

All answers must be specific to HRM (when applicable).

Pregnancy

1. What are pre-natal classes?
2. Where do you take these?
3. What do pregnant women need to know about nutrition?
4. What is pre-natal testing?
5. How often do pregnant women visit their doctors?
6. Explain in detail what FAS is.
7. What can happen when a pregnant woman smokes?

Birth

8. What options do women have for deliveries in Halifax?
9. Why do some women have to have a C-Section?

10. List the benefits to breast feeding.

### Childhood

11. What are some common childhood diseases in Canada?

12. List the vaccinations that NS children must have and by what age.

<u>Vaccine</u>	<u>AGE</u>
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13. How do parents go about registering their children for school in HRM?

14. What requirements have to be met before children can attend school in HRM?

### Adolescent

15. How and what do you talk about sexuality with adolescents?

16. What are the signs of depression?

17. What should someone do if they suspect someone of being depressed?

18. What health centers are available for adolescents in HRM?

19. List 3 common STI's along with their symptoms and treatment.

STI	SYMTPOMS	TREATMENT

20. What are signs of unhealthy relationships versus abusive?

21. What is recommended for how to discuss smoking/alcohol/drugs with adolescents?

Young Adult

22. How does one go about organ donation in NS?

23. Identify 3 types of birth control and what their effectiveness is.

Birth control	effectiveness

24.Explain the difference between MSI and health insurance.

25.How much would health insurance cost for a healthy young adult?

26.What steps should one take when they decide they would like to start a family?

### Middle Age

27.How can one prevent heart disease?

28.What are signs of heart disease?

29.How can one prevent cancer?

30.What are signs of cancer?

31. How can one prevent diabetes?

32.What are signs of diabetes?

## Later Life/Elderly

33. How can one prevent dementia?

34. What are signs of dementia?

35. How can one prevent Alzheimer's?

36. What are signs of Alzheimer's?

37. How can one prevent arthritis?

38. What are signs of arthritis?

39. How can one prevent osteoporosis?

40. What are signs of osteoporosis?

41. What nursing homes are available in HRM?

42. How does one pay to live in a nursing home?

43. At what point should someone live in a nursing home?

## Death

44. What is palliative care?

45. Where does one receive this in HRM?

46. What is respite care?

47. Where does one receive this in HRM?

48. What sort of considerations need to be made for someone who is concerned about dying with dignity?

49. What is a living will?

50. How does someone go about obtaining one in HRM?