



PRIVACY OF PERSONAL HEALTH INFORMATION

Privacy is a fundamental right of individuals. It is a core value deeply rooted in the nursing profession (Canadian Nurses Association [CNA], 2003). CNA's Code of Ethics for Registered Nurses (2008) states "informational privacy is the right of individuals to determine how, when, with whom and for what purposes any of their personal information will be shared." Personal health information is essential for the functioning of the health system in its interaction with individuals. However, the collection, use and disclosure of personal health information require special consideration in order to protect the privacy of Canadians and to protect the integrity of information.

There are laws in place at the federal level as well as at the provincial and territorial levels to protect personal health information. Privacy acts and regulations in Canada provide individuals with the right to access and request correction of their personal information. Several provinces have passed legislation to deal specifically with the collection, use and disclosure of personal health information (Office of the Privacy Commissioner of Canada, 2010).

Privacy of Personal Health Information

This fact sheet describes the methods that are used to protect privacy, federal and provincial/territorial acts that govern personal health information, and resources that facilitate compliance with these laws.

Resources, Fact Sheet 2011, cna-aiic.ca

Let's celebrate

History of National Nursing Week
2011 National Nursing Week
– May 9 - 15



In 1971, the International Council of Nurses (ICN) designated May 12 – Florence Nightingale's birthday – as International Nurses Day. In 1985, in recognition of the dedication and achievements of the nursing profession, the Canadian minister of health proclaimed the second week of May as National Nurses Week. May 12 is also recognized as Canada Health Day.

The name changed to National Nursing Week in 1993 to emphasize the profession's accomplishments as a discipline. The purpose of National Nursing Week is to increase awareness among the public, policy-makers and governments of the many contributions nurses make to the well-being of Canadians.

How to Choose the Right Sun Block for the Elderly

Things You'll Need:

- * Wide brimmed hat
- * Long sleeved shirt

1. Step 1

Consult with a physician or dermatologist to discuss the best options for sun block and additional protection methods. Physicians suggest drinking ample water and fluids to hydrate skin. They also recommend wearing a wide brimmed hat and long sleeved clothes.

2. Step 2

Select a sunscreen for sensitive skin with an SPF rating of at least 15, but SPF 30 is preferable. Also, choose PABA-free products with titanium dioxide or zinc oxide because these are less likely to trigger an allergic skin reaction.

3. Step 3

Choose a sunscreen with broad spectrum UVA and UVB protection. Sunscreen with added vitamin A, vitamin D and vitamin E benefit elderly skin's health.

4. Step 4

Use sunscreen that is easy to apply such as sunscreen towelettes in SPF 15, SPF 30 and SPF 45. Powder, sticks and gel sunscreens are also easy to apply.

5. Step 5

Counter elderly skin's dryness with water-based sunscreens or chemical free sun block alternatives. Burt's Bees offers chemical free sunscreens with SPF 15 or SPF 30 online and in many drugstores.



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Healthy Aging



Healthy aging is an integral part of healthy living and has a significant impact on population health. As one ages, factors that affect health include economic status, availability of health-care and community services, and infrastructure such as transportation and appropriate housing.

In 2005, there were 4.2 million seniors aged 65 and older in Canada, and Statistics Canada projects there will be 9.8 million seniors by 2036. This increase is expected to have significant impacts on the Canadian workforce and to influence the demand for health-care services. Chronic disease accounts for 89 per cent of deaths in Canada. For seniors, diseases such as cancer and dementia are particularly significant. Supporting healthy aging helps to reduce the need for nursing and other health-care services and promotes a healthy and active population.

Registered nurses are well positioned to promote healthy aging. For example, family practice nurses are involved in chronic disease management, community health nurses conduct falls prevention programs and gerontological nurses oversee and provide care in nursing homes. Nursing research in gerontology produces evidence on best practices. As well, many nurses advocate for national strategies on appropriate housing and on pharmaceutical access.

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