

**LAURA VAREY, UNIT CHAIR, ST. JOSEPH'S VILLA**  
**REPORT ON HEALTH CARE CONFERENCE**  
**NOVA SCOTIA**  
**May 7<sup>th</sup> to 9<sup>th</sup>, 2010**

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I had the privilege of attending the Health Care Conference May 7<sup>th</sup> to 9<sup>th</sup>, 2010 in Dartmouth, Halifax, Nova Scotia. This conference was one of the biggest health care conferences thus far. There were 190 registered delegates from Ontario and Nova Scotia.

Bargaining committees in Nova Scotia are working closely with CUPE and currently attempting to do a master bargaining agreement throughout all hospitals and long-term care sectors. National representative in Nova Scotia, Susan Bowes, says, "Wage parody no matter where you work, all should be paid the same".

There are some noticeable differences between the two provinces. We heard from Maureen McDonald, who is Minister of Health, Nova Scotia. She grabbed out attention by saying we make ships and beer in my constituency. She also let us know what kind of government they have in Nova Scotia. She was the first person in her family to go to University; government; all similar stories effects working class people; proud of where they came from.

Government has seven commitments:

1. Create jobs
2. Lessen hospital waits
3. Help teens stay in community
4. Fixing roads
5. Helping seniors
6. Tax relief
7. Fair free collective bargaining
8. Opps – only got 6??

She wished to commend CAW National for being respectful and fair while we work though our issues in health care. Nova Scotia has one of the highest rates of cancers and disease in all of Canada.

- Spending in Nova Scotia – \$3-6 Billion for these results
- 70% spending in Nova Scotia goes to hospitals

- Operations not done in Nova Scotia – lung transplants – government pays trip to Ontario to have procedure done. This is the only government to have done this

Listening to her speak, she was sincere, honest, caring. I would vote for her.

### **Shift Work Presentation:**

In Australia, shift work is considered a workplace hazard. Why? A 2 a.m. – 3 a.m. in the morning study show you have the same blood alcohol of someone who drank – 0.1%. You are impaired after being up all night.

### **Most Memorable Night Shifts:**

Titanic – decision-making error  
 Challenger – 3 a.m. decision to go  
 Exxon Valdez  
 Three Mile Island  
 Bhopal  
 Chernobyl  
 Westray

One in five accidents exceed drug and alcohol accidents combined because you are considered impaired.

Hospitals have started putting different coloured hats or stickers staff to allow others to know who is able to run a code (make life or death decisions), who is not. Education is the key to prevention.

### **Medical Conditions Related to Shift Work:**

Cancer  
 GI disorders  
 Weight gain  
 Motivation  
 Family issues  
 Burn out  
 Heart attacks

**Shift Work Solutions:**

Education/Awareness

Shift Scheduling

Travel home window – go straight home

Naps

Diet

Exercise

When scheduling, employers need to consider:

Permanent rotation is best – no backwards rotations

NED – X    DEN - √

Shift lengths – 6-8 hours maximum

1-2 night shifts maximum

Age considerations

Rotations