

Public health nurses: active in the health care of the community



SENIORS AT SHOPPER'S

It was senior's day at the Georgetown Shopper's Drug Mart, as well as others throughout the province, Thursday night. Golden agers were given discounts on some store products, treated to coffee and soft drinks and generally enjoyed some "social" shopping. About 300 seniors participated in the draw for a black and white television, won by pharmacist-owner Al Fraser (left) and special guest, Halton-Burlington MPP Julian Reed. (Herald photo)

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 designated 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 its fullest potential, could provide great benefits in terms of human health, happiness and conservation of time and money. Almost everything the PHN does has an aspect of preventive medicine.

In Halton, there are 50 nurses who work through hospitals, clinics, schools and doctor's offices to teach people how to maintain health and prevent illness.

The Public Health Nurse in the school works closely with the teachers and parents to develop 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 of 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 geriatric 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 nurses serve as an important link between the senior citizen and his doctor, ensuring the patient follows the prescribed diet and medication and other doctor'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

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.

Whatever the reason, the Public Health Nurse may be asked to provide professional help.

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 belong 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 employer.

Halton 4-H calf clubs meet

By BEY WICKSON

Halton 4-H
The first meeting of the Halton 4-H Senior Dairy Calf Club took place April 13 at the Agricultural office in Milton. After a short description of points, given by Doug Miller, 4-H co-ordinator, the group was then divided up into two sections - the Juniors and the Seniors.

ly, none of the leaders could attend. Doug explained what was involved in this year's program.

The elections were held and then the meeting was turned over to the President of the Senior Club, Kim Peddie. The members decided to divide into three groups of people and each group would plan and organize a meeting. We then had a discussion on the different meetings.

Simon Fraser
CHARTERED ACCOUNTANT

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Takin' it to the streams SOS returns Saturday

By LYDIA SNOW

Herald Special
The local Save Our Streams group is progressing with its project to improve the section of Black Creek flowing between the Seventh and Eighth lines (Trafalgar Road to Main Street).

Two clean-up sessions were held in 1980 - in the spring and again in the fall. April 26, this year's work was begun with the planting of dogwood and willow cuttings along the stream bank

from the bridge on Main Street up to the cedar bush. It is hoped these trees and shrubs will become well-established and will reduce stream bank erosion as well as provide improved habitat for wildlife.

A clean-up session is planned for this Saturday, to remove floating debris and garbage that has accumulated over the past winter.

An invitation is extended to any citizen interested in lending a hand. Meet at the bridge on Main Street South at 9 a.m.

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MONDAY, MAY 11TH

at the **HOLY CROSS CHURCH AUDITORIUM**
Maple Avenue

HEALTHY PERSONS, ages 18 to 65 and 17 year olds (with written parental consent EACH time they donate) are URGENTLY needed to give BLOOD.

HELP THE RED CROSS OBTAIN A SUFFICIENT SUPPLY OF BLOOD

AVOID evening waiting periods, HOUSEWIVES attend the clinic in the afternoon, preferably from 3:00 to 5:30 p.m.

TRANSPORTATION and BABYSITTING at the clinic available to donors. If a ride is needed, phone Mrs. Alice Greenaway 877-4466 or Mrs. Flo Street 877-4826. On clinic day phone 877-7522.

SERVICE CLUBS - REMEMBER THE KINSMEN'S BUCKET OF BLOOD CHALLENGE AWARD

PLEASE MAKE A NOTE OF CLINIC DAY, MAY 11TH ON YOUR CALENDAR!

PUBLIC NOTICE

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

Notice is hereby given that the Regional Municipality of Halton having authority pursuant to Sections 443 and 446 of the Municipal Act, by Chapter 284 of the Revised Statutes of Ontario (1970), the Council of the Regional Municipality of Halton at its meeting to be held in the Regional Administration Building, 1151 Bronte Road, Oakville, Ontario at 1:30 p.m. on Wednesday, June 3, 1981 will pass a by-law to reconstruct, widen and alter Regional Road No. 13 (Mountainview Road) at the Intersection of Campbell Gate in the Town of Halton Hills (Georgetown).

A plan showing the lands required for this project and the proposed by-law may be seen in the Regional Public Works Department Offices, 1151 Bronte Road, Oakville, Ontario on Wednesday, May 27, 1981 at 1:30 p.m. Regional Council by its Public Works Committee will hear in person or by his/her agent any person who claims that his/her lands will be adversely affected by the said by-law and who applies to be heard. Any such person who wishes to be heard should, as soon as practicable, make application to Mr. Garfield Brown, Regional Clerk, The Regional Municipality of Halton, 1151 Bronte Road, Oakville, Ontario, L6J 6E1.

Dated at Oakville this 29th day of April, 1981

Garfield Brown
639-4540
878-8113
827-2151

WIN \$5.00 TICKETS

Provincial SWEEPSTAKES

RULES: Each week the word "Provincial" will appear in several of the advertisements on this feature. Simply read through the advertisement for the word "Provincial" and down the names of the advertisers where the word "Provincial" appears and submit to: Provincial Editor of The Herald. A weekly draw will be made and the winner notified.

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