

TOP TEN HEALTH TIPS

1. WASH YOUR HANDS

Hand washing is one of the best steps you can take to stay healthy by stopping the spread of germs. Wash in warm, soapy water for 10 to 15 seconds and rinse for 15. Be sure to turn off those taps with something other than your clean hands!

2. GET MOVING!

Many serious health care problems can be avoided by increasing your exercise. Work some regular exercise into your routine—take the stairs, park further from the entrance, or join a gym.

3. EAT A SENSIBLE DIET

It's simple—eat more fresh foods and fiber, and less fatty foods, cut down on salt, caffeine, and alcohol. Need help? Call Dial-a-Dietitian at 1-800-667-3438 to talk to a registered dietitian.

4. QUIT SMOKING

Sometimes, all you need is a little help. See your doctor, your local Public Health office, or call the BC Smokers Helpline at 1-877-455-2233. There is also a new web site to check out: www.quitnow.ca

5. PRACTICE SAFETY

Buckle up, drive safely, don't drink and drive, and walk carefully on those snowy streets and sidewalks!

6. DRINK PLENTY OF LIQUIDS

Even when you are not thirsty, drink water, tea, and other liquids to replenish body fluids, especially after strenuous work or physical activity.

7. GET YOUR SHOTS

Immunize your children, get your flu shot every winter, and a tetanus shot every 10 years. Chicken pox and meningitis have

been added to the growing list of free immunizations available for your child. For more information, simply contact your local Public Health office.

8. GET SOME SLEEP

Be refreshed and better prepared for life. Try to get about 6 to 8 hours of sleep each night.

9. HAVE A HEALTHY ATTITUDE

Think positive and manage stress. One sure fire way to feel better is to help those less fortunate around you.

10. STAY ON TOP OF YOUR HEALTH

Check with your nurse practitioner or doctor and stay up to date with screenings and exams.

For more information about health, nutrition and fitness, visit our web site at

www.interiorhealth.ca

or the BC Health Guide at

www.bchealthguide.org

or Health Canada at

www.hc-sc.gc.ca

or call the BC NurseLine toll-free at

1-866-215-4700.

FIND OUT MORE ABOUT NURSE PRACTITIONERS!

Visit the College of Registered Nurses of British Columbia at www.crnbc.ca

British Columbia Nurse Practitioner Association (BCNPA) website to "find an NP" near you at www.bcnpa.org



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IHA NURSE PRACTITIONERS

Working with you to
improve health care

WHO ARE NURSE PRACTITIONERS?

Nurse Practitioners (NPs) are registered nurses with advanced knowledge, skills and a Master's degree in Nursing. NPs bring a unique perspective to health services in that they place emphasis on both care and cure.

NPs work closely with clients, families and other health professionals to address complex health needs and manage acute and chronic illnesses, within a holistic model of care. They engage communities in the development, implementation and evaluation of health programs and healthy public policy.

WHAT DO NURSE PRACTITIONERS DO?

Nurse Practitioners:

- diagnose and treat acute and chronic illnesses, disorders and injuries
- order X-rays, scans and ultrasounds

- order and interpret laboratory and other diagnostic tests
- communicate diagnoses to clients and other health professionals
- initially prescribe and re-order medications
- perform specified procedures (invasive / non-invasive)
- refer clients to other health professionals

HEALTH PROMOTION AND ILLNESS PREVENTION

Nurse Practitioners play a pivotal role in their communities, as educators and facilitators in health promotion, and illness/injury prevention.

Nurse Practitioners:

- provide proactive guidance appropriate to their age, health status and culture
- foster learning environments that maximize patient autonomy and self management

- build on community resources in planning health promotion and illness prevention strategies
- collaborate with other members of the interdisciplinary team in assessing trends that impact health in their communities
- improve access to services to meet healthcare goals

WHERE DO NURSE PRACTITIONERS WORK?

NPs manage the delivery of quality health care to families and people of all ages in a variety of settings, including family practice settings, health centres, hospitals, and specialty clinics.

HOW ARE NPs FUNDED?

NPs are primarily funded through the BC Ministry of Health Services. The NP roles are salary based and are not fee-for-service positions.