

HEALTH MATTERS

VOLUME 10~ SUMMER

JULY / AUGUST 2014

Lakehead

Nurse Practitioner-Led Clinic

WALK IN CLINIC
Mondays and Fridays
1:00 pm to 4:00 pm

**THERE WILL BE
NO WALK IN
CLINIC
JULY 1st and
AUGUST 4th**

*Lakehead Nurse
Practitioner-Led Clinic
Is on Facebook*

*And follow us on
Twitter
@LakeheadNPLC*



be sunsible

GETTING THE MOST FROM YOUR MEDICAL APPOINTMENT

—Sandra Crawford, Nurse Practitioner

Did you know that you are a partner in the delivery of your health care? In fact, you are a very important part of ensuring that you receive the most appropriate health services. At one time the health care provider told patients what to do and when to do it and the patient did not question those recommendations. However, today patients need to be well informed about themselves and are encouraged to discuss their health care needs with their providers. Unfortunately, there is only so much time for any given appointment, so patients need to make the best of that available time. Arriving to your appointment at the scheduled time and coming prepared to discuss your issues will make the patient and the health care provider satisfied that the appointment was successful in meeting every one's needs.

When patients come to their medical appointments the following can assist both you, the patient, and the medical provider in ensuring that your questions are answered and you receive appropriate care.

1. When you call to make your appointment let the receptionist know why you want to see your health care provider so that the proper amount of time can be scheduled.
2. If it is your first appointment with your health care provider be prepared to provide information about your family history (diseases that run in your family)

and to describe your present and past medical problems and treatments. If available bring past medical records to the appointment along with your immunization records.

3. Make a list of your concerns and give the list to your provider.
4. Bring your prescription bottles to each appointment and a list of any over the counter medication that you use, as well as herbs, supplements and vitamins.
5. Bring a friend or family member with you if you think you will need help in remembering everything that was discussed at the appointment, or to share medical information and to talk with your provider.
6. Write down any questions you might have and bring them to the appointment. This will help you remember and you will not forget anything important.
7. Stick to the facts – explain your concerns in an organized fashion and in 2-3 sentences. Describe when your symptoms started, how long it lasts, what it feels like – be prepared to rate it on a scale of 1-10 with 1 being the least and 10 being the most. Use descriptive words like dull, throbbing, and aching etc. to describe a pain. Be specific on where you are experiencing symptoms by pointing to the spot. Describe how it impacts on your daily activities such as eating, sleeping, walking, and working.



Explain what makes it worse, what makes it better, and things you have tried to relieve it – either pharmacological or non-pharmacological e.g. Tylenol or heat. Report if this has ever happened to you before and if you were ever treated for it and how was it treated. Share your feelings if you think your condition may be serious in nature – you may be worrying for nothing.

8. Ask questions about your treatment recommendations if things are unclear to you.
9. Ask if you need to watch for certain warning signs about your condition, and when you should be concerned enough to call your health care provider.
10. Ask about any potential side effects of your treatment e.g. medications.
11. Before leaving your appointment ask if any follow up appointment is recommended and clarify any next steps.

Being prepared for your medical appointment will make you feel like you are in control of your health care and will assist your health care provider in helping you.

Nurse Practitioner-Led Primary Health Care

—by Kyle Jessiman, Clinic Administrator

How many different health care providers do you see? How many different health organizations do you attend to get the health services you are seeking? For most patients, this list can get fairly long when taking into account pharmacies, labs, specialists, diagnostic imaging, wellness and alternative health care, and coming to our clinic for regular primary care.

Nurse Practitioner-led clinics serve almost 50,000 patients in Ontario and focus on access and integration, striving to provide all of the appropriate care within our clinic from the multitude of providers our patients can see here. Of course, we cannot provide every health service, and to keep an efficient health system, we aim not to duplicate existing services that are already available in a good way elsewhere. So visits to the pharmacy and other referrals are an important part of your entire patient pathway.

What we can do is give you access to an appointment with your provider when you need it, and coordinate your care across these other organizations as much as we can for you. Patients at our clinic have access to the full scope of primary health care, being seen by their Nurse Practitioner, or referred to our consulting physician or psychiatrist, who regularly see patients at our clinic. Our RPN and RN also work to the full scope of practice for their disciplines, and can see patients autonomously for certain ailments, while consulting with your NP. The Registered Dietitian, Social Worker, and Pharmacist also meet regularly with the nursing staff to discuss shared care, avoid duplication, and advocate for the patient as your health care team.

Not to be overlooked is the continuous work of our Medical Secretaries and Administrative Assistant in sending, receiving, and coordinat-

ing information about your results, appointment bookings, and referrals. These ladies make and receive hundreds of calls and faxes every week “behind the scenes” of your face-to-face patient experience. This consists of booking and rebooking appointments, faxing prescription renewals to the dozens of pharmacies in Thunder Bay, and coordinating with outside health organizations for our shared patients’ tests, lab work, or appointments. We do this work to help your health care experience move smoothly from one provider or organization to the next, and back to our clinic.

This inter-professional, team-based approach is becoming the standard model for delivering the right care at the right place at the right time. Giving patients access to the provider they need, when they need, is a cornerstone of quality health care and something we’re proud to deliver to our patients.



UPCOMING FALL PROGRAMS AT LNPLC

STARTS
SEPTEMBER 23rd

OPEN TO THE PUBLIC



FREE 6-Week Workshop

For adults of all ages with diabetes, arthritis, stroke, depression, fibromyalgia and other long-term conditions.

Caregivers are welcome.

REGISTER EARLY!
CALL MICHELE
AT 475-9595

Caregiver Support



Caring for a partner
Caring for a parent
Taking care of yourself

TIME AND DATES TO BE ANNOUNCED

ROLE OF THE CAREGIVER
SELF CARE
MEAL PLANNING
EMERGENCY PLANNING

ACCESSING COMMUNITY RESOURCES
DEALING WITH GRIEF AND LOSS
TALKING TO THE MEDICAL COMMUNITY
FINANCIAL / LEGAL CONSIDERATIONS

This program is led by:
Nurse Practitioner—Social Worker—Registered Dietician—Registered Practical Nurse—Pharmacist

Self-Care—Self Nurturing

—by Michele Krasnichuk, Social Worker

Self-nurturing is vital to our well-being. How often do we consider nurturing ourselves?

Self-care is essential for our survival and is the basis for healthy, authentic relationships. It is also essential to our being able to care about the important people in our lives.

Self-care is not selfish or self-indulgent. We all have reservoirs that we need to replenish. It is difficult to continually give to others if our own reservoir is empty. We need to take care of our own needs first, and then we can give from our surplus. When we nurture others from a place of fullness, we feel renewed instead of taken advantage of. And they feel renewed too, instead of guilty.

What is it ?

The most basic and precious tenet of self-nurturing is taking time for yourself. (Time? I'm too busy. Where am I going to find time for me?) The vicious cycle clicks in: you are too busy to nurture yourself, but without self-nurturing

your life threatens to become one monotonous and stressful day after another. You drag yourself out of bed in the morning, you snap at your partner/roommate. You hate your once-fulfilling job or you lack the energy to look for a better one.

Taking time off allows you to be more efficient when you return to the task at hand. Relaxation is not a treat, it is necessary for your physical and emotional health. And if you value your time and set limits on what you do for others, others will value your time and treat you with more respect.

Self-care includes all health decisions people make for themselves and their families to get and stay physically and mentally fit. Self-care is exercising to maintain physical fitness and good mental health. It is also eating well, getting a good nights sleep, practicing good hygiene and avoiding health hazards such as smoking, using illicit drugs or excess alcohol to prevent ill health. Self-care is also taking care of minor ailments, long term conditions, or one's own

health after discharge from hospital.

Self-care is also about including enjoyment in your life on a regular basis. Think about what makes you happy and increases your confidence. DO IT ! This is important to your mental well-being. Consider what you might be avoiding (i.e. that stack of papers, phone call, clutter, etc.) and tackle it in small increments (5 minutes at a time adds up).

Pay attention to the thoughts that you tell yourself too. Good thoughts about yourself have a positive impact on your mood and behavior. On the other hand, negative thoughts about yourself usually lead to low mood and increased stress and anxiety. Pay attention to this "self-talk" - challenge the negative and reinforce the positive.

Self-care—Remember, you are worth it !

Source: WEB Handouts; TBCC and Wikipedia (http://en.wikipedia.org/wiki/Self_care)



“Make time for yourself. Allow yourself to chill out and relax.”

“Taking time for yourself is not an indulgence. It's a necessity and a great way to deal with stress.”

be kind to yourself

Are you Registered with Health Care Connect?



If you are a patient of our clinic, please contact Health Care Connect

1-800-445-1822

tell them that you are receiving your primary health care at our clinic.

Please have them remove you from their registry.

Asparagus and Tomato Salad



Preparation Time: 10 minutes

Cook Time: 4 minutes

Makes: about 8 cups (2 L)

Serving Size: 2 cups

Both refreshing and colourful, this salad will be a big hit for lunch or dinner. If asparagus is not available, look for green beans as an easy and tasty substitute. In summer, look for a variety of colourful heirloom tomatoes for more colour and sweet taste.

Ingredients

8 oz (227 g) asparagus spears, trimmed
 1 small head Boston lettuce, torn in bite size pieces
 1 cup (250 mL) baby arugula or spring mix
 4 tomatoes (about 1 lb/454 g), sliced
 12 black olives, pitted and chopped
 1 tbsp (15 mL) toasted pine nuts or slivered almonds

Dressing:

3 tbsp (45 mL) extra virgin olive oil
 2 tbsp (30 mL) white wine vinegar
 1/2 tsp (2 mL) grated lemon rind
 Pinch each salt and freshly ground black pepper

Choosing and Storing Asparagus

Select straight, firm, uniformly sized spears with closed tips. Asparagus should be used within two or three days of purchase, preferably sooner. If you do need to keep it for a day or two, the best way is to place the spears upright in a bowl (or even a small vase) of cold water. Alternatively, you can wrap the ends of the spears in a damp paper towel and refrigerate them.

Directions

1. Dressing: In a small bowl, whisk together oil, vinegar, lemon rind, salt and pepper; set aside.
2. In a pot of boiling water, cook asparagus for about 4 minutes or until bright green and tender crisp. Drain well and rinse with cold water. Drain again. Chop into 2 inch (5 cm) pieces.
3. In a large platter or bowl, arrange the lettuce and arugula around the edge to for the base of the salad. Place the slice tomatoes in a circle on top and asparagus in the centre.
4. Sprinkle with olives and pine nuts. Drizzle with dressing to serve.

Tips

- 1: You can substitute the same amount of green beans for the asparagus.
- 2: You can substitute 1 container (5 oz/150 g) of Mache (lamb's lettuce) for the Boston lettuce.
- 3: Increase the protein and make a more filling meal by adding your choice of chick peas, grilled chicken or poached salmon.

Nutrition information per 2 cups: Calories: 155 kcal, Protein: 3 g, Fat: 13 g,

Carbohydrate: 8 g, Fibre: 3 g, Sodium: 130 mg

<http://www.eatrightontario.ca/en/recipes/kid-friendly-award-winning-recipes/asparagus-and-tomato-salad.aspx>

It's Finally Summer—Add Some Colour to Your Plate

— Claudia Isfeld, Registered Dietitian

Phytochemicals found in fruit and vegetables help to give them their distinctive colour. Phytochemicals are compounds found in plant based foods which appear to play a role in cancer prevention. Research into the area of phytochemicals and cancer prevention is ongoing and abundant. Interestingly it has shown that Mother Nature has given us all we need in our food; supplements have not been shown to have the same effects. By choosing to eat a variety of colours, you are also ensuring a variety of phytochemicals, minerals and vitamins in your diet.

Yellow/Orange—Contains beta carotene and flavonoids— Include: yellow peppers, peaches, apricots, carrots, yellow tomatoes

Blue/Purple—Contains anthocyanins and phenolics—

Include: blueberries, plums, eggplant, purple asparagus

Red—Contains lycopene and anthocyanins

Include: cherries, tomatoes, raspberries, strawberries, rhubarb

Green—Contains lutein and indoles

Include: asparagus, cucumber

green beans, green peppers, spinach

White/Tan/Brown— Contains allyl sulfides and polyphenols

Include: mushrooms, onions, cauliflower, white peaches, parsnips

Of course there are many benefits to eating fruit and vegetables beyond phytochemicals not the least of which is the wonderful flavour. The variety and flavour of fresh produce is at its best in summer and I encourage everyone to take advantage of improved prices and availability.



Try adding some different colours to your cart this summer and when possible support local farmers. A new edition of "Get Fresh! Guide to Local Food" is now available. Pick up a copy here at the clinic, at the Thunder Bay District Health Unit, or view it online.

If you are interested in more information on diet and cancer prevention, the American Institute of Cancer Research is a great resource
<http://www.aicr.org/foods-that-fight-cancer>



Thunder Bay Good Food Box Program—Locally Grown

Available monthly, July through October, the Locally Grown Good Food Box is a fundraising initiative that supports the main Good Food Box program. The local Box is a bag overflowing with some of the finest fresh and prepared food that our region has to offer.

Good Food Boxes can be purchased for \$60 (we supply a charitable receipt in the amount of \$20). To place an order for: July Box (July 16), August Box (August 13), September Box (September 10), October Box (October 15) and Locally Made Good Gift Box (December 1).

Orders must be picked up at the Labour Centre between 3:00 and 5:00 p.m. on Thursdays July 24, August 21, September 18 and October 23.

Contact information

Northwestern Ontario Women's Centre

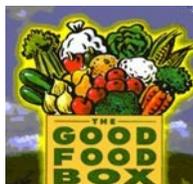
184 Camelot Street

P7A4A9 Thunder Bay

phone: (807) 345-7819

fax: (807) 345-9216

email: goodfoodbox@tbaytel.net



Sun Sensitivity and Medications —by Anna Kapoor, Pharmacist

Your pharmacist should provide information regarding which medications may cause sun sensitivity.

If you are unsure, just ask your Pharmacist !

Many products, such as prescription drugs, over the counter medications and some personal care products can increase the body's sensitivity to UV radiation in sunshine. This reaction can cause burning or rash in a much shorter period than normal. These reactions usually occur within minutes to hours of sun exposure and occur only on exposed skin. They appear as an exaggerated sunburn.

There are hundreds of agents (both taken by mouth or applied to the skin) that can cause this photosensitivity including:

Anticancer drugs, Antidepressants including amitriptyline and trazodone, Antihistamines such as diphenhydramine, Antihypertensives such as diltiazem and nifedipine. Antiparasitics and Antipsychotics such as haloperidol and prochlorperazine. Some diabetes drugs and Anti-inflammatories may also cause these reactions.

Antibiotics including ciprofloxacin, doxycycline, minocycline and sulfa drugs such as Septra. Also common are Diuretics or water pills such as Furosemide or Hydrochlorothiazide, and a heart medication called Amiodarone.

Although it seems strange, people may also develop a photo-allergic reaction to topical agents included in products such as in some sunscreens. The most common ingredient to cause this problem is PABA.

These reactions are caused by UVA and UVB light so precautions must be taken to block both. Choose a sunscreen that protects against both types of rays as well as covering up with protective clothing, hats and shade. Also, check the UV index for the day and avoid the time of the day with the strongest UV radiation (usually between 11 am and 3 pm) where possible.



How many differences can you spot?