

CAROLE STONE, UNIT CHAIR, MYSTIK SERVICES
REPORT ON HEALTH CARE CONFERENCE
NOVA SCOTIA
May 6th to 9th, 2010

May 6th – settled in at the Delta Halifax. We, as in me and Laura Varey, met a few members from Cape Breton. Susan Bowes was among them and she is their National Representative here in Nova Scotia. Great Brothers and Sisters – they made me and Laura feel very welcomed (Laura was even lucky to have worn a regular shirt from a player [Andre MarRou] on the Canadian Montreal team which Susan never lets anyone wear!).

May 7th – We headed to the Conference room on the 8th floor where we were staying. They proceeded to do the introduction and the beginning of the conference. There were a total of 190 people who attended this conference.

They introduced the panel of people who were on stage. A guest speaker was Maureen MacDonald. She is the Minister of Health in Nova Scotia. She gave a greeting to all Brothers and Sisters of the CAW from Darrell Dextor. He is the Premier of Nova Scotia. She mentioned for many years her government worked side-by-side with the CAW in Nova Scotia and how they are working together to make a better health in Nova Scotia.

She mentioned (Gord Neighbour), CAW and the Minister of Health (herself) and her cabinet jointed together to help others in their Province in health care issues. Example – less wait in hospitals, to keep seniors to be able to stay at home; helps teens for education to stay in their province, fixing roads, tax relief and spoke of free collective bargaining. She also mentioned money towards health care because people who need lung transplants in Nova Scotia have to be shipped to Ontario because they do not have the equipment there for it. So therefore, herself (government) and CAW are working together to make a better health care for Nova Scotia people.

Next speaker was Dr. Pat Croskerry, M.D., PhD, Professor of emergency medicine at Dalhousie University, Halifax. He spoke a lot about shift work and how people were burning themselves out. He gave us some examples of how people do more errors on shift work like the Titanic, where they could have avoided that ice burg. He has a book out explaining how our brain works at different times. He also mentioned that if we don't get the proper sleep, it causes a lot of damage to our bodies.

Clinical Symptoms:

- Longer reaction time – more errors
- Lapses – 12% are due to errors of no sleep
- Lost information – can't remember
- Errors
- Poor short term memory
- Fatigue
- Motivation shorter
- Effect on performance
- Increase tolerance of risk
- Decreased cognitive function – leads to serious accidents (fatigue survey in Health Care)

He then proceeded to discuss general strategies. He discussed having to be educated so they know what they are doing to themselves in shift work and how to strategize it:

- Awareness
- Shift schedule
- Travel home window
- Naps
- Diets
- Exercise
- Drugs (to stay awake)
- Alcohol – people think it helps but it doesn't
- Worried periods, thoughts uncertain (spend time, talk about before you sleep will help) or think of something that you enjoy to break it up

After the Doctor was done, Ken Lewenza, our CAW President said a few words and then we had hospitality night where all different locals got together.

Next day, we had a workshop on Violence in the Work Place. It ended up short due to people having to leave for their morning flights. We talked about Bill 168. I received a copy of this and gave to Tammy at the Elizabeth Centre (health & safety representative) and posted a copy on our board. Bill 168 has taken affect as of June 15th, 2010.