

Life as a Health Care Professional (Part 3 of 3)

Collector: **Gertie Fowler**

Contributor: **Cornelia Linstead**

Gertie Fowler:

Yes, this is a continuation of the interview with Cornelia, so Cornelia would you like to share some more memories with me?

Cornelia Linstead:

Yeah, I just needed to stop to think about a few more Gertie so....

Gertie Fowler:

Okay. That's Good.

Cornelia Linstead:

Anyways, I'll continue for another little bit. I think I might be, almost be to the end of my memories.

Gertie Fowler:

Okay, yeah. That's good.

Cornelia Linstead:

Anyways, today along with our regular staff, we get visits form Specialty Services. Access to all services has improved tremendously.

Gertie Fowler:

Sure.

Cornelia Linstead:

Yeah. Specialty Services, when I talk about Specialty Services, I mean visits from the Orthopedic Doctor or the Pediatrician, Gynecologist, Ophthalmologist, Nutritionist, or Dietician, Occupational or Physiotherapist, Psychiatrist and others.

You know most of them.. they like to come once or twice a year.

Gertie Fowler:

Sure.

Cornelia Linstead:

That's good.

Gertie Fowler:

So back in the early days there was no such thing as that.

Cornelia Linstead:

No... no such thing as that, right. No. But I know there for a while, we use to have more regular visits, organized visits but since like the new staff has come they haven't had it organized so much.

Gertie Fowler:

Okay.

Cornelia Linstead:

But what they do they get they ask us to get our.. they've asked us to get our ah...a list and then let them know.

Gertie Fowler:

But it's easier to get out now, if you want to see ah... Dermatologist,

Cornelia Linstead:

Oh. Yes.

Gertie Fowler:

or something like that... like...

Cornelia Linstead:

That's no... no... no.. problem.

Gertie Fowler:

... like travel is so easy.

Cornelia Linstead:

No problems at all. No.

I believe improvement in our transportation and facility space, have made those visits possible.

Gertie Fowler:

Okay.

Cornelia Linstead:

Today we are... we are also utilized as a training facility for medical and nursing staff.

Gertie Fowler:

Hmm...

Cornelia Linstead:

That's good too, because they bring in new ideas and what... you know, keeps the staff aware of current practices.

Gertie Fowler:

Oh, Okay. Yeah

Cornelia Linstead:

Preventative instead of curative is promoted. Yes, we still have to practice curative, and we always well, I'm sure to some extent. But ah... with the teaching and clinics that are offered today, you know, it prevents major illnesses to women and not only to women but to all the public.

Some of the clinics that we offer today that we've ... you know since the opening of the Health Center are the Well Woman Clinic, you're well aware of I'm sure, which includes like blood work, X-rays, Mammograms, well we encourage people to go out for Mammograms, especially after the age of fifty.

Gertie Fowler:

Okay.

Cornelia Linstead:

We encourage all that and we bring teaching into... into it. Diabetic and Hypertensive Clinics, we have Pre-natal Clinics as mentioned earlier, Post-natal Clinics and now we're introducing recently, we've introduced a Well Man Clinic.

Gertie Fowler:

Okay.

Cornelia Linstead:

Public Health along with our LPN's or RN's are out into the communities, I'm sure you've seen them out there Ah... promoting healthy life style.

Gertie Fowler:

Yes.

Cornelia Linstead:

.. and healthy heart and then they teach smoke about the smoking sensation and about the smoke line, help line that they have.

Pap Smear clinics has been included and you know... to each community, a couple of times actually. And we ... we're ah.. basically trying to get women, encouraging women

to continue with their regular Pap Smears as required. And we do see more. We've seen an increase in a number of women that do participate.

Gertie Fowler:

Okay. So the word is getting out.

Cornelia Linstead:

So the word is getting out, yup. I realize I'm not touching on all of the changes, but what I have mentioned, well enlighten you to the fact that Health Care Service is continuously growing and I'm sure will continue to grow and improve. You know, 'cause ... there's all kinds ... everything... you know, with literature and everything coming through right now.

New and up-to-date equipment has enhanced our improvement in the Health Care Services, we continuously gain new and up-to-date equipment. You know, anytime that we see anything that we might need. That we'll either go to the organization or go to our charitable people, like the Ladies Auxiliary or the IGA to get it for us and most often we get what we need.

I must mention that we do have a group of women, known as the Ladies Auxiliary who has made it possible for us to gain a lot of equipment that we have.

The Ladies Auxiliary along with the IGA which is the International Grenfell Association group that was formed to raise money, but they not only helps our organization, I think they help a lot of organizations around.

Gertie Fowler:

Okay.

Cornelia Linstead:

...around Newfoundland and Labrador. But they help and ah... they've helped us so much in the past but ah... I must say, like with the Ladies Auxiliary, I see a trend of... of... there's an older group and they're gradually leaving us and ah... I would like to encourage the young people.

Gertie Fowler:

Okay... to take...

Cornelia Linstead:

...to take an example from this older group, and pick up the torch and carry on where they left off.

Gertie Fowler:

Okay.

Cornelia Linstead:

I think, in the end it will help... it helps themselves, not only is it helping the ... the facility itself, or the workers, it helps... it's also helping themselves and helps us get equipment that's going to improve the Health Care System and help their illnesses...

Gertie Fowler:

Right.

Cornelia Linstead:

... if they...

Gertie Fowler:

That's true.

Cornelia Linstead:

If they happen to have it, right. So I would encourage that to continue. Well along with our Acute Care Services, we've also gained Long Term Care Services, I haven't mentioned much about this but this is a great ah... great additive to our ah... facility for sure.

Besides the Acute Care Services and all of it's improvement, we have gained another positive addition to our Health Center and that is the Long Term Care Center. In '94 our Long Term Care Unit was open with seven resident beds and ah... one combined Palliative and Respite bed. This was certainly seen as a positive approach.

Gertie Fowler:

Hmm...hmmm.

Cornelia Linstead:

Our seven beds were soon filled. And a need for more was obvious. So again, community members stepped up to the plate, and lobbied government, etc. And got money and got another seven beds for us. So today we have thirteen beds, one Palliative and one Respite.

Gertie Fowler:

Okay.

Cornelia Linstead:

Which is working very well.

Some family members are unable to care for their loved ones at home, and it's a comfort to them to see that they have a place to go to ensure safety and comfort. Stress on families such as these and individuals causes illness and again, this is another way to prevent illnesses.

So basically I think, I've covered most everything. Ah.... so to clue up, I'm sure you can't help but notice the obvious changes in the Health Care System.

Gertie Fowler:

Sure.

Cornelia Linstead:

From the sixties until today, 2009. The improvement of staff, the facility itself, the equipment that we have, supplies, transportation, communication, the emergency services and professional support. All this lead to the improvement of our Health Care Services of today and to Women's Health.

Gertie Fowler:

Okay.

Cornelia Linstead:

Always remember, that changes will occur, hopefully for the ... for the better of the Health Care System and hopefully it will continue to be for the better, and we must be ready and willing to accept and adjust to the changes as quickly as possible.

Gertie Fowler:

Okay.

Cornelia Linstead:

All I wish for the future now is that ... is continuous improvement for the Health Care and all our communities on along the Coast.

Gertie Fowler:

Okay. So is that all you'd like to add to your....

Cornelia Linstead:

I think so, I think I....

Gertie Fowler:

Okay, well Cornelia I'd like to thank you for your memories, it was a lot of information and I think in years to come, I'm sure it will be cherished. So thank you very much.

Cornelia Linstead:

Thank you very much.