

5th BC Aboriginal Diabetes Conference

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Tony Antoine

March 27-31, 2006

Penticton Lakeside Resort and Conference Center

Theme: “Diabetes: All My Relations”

FINAL REPORT 2006

The fifth BC Aboriginal Diabetes Conference was once again organized to meet the needs of people with diabetes and their support persons, as well as Health Care Workers who work with Aboriginal People. The highlights included: a **Trade Fair**; on-site **individual screenings**; our first **Youth Day**; **Professional Development** sessions on “Chronic Disease Management,” and the very popular **Traditional Medicine** sessions. This was the first year that we received funding (\$100,000) from the Aboriginal Diabetes Initiative Program which came to us via the Little Shuswap Indian Band at Chase, BC. Extra funding was necessary and available from registrations, Pharmaceutical company sponsorships, Safeway Pharmacy, vendors, sales, and donations in kind from Interior Health (IHA), First Nations and Inuit Health Branch (FNIHB), Spallumcheen Indian Band, and Myrna Ferris.

In attendance there were **225** registered participants, **28** Pro D participants, **18** Youth, and another **40** volunteers, facilitators, company reps and vendors. This year the attendees represented **38** different bands/tribes/organizations from British Columbia, Manitoba and the Yukon!

In general, the conference content was practical, educational, motivational and humorous, as deemed by the evaluations and comments from registrants, sponsors, vendors, facilitators and the Advisory Committee. Our conference content focused mainly on **Lifestyle Support, Disease Prevention and Health Promotion**. There were some **Care and Treatment** issues addressed during the Trade Fair and Individual Screenings. In general, people like the facility, accommodations and meals...although we have been called a “diabetes boot camp”!

We really appreciate the support from Chief Stewart Phillip, Chief Clarence Louie, Chief Felix Arnouse, Elders Andrew McGinnis and Madeline Gregoire.

The conference was organized into four days, emphasizing, **Balance** between Spiritual, Physical, Mental, and Emotional Health; along with the Theme of **“Diabetes: All My Relations”**.

Please see the attached agendas and budget accounting.

Evaluation “[comments](#)” will be used through out the report. (138 evaluations turned in)

Trade Fair: Monday evening & Tuesday morning.

- 4 Pharmaceutical companies, 23 health displays and resources, 9 vendors
- [need more vendors, more space to maneuver](#)
- [Liked having the Trade Fair Mon & Tues, less rushed, not as crowded, more enjoyable.](#)
- [awesome info an displays, the Medic Alert booth was very busy!](#)
- [great idea re smoking](#)
- [vendors very informative about their product. Sponsors patient to answer my questions.](#)

Youth Day: Tuesday (difficult to organize participants due to Spring Break)

- [Speakers](#) - Dr. Jennie Joe, Guido Vanderheyden, Suzanne Johnson & Lisa Koski, Students Working Against Tobacco (SWAT), encouraged to attend the Panel.
- two written evaluations turned in by students
- [I like the SWAT team because they taught a lot of Youth about smoking, break dancing, rapping and the DJ](#)
- [this conference taught me a lot about type 2 diabetes and how to eat healthier and the activities.](#)
- [should give the Youth a choice of what they want to eat](#)
- [as an Elder I would like to have our young mom’s and dad’s made mandatory for them to take part in the conference, for the future](#)
- [we have to find a way to educate more people about diabetes, especially the Youth](#)

Individual Screenings: Tuesday morning (by criteria or appointments)

1. [Bone Density Testing](#) for Osteoporosis by Safeway was very popular.
 2. [Heart Disease and Diabetes Connection](#) - the wireless computer connection was unavailable, and we used a body composition calculation, as well as Blood Pressure evaluations. Resources available from Heart & Stroke Foundation, Healthy Hearts, and Canadian Diabetes Association. Assisted by Linda Thokle.
 3. [Walking promotion](#) - everyone had received a pedometer, assisted to set up and use by Linda Thokle.
 4. [HgbA1C testing](#) by the nurses; machines and tools provided by Bayer.
 5. [Grief counseling](#) by Maquilla by appointment on Wednesday
 6. [Chair massage](#) by Inez Pierre - daily throughout the conference, by appointment.
- [more availability to individual sessions, first come first serve basis](#)
 - [too long line ups, need more mini clinics](#)
 - [hold during the evenings](#)

Traditional Plants & Medicine: Elder Andrew McGinnis

- Monday evening & Tuesday morning
- This proved **very** popular and we had to move from the Elders’ room to a Salon for more space. We need to accommodate more of this in the future and with more Elder’s from other areas to share their expertise.

Professional Development: “Chronic Disease Management,” Dr. Patrick McGowan Tuesday to Friday inclusive to receive certification. (26 completed the course.) They were able to attend some of the sessions in the general conference by working in the evening, but this made for long days. We found that some participants did not know they were booked for the Professional development.

- awesome teacher, made us feel comfortable, soft spoken, natural, positive
- really enjoyed how Dr. McGowan presented this leader training. He used humor through out, did not “talk down” to us, was very humble and sensitive. I learned so much and gave me valuable tools to try putting on my own workshops!!
- great course applicable in all aspects of self-management.
- didn't like evening sessions, too tired.

Plenary Sessions:

- **Dr. Jennie Joe from U. of Arizona, Native American Research and Training**
 - It is always pleasant to hear from first Nations Dr's and leaders, who took the time to go & get educated and share their knowledge. For some reason we seem to enjoyed hearing about the Pima people & their struggles & accomplishments.
 - very good perception of client/doc relationship, she takes the time to explain
- **Maquilla Maklaryn from Vancouver, Native Counselor**
 - new perspective on Kubler-Ross
 - she's a teacher & inspiration to us all
 - always comes from the heart, I learn something every time I see her
- **Dr. Bruce Booth from Vernon, Podiatrist**
 - good info, simple down to earth English, best info I have seen
 - very informative & helpful, never before heard a session on this before.
 - great questions brought up that the doctor was pleased to answer
- **Blane Ready from Salmon Arm, Pharmacist & Registered Diabetes Educator (Lise Arnouse & Marlene Dufresne – demo of insulin pumps)**
 - Glad you spoke about how food is digested, and the RBC demo
 - Thanks to the 2 ladies for sharing their stories
 - I was so interested in this, wanted to learn the numbers
 - wanted to learn more about the medications and interactions
- **Sue Schaefer from Victoria, Diabetes Nurse, Aboriginal Health**
 - please make a video or start a Mrs. Pudding road show to smaller communities
 - her session summarizes the conference, everything talked about here brought together with humor.
 - got my attention, everything was covered!

Gestational Diabetes Panel: Tuesday afternoon

Dr. Jennie Joe

Diane O'Grady, Diabetes Nurse

Heather Goodwater, parent

- I always wanted to know, and my questions were answered
- I learned more than I ever had learned before.
- Liked having a client tell us her experience.

Concurrent Sessions: Wednesday (participants were able to attend all sessions)

- **Suzanne Johnson & Lisa Koski – Registered Dieticians**
 - really good information, also the bean soup
 - not enough time, not enough handouts
 - this is what is missing in a lot of teachings. You can hand people info, but do they use it, when they see it, how easy it is and fast.
 - I like the approach of “family meal”- more applicable in the community
- **Guido Vanderheyden - Physical Therapist**
 - really enjoyable fun, be good to do in community with Adult Day Program
 - awesome, lots of good even energy for everyone
 - I learned you can have fun exercising. The facilitator was grounded and he knew how to draw his class. Great!
 - excellent instructor, “doable” suggestions for movement for “us” and others.
- **Diane O'Grady - RN, Diabetes Nurse**
 - Diane is very knowledgeable, well presented, good at answering questions
 - changing whole family by doing more activity
 - how it can be managed 100% by lifestyle and responsibility.
 - informative and helpful to put to use on my elder clients

“The Gift of Diabetes”: Wednesday evening

- video presentation by Brion Whitford, National Film Board
- very emotional, I was here when he was so angry. Proud of him because the Creator gave him time to finish unfinished business. One of the grandfathers looking after us.
- a true wakeup call
- a moving and sad film, all bands and health care should have this DVD

Banquet and Entertainment: Tuesday evening

- **MC - Gloria Morgan - from Enderby**
- **Opie Openheim - from Merritt, humor and entertainment!**
- **Nak'ulamen Performance collective from Penticton - Youth Dance Group**
- **SWAT (Students Working Against Tobacco) – Vancouver Youth Group**
- the banquet food was awesome, entertainment second to none!

- young performers were so well put together. Their performance was phenomenal.
- banquet was well organized. MC was +++++, good group interaction.
- never smiled so much before. The food was excellent, Opie was so funny my sides hurt from laughing. Opie is the best medicine for a stressed out person!
- Swat Team were good at what they do, but not really for our age group.

General Comments:

- The organizing committee did a hell of a job. Thank you.
- Missed the Loonie auction, Nutrition Bingo, need more activities and games.
- Chief Phillips and the Chief from Osoyoos were inspirational as they strive to bring the best to their people
- cell phones distract me
- funding for travel for diabetes related problems isn't available
- the employees of Penticton Lakeside Resort were AWESOME!!! They were very professional, pleasant, and speedy at the banquet with meal and cleanup.
- really liked the booklet agenda - would like a few more blank pages for notes.
- the meals were very healthy, the healthy food choices were fabulous.
- thank you for the gifts: our packsacks full of goodies.
- thank you for organizing this conference, the info provided is ever so helpful. I would love for my family to attend and learn more about my disease, so they can better support me; and maybe they (my family) help prevent their own bodies from getting diabetes.

Advisory Committee Recommendations:

- **Reorganize the registration process - separate streams for Pro D, Youth, & General with clear explanations of the agenda.**
- **Activity Breaks between sessions**
- **More protein with the nutrition breaks, softer snacks**
- **More time and space for individual screenings. (Student nurses could help?)**
- **More sharing of Traditional Medicines and plant usage.**
- **Trade fair in a larger area for less crowding, more use of the foyer**
- **Bring Mrs. Pudding back again, earlier in the conference, or at the banquet. Make a video!**
- **More vendors with reasonable products.**
- **Hold conference at different time of year, or at least earlier in March**
- **More handouts - from the pharmacist, nutritionists, podiatrist**
- **Re activity sessions - give Therabands out at sessions, no tables in the room, teach about pedometer use at registration**
- **Bring people who have major complications to tell their story, (have had amputations, on dialysis, blindness, etc.)**
- **Serving the Elders, rather than standing in line**
- **More "Hands On" activities.**

Advisory Committee Members:

Donna Felix, Coordinator, Enderby

Sandy Burgess, RN, Coordinator, Salmon Arm

Sharon Cullen, CHN, Okanagan Indian Band

Yvonne Arnouse, CHR, Little Shuswap Indian Band

Marlene Dufresne & Lois McNary, Metis Association

Suzanne Johnson, Reg. Dietician, Penticton

Deb Robertson, Safeway Health Consultant, Vernon

Cathryn Aune, CHN, & Rose Lube, Diabetes Worker, Westbank First Nation

Lisa Koski, Reg. Dietician, Kelowna

Annette Jensen, Elder's Liaison, Adam's Lake Indian Band

Guido Vanderheyden, Physical Therapist, Vernon

Charlotte Mitchell, CHR, Upper Similkameen Band

April MacNaughton, CHN, & Rita Gallagher, CHR, Osoyoos Indian Band

Shawna Buchholz, RN, Interior Health Authority Aboriginal Liaison.

Submitted by Sandy Burgess,
May 23 , 2006

cc. Pam Morrison, ADI Program Manager, Pacific Region, FNIHB, Health Canada

cc. Stewart Adamson, Little Shuswap Indian Band, Chase, BC

cc. BCADC Advisory Committee members

cc. Facilitators and Sponsors