



## Welcome to the OneHealth Access Guide

*This guide shows nurses working in the Northwest Territories how to access Indigenous Services Canada guidelines on One Health.*

On this page, you will find step-by-step instructions for accessing the Indigenous Services Canada (ISC) *Clinical Care Pathways/Clinical Practice Guidelines (CCPs/CPGs) for Primary Care Nurses working in Remote and Isolated Indigenous Communities* via the OneHealth portal.

If you have any issues accessing the site or need further assistance, please contact - **nursing@gov.nt.ca** we're here to help!

### Step One: Open the Portal

Click one of the following links to access the OneHealth portal

- EN/FR: <https://www.onehealth.ca/shared/>

ONEHEALTH.CA  
OUR PEOPLE, OUR HEALTH

USER LOGIN

USERNAME: Nursing

PASSWORD: .....

Login



## Step Two: Log In

Enter the username and password provided by your manager.

Need help? Email us at [nursing@gov.nt.ca](mailto:nursing@gov.nt.ca).

ONEHEALTH.CA  
OUR PEOPLE, OUR HEALTH

**USER LOGIN**

USERNAME: Nursing

PASSWORD: .....

Login



## Step Three: Review the Introduction

Explore the **ISC Introduction Modules** to familiarize yourself with how to use the available resources.



Français

### Important Note:

*The Clinical Practice Guidelines / Clinical Care Pathways have been prepared by ISC for use by community health nurses employed by ISC providing primary care in isolated, semi-isolated, and remote First Nations communities. While the Guidelines may be referred to by persons who are not employed by ISC, ISC takes no responsibility for any use of these guidelines other than by community health nurses employed by ISC and for their intended purposes.*

*These guidelines contain information to assist in the identification, diagnosis, and treatment of illness and other health issues in a primary care setting and may be used for reference and education purposes. The guidelines do not delineate the legal scope of practice of nurses. They are not intended to constitute a comprehensive, authoritative text and should under no circumstances be used as a substitute for clinical judgment or for consultation with other health care professionals. Nurses must seek the medical advice of a physician by telephone, electronically, or by other means in cases where the condition of a client is beyond the scope of practice and expertise of the nursing team to manage autonomously.*

*These guidelines have been developed in consultation with health care professionals and efforts have been made to ensure that they accurately reflect current best practice standards for culturally acceptable delivery of primary health care by community health nurses. However, as health practice standards are continually evolving, nurses are encouraged to perform independent research and to consult other publications, manuals, and peer-reviewed research to ensure their practice continues to be informed by the best available clinical evidence and research. The use of evidence-based practices not currently included in the guidelines require consultation with a physician or a nurse practitioner.*

### Introductions and General Health Assessment

- [Introduction to the Clinical Practice Guidelines-eng \(2024 modification\)](#)
- [Introduction to the new Clinical Care Pathways and Emergency Clinical Care Pathways \(CCPs/e-CCPs\) \(Nov 2020\)](#)
- [Adult Health Assessment \(April 2024\)](#)
- [Pediatric Health Assessment \(March 2023\)](#)
- [Newborn Health Assessment \(March 2023\)](#)

## Step Four: Browse Topics

Click on a **topic heading** from the list to view available Clinical Practice Guidelines, Clinical Practice Pathways and Emergency Clinical Care Pathways.

**Introductions and General Health Assessment**

- [Introduction to the Clinical Practice Guidelines-eng \(2024 modification\)](#)
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- [Adult Health Assessment \(April 2024\)](#)
- [Pediatric Health Assessment \(March 2023\)](#)
- [Newborn Health Assessment \(March 2023\)](#)

**Adult and Pediatric Health Conditions**

<b>Eyes (2023)</b> ◦ <a href="#">Table of Contents</a> ◦ <a href="#">Adult - Eyes (Aug, 2023) (Full PDF)</a> ◦ <a href="#">Table of Contents</a> ◦ <a href="#">Pediatric - Eyes (May 2023) (Full PDF)</a>	<b>Ears, Nose, Throat and Mouth (2021)</b> ◦ <a href="#">Table of Contents</a> ◦ <a href="#">Adult - Ears, Nose, Throat and Mouth (2021) (Full PDF)</a> ◦ <a href="#">Pediatric - Ears, Nose, Throat and Mouth (2021) (Full PDF)</a>
<b>Respiratory System (2020)</b>	<b>Cardiovascular System (2022)</b>
<b>Gastrointestinal System (2022)</b>	<b>Genitourinary System (2022)</b>
<b>Musculo-skeletal System (2022)</b>	<b>Central Nervous System (2022)</b>
	<b>Hematology, Metabolism and Endocrinology (2023)</b>

## Step Five: Use the Table of Contents

Click on the **bolded links** to open the table of contents for each guideline.

**Adult and Pediatric Health Conditions**

<b>Eyes (2023)</b> ◦ <a href="#">Table of Contents</a> ◦ <a href="#">Adult - Eyes (Aug, 2023) (Full PDF)</a> ◦ <a href="#">Pediatric - Eyes (May 2023) (Full PDF)</a>	<b>Ears, Nose, Throat and Mouth (2021)</b> ◦ <a href="#">Table of Contents</a> ◦ <a href="#">Adult - Ears, Nose, Throat and Mouth (2021) (Full PDF)</a> ◦ <a href="#">Pediatric - Ears, Nose, Throat and Mouth (2021) (Full PDF)</a>
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<b>Musculo-skeletal System (2022)</b>	<b>Central Nervous System (2022)</b>
	<b>Hematology, Metabolism and Endocrinology (2023)</b>
	<b>Mental Health and Wellness</b>
	<b>Substance Use</b>

**Table of Contents**

**ASSESSMENT OF THE EYES**

- Anatomical Structures of the Eye
- History of Present Illness and Review of Systems
- General Physical Examination

**COMMON PROBLEMS OF THE EYE**

- Age-Related Macular Degeneration
- Blepharitis
- Cataracts
- Chalazion
- Conjunctivitis
- Diabetic Retinopathy
- Hordeolum or Stye
- Open-Angle Glaucoma
- Ptosis
- Red eye

**EMERGENCY PROBLEMS OF THE EYE**

- Acute Angle-Closure Glaucoma
- Blunt or Lacerating Ocular Trauma
- Chemical Burns



## CHAPTER 1 – EYES

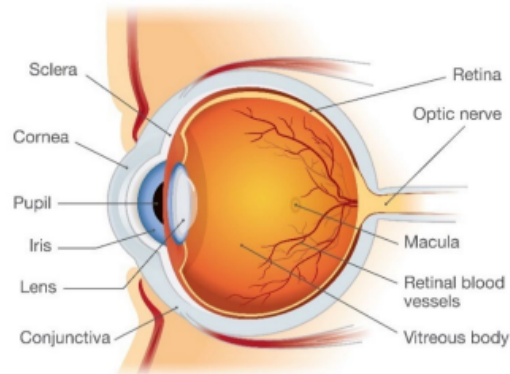
*First Nations and Inuit Health Branch (FNHIB) Clinical Practice Guidelines for Nurses in Primary Care.*

The content of this chapter was revised in August 2023.

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## ASSESSMENT OF THE EYES ANATOMICAL STRUCTURE OF THE EYE <sup>2</sup>



## HISTORY OF PRESENT ILLNESS AND REVIEW OF SYSTEMS <sup>3</sup>

The following characteristics of each symptom should be elicited and explored:

- Onset of symptoms (sudden or gradual)
- Chronology
- Current situation (improving or deteriorating)
- Location
- Radiation
- Quality
- Timing (frequency, duration)
- Severity
- Precipitating and aggravating factors
- Relieving factors
- Associated symptoms
- Effects on daily activities
- Previous diagnosis of similar episodes
- Previous treatments
- Efficacy of previous treatments

### CARDINAL SYMPTOMS

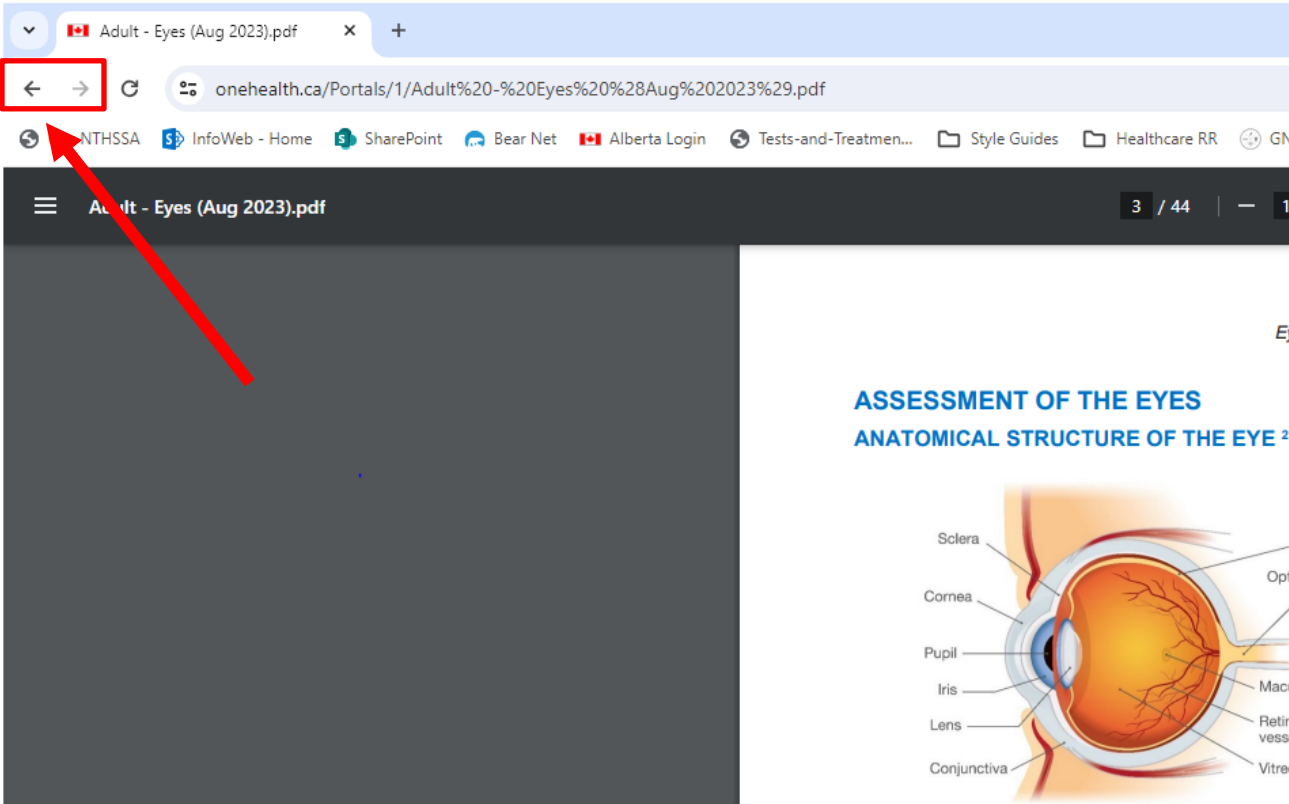
In addition to the general characteristics outlined above, additional characteristics of specific symptoms should be elicited, as follows:

Unilateral or bilateral symptoms



Step Seven: Return to Main Page

To go back to the main page, use your browser’s **Back** button.



We’re Here to Help!

If you experience any problems or have questions, contact **nursing@gov.nt.ca** for support and guidance.