ANAC acts "as an agent in promoting and striving for better health for the Indian and Inuit people." ⁷ Among its many purposes the organization also sponsors the Northern Ontario Aboriginal Nurses Award. The Award provides "some financial assistance to a student of Aboriginal ancestry enrolled in a Registered Nursing program, whose goal upon graduation is to work and provide assistance to those people living in an Aboriginal community or a remote community in Northern Ontario." ⁸

National Aboriginal Health Organization (NAHO)

http://www.naho.ca

The NAHO website offers several documents related to health careers, such as



A Listing of Aboriginal Health Careers: Education and Training Opportunities;⁹ Analysis of Aboriginal Health Careers: Education and Training Opportunities;¹⁰ and The Profession of Dental Therapy: A Discussion Paper.¹¹ The site also includes direct links to ICAH and the First Nations Centre (FNC) at NAHO.

For more information, or to order copies of this tool kit, please contact us at:

First Nations Centre (FNC) National Aboriginal Health Organization (NAHO)

Toll Free: 1-877-602-4445

E-mail: fnc@naho.ca; www.naho.ca/fnc

Endnotes

- [1] Job Futures web site, Government of Canada, "Assisting Occupations in Support of Health Services (NOC 341)" (Ottawa: Government of Canada, 2003). Available online at: http://www.jobfutures.ca/noc/341p2.shtml
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Notes	

