



Title: An examination of the integration processes of Anishinaabe smudging ceremonies in Northeastern Ontario health care facilities.

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Abstract: In part of the Anishinaabek storytelling traditions, ceremonies emerged from the teachings from the simple act of offering tobacco to more complex ceremonies such as the rain dance. The smudging ceremony is no different because it has its own creation story that emerged with the four medicines (Benton-Banai, 1988; Geniusz, 2009). This research aims to contribute to the an understanding of how the Indigenous smudging ceremony takes place and how it is made available to individuals who want to practice this form of ceremony in urban health care settings. There has been limited research conducted on Indigenous ceremonies and even less on the smudging ceremony, which highlights the literature gap on scholarly souces on these traditional ways of healing written by Indigenous People. Most of the information on the smudging ceremony is from online sources, Elders that are not published, and non-Indigenous people. Although there are many books, how-to manuals, and kits that provide medicines that teach interested individuals on the smudging ceremony, these could be found in the New Age healing sections at bookstores or in alternative healing shops that many would not find to be a credible academic source. None of these sources address why the smudging ceremony is crucial and how it has been suppressed as part of a much larger process of cultural genocide. This research is situated within an historical context to better understand why the ceremony has not been accessible within these health care facilities. There are three facilities examined in Sudbury and Parry Sound, Ontario. The facilities and policies are compared to understand the integration processes as well as ensuring that the smudging ceremony is more accessible. In addition, the contribution of this thesis is to have the smudging ceremony accessible and accommodated outside the walls of medicine/healing lodge rooms. Lastly, this study is examined through the Anishinaabe perspective that complements the decolonization approach as it recommends meaningful pathways that support the efforts of reconciliation.

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Background: Health care workers outside surgical suites in Asia use surgical-type face masks commonly. Prevention of upper respiratory infection is one reason given, although evidence of effectiveness is lacking. Methods: Health care workers in a tertiary care hospital in Japan were randomized into 2 groups: 1 that wore face masks and 1 that did not. They provided information about demographics, health habits, and quality of life. Participants recorded symptoms daily for 77 consecutive days, starting in January 2008. Conclusion: Face mask use in health care workers has not been demonstrated to provide benefit in

terms of cold symptoms or getting colds. A larger study is needed to definitively establish noninferiority of no mask use. On examination, a shortening of percussion sound at the apex of the right lung was noted. Here you can also hear sharply weakened breathing with a bronchial tinge, meager dry rales. Above the lower lungs, breathing is weakened, the inhalation is elongated. The boundaries of the heart are not clearly defined due to the boxed hue. Blood test: er. - 3.5×10^{12} , HB - 100 g / l, l - 9.0×10^9 , s / l - 2, s / l - 82, lymph. - 10, m - 6, ESR - 30 mm / hour. Urinalysis: no pathology. In the analysis of sputum, a large number of leukocytes, elastic fibers. You have passed the basic civic integration examination when the PDF file states you have passed all 3 parts of the exam. You can include this PDF file to your application for the mvv. You will not receive a certificate from DUO. Having passed the examination, you may now submit the mvv application. You make a copy/printout of the letter informing you that you passed the examination. You attach this to the application to be sent to the IND. Further integration in the Netherlands. The civic integration examination abroad is the start of your integration. Have you gotten your residence permit? And are you living in the Netherlands? Then you will do a civic integration course in the Netherlands. And after the course the civic integration examination.