

877-0387

HALTON HILLS SHOPPING CENTRE

Public health nurses:

Herald Special A public health nurse? Many people have only a vague idea of what this group of nurses do. Some don't even know they exist or that, as taxpayer, anyone in the community may qualify for the many full services the PHN's provide.

May 4 to 9 has been disignated as Nurses Week by the Ontario Nurses Association to draw attention to the role the nurses play in the community. The work of PHN's, if understood and used to it's fullest potential, could provide great benefits in terms of human health. happiness and conservation of time and money. Atmost everything the PHN does has an aspect of preventive med-

In Hallon, there are 50 nurses who work through hospitals, clinics, schools and doctor's offices to teach people how to maintain

The Public Health Nurse in the school works closety with the teachers and parents todevelop a health record on each child from the day he or she begins Kindergarten class. Vision and hearing is checked routinely throughout the child's elementary education and immunization is also offered

Nurses are available for counselling on any number subjects at both secondary and elementary levels as well as dealing with the physical complaints or problems the student may present from day to day.

Nurses in the high schools frequently act as counsellor to help the students cope with stress and problems arising from the activities of daily living or use and abuse of alcohol and drugs and some advise on birth control.

Teaching health is not limited to the young. Public health nurses are responsible

for geratrie clinics that cater to the needs of the elderly. Regular clinics are held in a senior citizen's home or institution where individuals are checked for blood pressure, medication and diet. The mirses serve as an important link between the senior citizen and his doctor, ensuring the patient follows the prescribed diet and medication

and other dector's orders. The nurses operate the free family planning clinic which is open to individuals and couples.

Public health nurses work with the hospitals as liaison persons to look after the arrangements for patients to be discharged requiring home care or post-hospital follow-up. They assess the needs of the individual and co-ordinate the services of "Meals on Wheels", Victorian Order of Nurses, occupational therapists, physiotherapists and the public health nurse.

The liaison nurse also visits the maternity floor of the hospital and speaks with mothers of newborn babies. She explains that a PHN will be visiting all mothers with

first babies to do a nursing assessment of the baby and to answer any questions she may have regarding care of the baby.

Public Health Nurses teach prenatal classes which are designed for pregnant mothers-to-be. Fathers-to-be are welcome too. The basic program covers nutrition, physiology, the processes of labor and delivery, relaxation and breathing techniques, breast feeding and care of the newborn,

Post-natal classes taught by the PHN's include adjusting to motherhood, growth

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and development, the new family and infant care.

Parenting classes are also held in different areas of Halton to help parents cope with the problems of modern child management,

Home visits are made by the nurses on referral from hospitals, doctors, neighbors and other community agencies, regarding many areas of health. It could be a newly diagnosed diabetic who needs help counselling, someone with a heart condition, epilepsy, mental health problem or it could be a host of other health problems.

Whalever the reason, the Public Health Nurse may be *asked to provide professional

active in the health care

Public Health Nurses must be Registered Nurses with either a Diploma in Public Health from a recognized university, or a Bachelor of Science degree in Nursing. There are basically three

organizations the nurses be-

long to - 1) The College of

Nurses - the registration body that grants the annual certificate of competence and sets the standards;2) The Registered Nurses Association of Ontario - the professional body which plans the educational and professional needs for the nurses; 3) The Ontario Nurses Association the professional body which creates a liaison between nurses and employee.



PUBLIC NOTICE

of the community

TO RECONSTRUCT, WIDEN AND ALTER REGIONAL ROAD NO 13 (Mountainview Road) at the Intersection of Camphell Gate in the Town of Halton Hitls (Georgetown.)

Notice is hereby given that the Regional Municipality of Hallon having advertised pursuant to Sections 443 and 446 of the Monopul Act, being Chapter 284 of the Revised Statutes of Ontaria 1970, the Council of the Regional Municipality of Hallon at its meeting to be held in the Regional Administration Bording, 1151 Bronte Road, Oakville, Ontano at 1,30 p.m. on Wednesday, June 3, 1981 will pass a by-law to reconstruct. water and after Regional Boad No. 13 (Mountainview Road) at the intersection of Campbell Gate in the Town of Halton Hills (Goorgotown).

A plan showing the lands required for this project and the proposed by-law may be seen in the Regional Public Works Department Offices, 1351 Bronte Boad, Oakville, Ontano On Wedgesday, May 27, 1981 at 1,30 p.m., Regional Coun-

oil by its Public Works Committee, will bear in person or by his Cramsel any person who claims that his lands will be crepidir, illy affected by the said by law and who applies to be fleetd. Any such person who wishes to be heard should, as courag porcable, make application to

Mr. Garfield Brown, Rogional Cterk The Regional Municipality of Halton 1151 Bronte Road, Oakville, Ontario, LGJ 6E1

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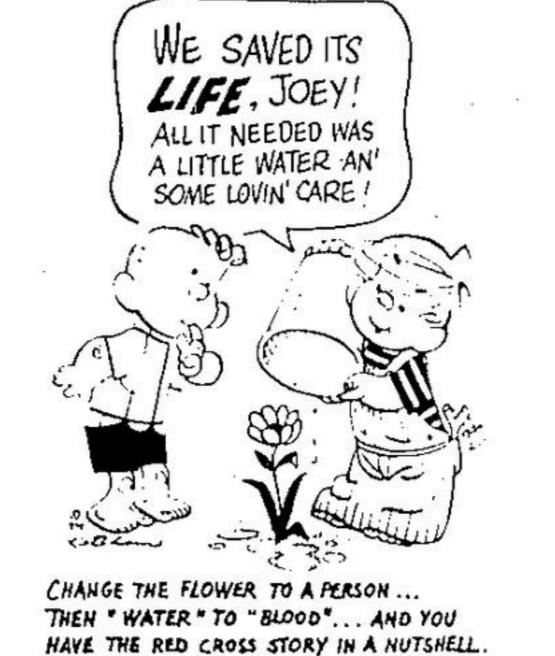
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WEEK May 3 - 9.

Activities at Many Local Schools including: WRIGGLESWORTH SCHOOL Fri., May 8. 5-8p.m.

SPRING FAIR BAKE SALE Fun For All!