

Did You Know... Health Care in Saskatchewan Teacher Answer Key

As residents of Saskatchewan we all have certain benefits that we can access through our health care services. This assignment will clarify and explain to you all the different services provided by the Saskatchewan Government.

Use the following Government of Saskatchewan website to help you answer the following questions.

<https://www.saskatchewan.ca/residents/health>

A. section that reads "Health Cards". Go to this section to answer the following questions:

1. Why is important to carry a Saskatchewan Health Card?

You will need to present your health card whenever you receive health services (and is a piece of personal identification)

2. If you wish to be an organ donator how is the represented on your health card?

In Saskatchewan, adults can also indicate their desire to be an organ and tissue donor by placing an orange "organ and tissue donor" sticker on their Saskatchewan health services card. The stickers themselves do not guarantee a donation - your family should also be aware of your wishes.

3. Who can apply for a health card and how do you do it in Saskatchewan?

Any new resident of Saskatchewan is eligible for a health card for themselves and their dependents; this includes international students.

This can be done online or with a paper application and must be accompanied with supporting documents (documents needed include: proof of legal entitlement to be in Canada, proof of Saskatchewan residency and support of identity).

B. Go back to the Health page and click on "Accessing Healthcare Services" and then "Primary Health Care in Saskatchewan."

1. What is Primary Health Care?

Primary health care is the everyday care we need to protect, maintain or restore our health. For most people, it's the first point of contact with the health care system and the most frequently used health service.

2. List 3 examples of Primary Health Care.

Examples of primary health care include :

- Visiting a family physician or nurse practitioner about the flu, allergies or chronic conditions such as diabetes and arthritis;
- Getting advice from a pharmacist about prescription drugs or aids for quitting smoking;
- Talking to a mental health or addictions counsellor about depression, anxiety or substance use issues;
- Getting advice from a dietitian about nutrition; or
- Seeing a physical therapist about exercise programs.

C. In Saskatchewan we have a 24 hour HealthLine. Choose "Accessing Health Care Services" then select "HealthLine" to help you answer the following questions:

1. What number do you use to access HealthLine?

811

2. Who is HealthLine staffed by?

HealthLine is staffed by experienced and specially trained client navigators, registered nurses, registered psychiatric nurses and social workers.

3. Is HealthLine free of charge?

HealthLine is free of charge.

4. Briefly describe how Healthline works.

When you call 811, a licensed health care professional will give you options and information to help you with health related questions or concerns. A registered nurse will assess your symptoms and help you decide whether to treat your own symptoms, go to a clinic, see your primary health care provider or access emergency medical care, if necessary.

HealthLine also provides mental health and addictions support. HealthLine's registered psychiatric nurses and social workers can offer crisis counseling and strategies to help you manage your situation or give you information about resources in your community.

D. Health Page section that reads **"Prescription drug plans and health coverage"** then select **"Health Benefits Coverage"** then select **"Fully covered services"**.

1. There are 11 categories of fully covered services if you carry a Saskatchewan health card. In the table below indicate the categories and provide an example of a service for each category.

Categories of Covered Services	Example of Service
All medically necessary services provided by physicians	Ex: Physical exams, surgeries, etc.
Physiotherapy or occupational therapy	Ex: Mobilization and manipulation of muscles and joints
Screening Mammography (for women aged 50-69)	Breast cancer screening (a type of radiography)
Immunization Services	Ex: Flu shot, Mumps, Measles and Rubella vaccine (MMR), etc.
Sexually Transmitted Infections (STI) treatment	EX: Antibiotics for chlamydia or gonorrhea
Human Immunodeficiency Virus (HIV) testing	Screening tests for HIV using antibody testing
Services for treating alcohol and drug abuse problems	Ex: Alcoholics Anonymous (AA) programming in hospitals
Mental Health Services	Ex: counselling for mental health patients
Problem Gambling Services	Ex: treatment programs for problem gambling, counselling services for family members
Supplementary Health Services	Ex: certain dental and optical services
Family Health Benefits	Ex: select additional services provided to lower income working families

E. Some services are considered partially covered services. Choose the tab

1. Is there a cost to Dental Care in Saskatchewan?

Routine dental services are not covered by health coverage.

2. What is covered and not covered with Optometric Services in Saskatchewan?

An annual eye exam is covered for:

- All individuals under 18 years of age
- All individuals who have a confirmed diagnosis of type I or type II diabetes
- *Note: Routine follow-up exams are not covered.
- Ocular emergencies are covered e.g. injury to eyes, foreign body in eye, etc.
- *Note: Follow-up exams are covered for ocular urgencies/emergencies.

3. Why is it important to ask your physician if a prescription medicine is covered before he writes you a prescription?

It is important to ask about whether your necessary medication is covered because not all drugs are covered by the Saskatchewan Health Drug Plan.

F. On the website there is a section that reads "**Emergency Medical Services**".

1. Identify five different emergency services that are provided by Sask. Health.

Answers may vary, but can include:

- Ambulance Services
- Emergency 911
- Farm Stress Line
- Find a Hospital
- Healthline
- Poison Control Center
- Problem Gambling Help Line

2. Is there a cost to an air ambulance in Saskatchewan?

There is a charge of \$350 to use medically directed flights for a medical service not available in Saskatchewan. Health coverage does not cover this cost.

3. Of the five that you indicated above choose three of them to find out a bit more information about. Answers may vary, but can include:

- Ambulance Services-Ambulance services provide patients with timely access to emergency medical services (EMS) and fast and safe transportation to the care they need.
- Emergency 911-Call for 24-hour access to an emergency operator who will immediately connect you to the service you need: the fire department, the police, or an ambulance.
- Farm Stress Line-The Farm Stress Line provides 24-hour confidential telephone counselling, support, information and referral services that respond to the needs of rural people, families and communities.
- Find a Hospital-Learn what kinds of health facilities are available in your area by using this map.
- HealthLine-Find answers to your health questions with HealthLine Online or call 811 to speak to a health care professional.
- Poison Control Center-Call the poison control center for treatment advice when you or someone you know are exposed to drugs, pesticides, snake and spider bites, household cleaners, chemicals and plants.

- Problem Gambling Help Line-The Problem Gambling Help Line provides 24-hour help to people with gambling problems and their families. Callers receive confidential, professional service from trained counsellors.
- Saskatchewan Drug Information Line-The Saskatchewan Drug Information Line provides health care professionals and the general public with current, concise, unbiased information on drugs and drug therapies (questions about medications)

4. When should you call 9-1-1?

Call 9-1-1 when there is an emergency situation that you can't control.

5. List three questions you may be asked when you call 9-1-1.

Answers may vary, but can include:

- Where is the emergency? What is your street address, land location or the location of the emergency? (A description of your house or the location of the emergency, the names of any access roads, and any other landmarks may also be helpful information you can provide.)
- What is the nature of the emergency? Do you need police, fire or an ambulance?
- What is your name?
- What is the telephone number you are calling from? This question is asked for verification purposes, in case your call is disconnected prematurely.

G. Go back to the Health page and click on **“Accessing Healthcare Services”** and then “Health Care Facilities”. Follow the link to the **Saskatchewan Health Authority Facility and Services** page and select the Prince Albert Parkland Health Region (PAPHR).

The Saskatchewan Health Authority was launched in December of 2017, with the goal of amalgamating the 12 separate Health Regions into 1 to better coordinate health services across the province to ensure patients receive high quality, timely health care, wherever they live in Saskatchewan.

1. Open the “Hospitals and Clinic Locations” Tab. How many Acute Care Hospitals are in the PAPHR? **2**

2. How many communities do they serve in the Region? **13**

3. Under “Health Care by Location” Click on Prince Albert. List the 10 services based there and describe each.

- **Victoria Hospital**
 - acute care centre including emergency, medical, surgical, pediatric, intensive care & obstetrics inpatient units
- **Mental Health Services**
 - offers confidential community-based mental health assessment, treatment/counseling, and consultative services.
- **Addiction Services**
 - Outpatient, Brief and Social Detox, Family Treatment Centre
- **Public Health Services**
 - Nursing, Immunization, Travel Health
- **Public Health Inspection**
 - Food safety course, Restaurant Inspection, Water testing
- **Acquired Brain Injury program**
- **Home Care**
- Sexual Health Clinic (Access Place)
 - Testing for sexually transmitted diseases
- **Chronic Disease Management**

- Diabetes Education Centre
- fitLife (cardiac and pulmonary rehab program)
- **Special Care Homes (long-term care)**
 - Herb Bassett Home (144 beds)
 - Pineview Terrace (60 beds)
 - Mont St. Joseph Home (120 bed, affiliate agency)

H. Go to <https://www.ehealthsask.ca/> website and click on the “My Sask Health Record” page. Click on “About” and watch the video “What is My Sask Health Record?”

1. What is MySask Health Record?

Quick and easy access to a secure website that contains your personal health information

2. What 4 things are necessary in order to register for this service?

Must be 18 years old, have SGI issued licence/ID, have a valid Sask Health Card, a personal email address

3. List 4 types of information that My Sask Health Record gives you access to.

Laboratory Test Results

Medical Imaging Reports

Clinical Visit History, such as hospital visits

Immunization History