

# **What actually equips us**

## **Lessons from Northern Remote Allergy Care**

**Michelle Kwok, MD FRCPC**

Allergist & Immunologist

Montréal, QC Canada

# Disclosures

## **Honoraria received in past 2 years**

- ALK, Stallergenes Greer, Bausch Health, Biocryst, Sanofi, CSACI Food Allergy Educator Program

## **Research Collaboration Support**

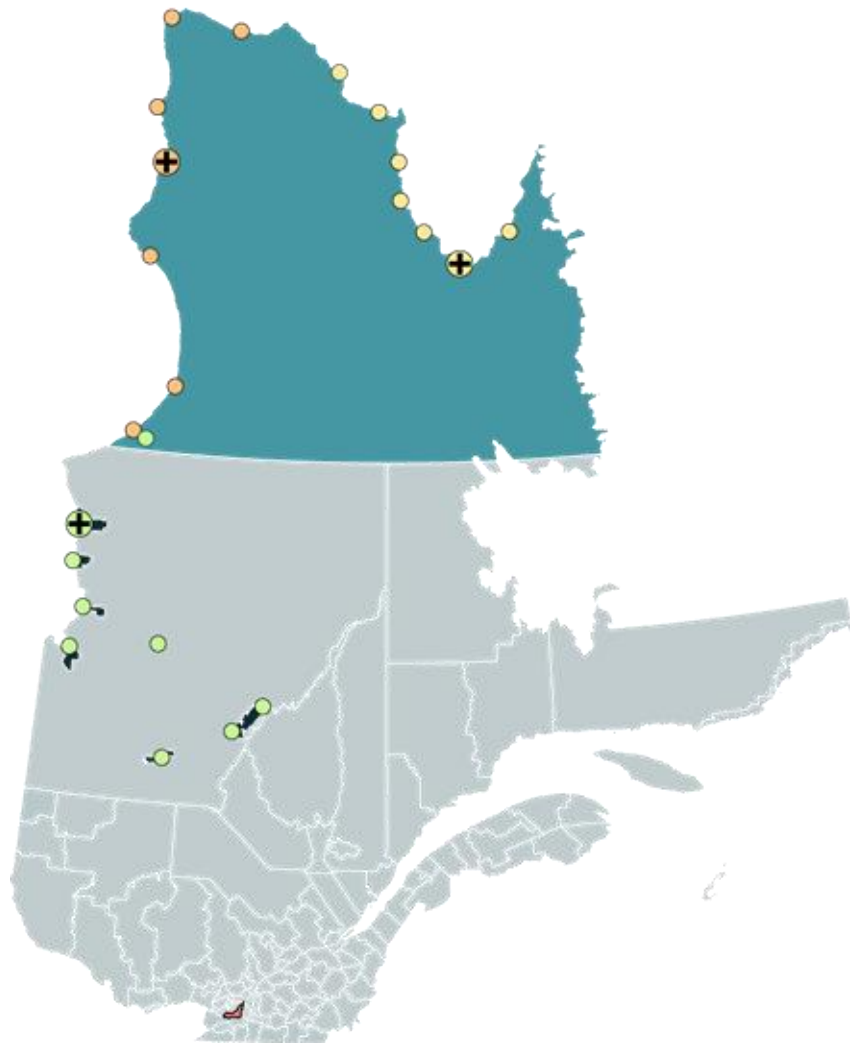
- Research Institute, McGill University Health Centre

## **Non-profit role**

- Board member, Institute for International Medicine

# Allergist on Wings







### **Nunavik (Region 17)**

-  Ungava Bay CLSC (Centre local de services communautaires)
-  Hudson Bay CLSC
-  Regional Hospital

Approximately 14,000 people<sup>1</sup>  
 14 main communities

Montréal - Kuujuaq 1450km  
 Montréal - Puvirnituk 1290km

### **Cree Territory of James Bay (Region 18)**

-  Community Miyupimaatisiun Centre (CMC)
-  Regional Hospital

Approximately 18,000 people<sup>1</sup>  
 9 main communities

Montréal - Chisasibi 1050km

# Chisasibi, Cree Territory

Feb 2026



# Kuujuuaq, Nunavik

Mar 2026



# Mistissini, Cree Territory

Apr 2026



# The case of arctic char

Repeated ingestion causes rapid nausea + vomiting

Avoidance "to be safe"

No access to allergy care





Fear expands in the absence of diagnostic

access and food insecurity





**Safety confirmed**

**Rebuilds trust around food**

**Restores participation, culture, and quality of life**

A photograph of a snowy landscape. In the foreground, there are several small, bare bushes sticking out of the snow. In the middle ground, there is a small, dark wooden building with a snow-covered roof. The background is a vast, flat, snow-covered field extending to a horizon under a bright, overcast sky. The sun is visible as a bright, hazy spot in the upper center of the frame.

**Clinical knowledge is not enough  
about remote care**

**Culture**

**Relationships & trust**



**Relationships are  
infrastructure**



**Kangirsuk.**



**Quaqtaq.**



**Whapmagoostui / Kuujuarapik.**



**Puvirnituk.**



**Kuujuaq.**



**Chisasibi.**



# CLINICAL NOTE

(2023-07-26 17:16)

## REASON FOR VISIT

Dyspnée

## HISTORY OF PRESENT ILLNESS

Patiente revient d'une hospit a Chibougamau pour dyspnée.  
Depuis, Sx idem. Aurait eu service de pred et levofloxaciné mais prend seulement atrovent et ventolin. Prend aussi la levo mais pas la pred.  
CT ft à Chibougamau -> pas d'EP, complètement normal.  
Trouve qu'elle est idem à son congé, mais dyspnéique...  
Nie allergies connues à la maison.

cf nursing pour détails. SO2 N 98%AA, mais R 24-30. Autres SVS N, temp rectale N.  
A des sibilances diffuses.

## IMAGING

rXP : N

## ASSESSMENT

2023-07-19      **Bronchospasm, acute (Acute)**  
Tx ventolin, atrovent, pred PO + flovent.  
Ajout reactine.

## PRESCRIPTION

- **FLOVENT 250MCG (METERED INH.)**      2 inh BID ORINHL 14d R11  
*Instructions: SVP servir au current*
- **JAA PREDNISONE 50MG (TABLET)**      50 mg QD PO 2d  
**Followed by: 25 mg QD PO 3d**
- **REACTINE 10MG (TABLET)**      1 tab QD PO, PRN 30d R24

## PLAN NOTES

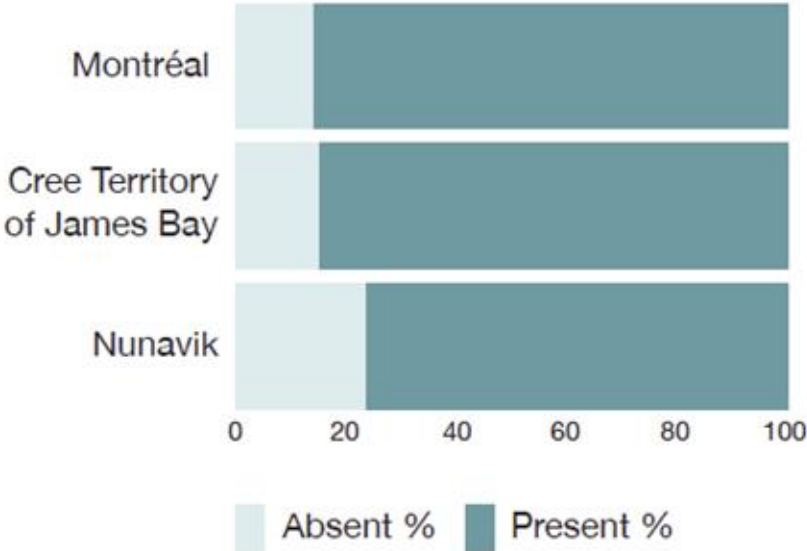
Counselling allergies, acariens, poussière, etc.

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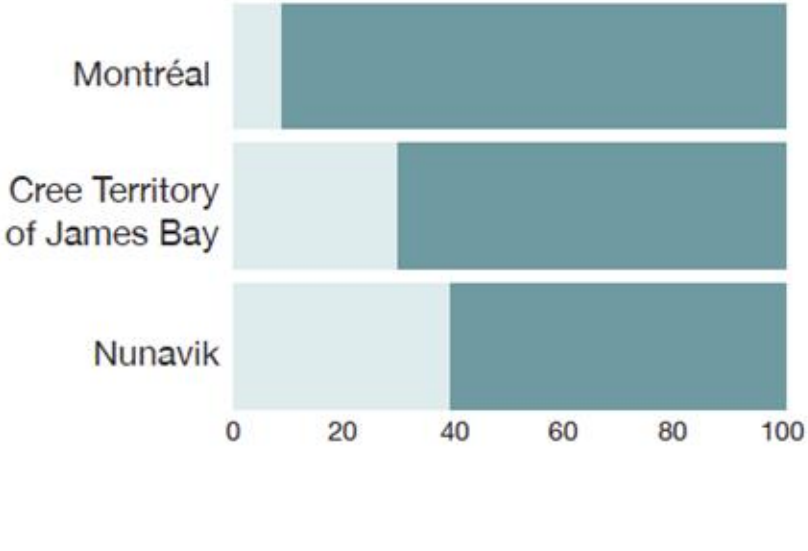
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# Absentee trends analysis (MUHC)

In-person visits (2017-05-12 to 2020-05-11)



Telemed consultations (2020-05-12 to 2023-05-12)



# What telemedicine enables

A computer workstation is shown against a solid yellow background. The workstation includes a black monitor with a webcam mounted on top, a black keyboard on a grey wrist rest, a grey mouse on a blue mousepad, and a silver multi-line office phone on a white stand to the right. The text 'What telemedicine enables' is overlaid in a white box at the top. Below it, three more white boxes contain the words 'Continuity', 'Access', and 'Shared care' stacked vertically.

Continuity

Access

Shared care

W



ds



**Visiting specialists are guests**





**Flexibility over rigidity**

A landscape photograph showing a small settlement with several dark wooden buildings and a white car parked on a gravel area. In the background, there is a large, calm lake and rolling hills under a cloudy sky. The text is overlaid on the image in white boxes.

Compassion

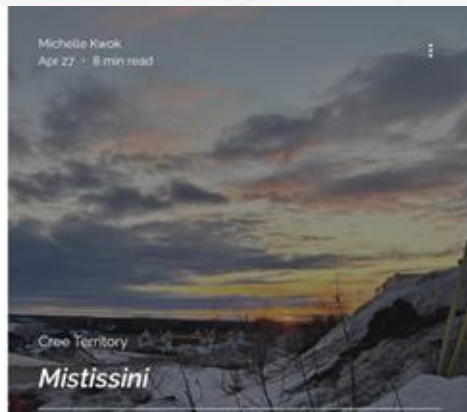
Humility

Presence

**What this requires of us**

A photograph of a snowy dirt road leading to a small town in a mountainous, overcast landscape. The road is covered in snow and has deep tire tracks. The town consists of many small, colorful buildings. In the background, there are mountains and a body of water under a cloudy sky. The word "Trust" is overlaid in the center of the image.

**Trust**



[www.allergistonwings.org](http://www.allergistonwings.org)

