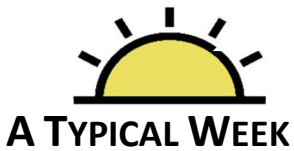


BC NURSE PRACTITIONERS ARE WORKING IN ABORIGINAL HEALTH



VALERIE JEFFERD, BSCN, NP(F) is a **Family Nurse Practitioner (NP)** raised Haida Gwaii, and whose career began in the Northwest Territories. She provides **primary care** to **First Nations Communities** across the **Cowichan Valley**.



A TYPICAL WEEK

Mon: Malahat Health Centre.
Tues: Penelakut Island Health Centre.
Wed: Halalt (Chemanius) Health Centre.
Thurs/Fri: Cowichan Tribes (Duncan) Shexun Sun'ts'a' Clinic.

THE SUPPORT I PROVIDE

- Address episodic, chronic, acute, and complex care concerns.
- Health promotion and disease prevention across the lifespan.
- Mental health and addictions support.
- Chronic disease management.



COMMUNITY, RESPECT & CULTURAL SAFETY

This is what makes Aboriginal health care **unique**. It's about **building long-term relationships**, and recognizing that **we are visitors** of these communities. We need to be invited in. When providing care, we need to recognize the significance **historical traumas** – residential school systems, lost generations, racism – have on a community member's health plan and goals.

My TEAM



- GPs
- Pediatrician



- Community Health Nurses
- RNs
- Health Coaches (LPNs)



- Occupational Therapist



- Speech & Language Pathologist



- Pharmacist



- Social Determinants of Health Worker

“Each community I serve is distinct. Despite the challenges of meeting some of their healthcare goals, laughter comes easily, and their openness draws you in. You are treated like a member of the family. It's a privilege to be working with such caring communities and colleagues.”