

Health Matters

VOLUME 4 ~ WINTER

JANUARY 2013

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

THERE WILL BE NO WALK IN CLINIC ON

FEBRUARY 18

MARCH 29

APRIL 1

Lakehead Nurse
Practitioner-Led Clinic
Is on Facebook

We're on the
Web!

www.inplc.com

And follow us on
Twitter
[@LakeheadNPLC](https://twitter.com/LakeheadNPLC)

Lakehead Nurse Practitioner-Led Clinic



Acquired Brain Injury: Isn't This Just A Problem For Hockey Players?

by Aaron Medd, Nurse Practitioner

What is an Acquired Brain Injury (ABI)?

ABI occurs when the brain has been damaged sometime after birth by an accident involving head trauma, certain illnesses or complications from an operation. ABI can be further broken down into 2 types: traumatic brain injury or non-traumatic brain injury.

Traumatic brain injury (TBI) occurs when a sudden trauma causes the brain to be bruised, bleed or move around inside the skull as a result of a knock to the head or body, a blow to the head or an object entering brain tissue. Common causes of TBI are car accidents, sports injuries or falls.

Non-Traumatic Brain Injury occurs when the brain is damaged by an illness. Common causes are infectious diseases, tumours, seizure disorder, strokes or brain damage caused by another disease such as kidney, liver or metabolic diseases.

Why Do We Need To Be Aware?

According to the Ontario Brain Injury acquired brain injury Association, out of all types of injuries possible, a brain injury has the highest probability to cause a permanent disability or death. Thanks to recent high profile cases in the NHL such as Sidney Crosby, Chris Pronger and the death of Bob Probert, ABI has become known as the "Silent Epidemic" and more attention is now being directed at research, prevention, awareness and early recognition of brain injury.

18,000 traumatic brain injuries occur yearly in Ontario with 35 people admitted to hospital every day

Over 5,000 children affected in Canada each year

11,000 Canadians die every year due to traumatic brain injury and 6,000 become permanently disabled

ABI accounts for 85% of all cyclists deaths

Although more prominent in children/young adults, ABI has another peak incidence in adults (65 years and older) due to falls, accidents or medical causes

500,000 Ontarians are living with an acquired brain injury

ABI accounts for 1 in 5 sport related injuries

Estimated cost of over 1 billion dollars/year in Canada including direct care costs and lost productivity due to disability

ABI is the greatest killer under age 45, greatest disabler under age 44 and kills more people under age 20 than all other causes combined

Symptoms of ABI

The symptoms of acquired brain injury can vary from none, mild pain to loss of consciousness and can be difficult to recognize. Here are indicators that suggest the injury requires further medical evaluation:

- loss of consciousness or confusion
- ongoing or worsening headache
- nausea and vomiting
- seizures, drowsiness or loss of memory surrounding injury event
- blood or clear fluid from ears, nose or mouth

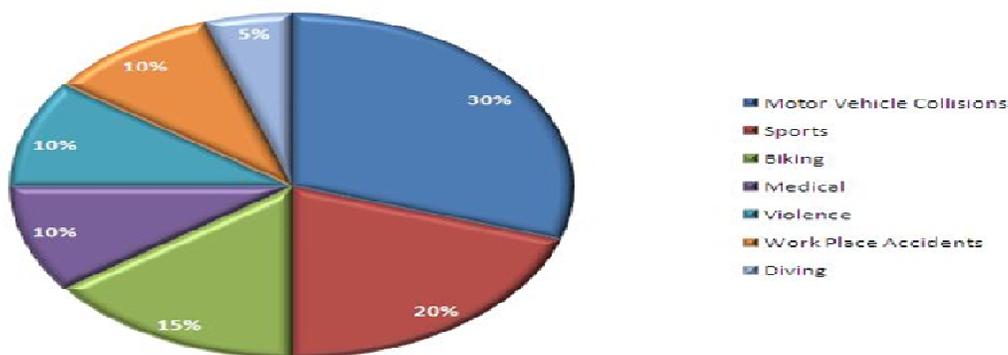
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Along with our fabulous nursing staff, the clinic offers primary care services through our Inter-Professional Health Providers: Registered Dietitian, Social Worker, and Pharmacist

- **Registered Dietitian** ó Healthy eating and the resulting positive lifestyle benefits, nutritional meal-planning, diabetes care
- **Social Worker** ó Stress management and relaxation, trauma and grief counselling, mental health and wellness
- **Pharmacist** ó Medication reviews, smoking cessation, drug interactions, pharmacy education and drug options

Ask your Nurse Practitioner or our reception staff about booking an appointment with one of these primary care providers and see how they can help you stay healthy this year.

Causes of Acquired Brain Injury (From Brain Injury Association of Waterloo-Wellington)



pupils different sizes or larger than normal
excessive crying in infants

How to Protect Yourself or a Family Member from an Acquired Brain Injury

Ensure you or your children wear protective head gear when participating in activities that may result in head injury (biking, skiing, and contact sports). Ensure all protective head gear is in good condition and fits properly. Follow the rules and practice good sportsmanship.

Wear seat belts and use child safety seats or booster seats that are appropriate for their size and weight.

Make your home safe- good lighting, floors free from clutter, hand rails in bathroom as needed, non-slip mat in shower, remove area rugs, keep sidewalks clear of snow and ice (remember that falls at home are the leading cause of head injuries for infants, toddlers and older adults)

Protect your children-pad countertops and table edges, lock stairways and use window guards, lock up firearms

Wear sensible shoes with good support

Keep active with daily exercise and obtain regular vision assessments and proper eyewear as required

Of course attend your regular appointments at the clinic and take advantage of the knowledgeable staff and programs at the LNPLC to help achieve your optimum health!

For more information on ABI visit the Ontario Brain Injury Association <http://www.obia.ca/>

Our Contributor:

Aaron Medd was involved in the original planning committee for the Lakehead NP-Led clinic, was a previous director for the LNPLC Board of Directors and is the Communications Specialist with the Nurse Practitioners' Association of Ontario. Aaron currently is the Nurse Practitioner at the Confederation College Health Centre.

TYPE II DIABETES MANAGEMENT PROGRAM

*First Thursday of each month
(February 7th, March 7th, April 4th)*

Register Today!

1:00 to 2:00 p.m.

Confederation College – Lakehead Nurse Practitioner Led Clinic

For the past 2 years our clinic has been in partnership with Confederation College to provide a full-time Nurse Practitioner (NP) at the College Health Centre during the academic school year. This relationship is exclusively funded by Confederation College, including the NP salary.

The Nurse Practitioner is the lone health provider at the College Health Centre and provides complete and comprehensive primary care services for the college student and staff population. A collaborating off-site physician is available as needed.

During the fall term, the NP averaged between 350 & 400 patient encounters per month. A typical day in the life of the NP at the health centre consisted of: treating episodic illness and infectious diseases, chronic disease prevention & management, annual health exams, contraceptive counseling, treatment of depression and anxiety conditions, immunizations and screening for tuberculosis. The NP also offered a smoking cessation program sponsored by Brock University which we are pleased to say has been well received by the students.

For more information on the Confederation College Health Centre please visit <http://www.confederationc.on.ca/healthcentre>

Beating the Winter Blues —by Jennifer Valente, Social Worker

While winter offers plenty of outdoor activities, holiday celebrations and beautiful scenery, it can also bring about feelings of sadness, hopelessness and unhappiness for some people.

Due to decreased hours of sunlight, the winter blues (also known as Seasonal Affective Disorder) typically start in the late autumn and symptoms may last until the spring. Combined with feelings of sadness, hopelessness and unhappiness other symptoms include increased sleep and appetite, struggles with concentration and loss of energy and interest in activities (including decreased desire to spend time with friends and family).

If you feel you are experiencing the winter blues, there are several things that you can try from the comfort of your home that may increase your mood and decrease symptoms.

 Try to get enough sleep each night. Keep the same sleep routine throughout the week. Go to bed at the same time and wake up around the same time. If you have troubles getting up, have a friend call you each morning or arrange appointments so they are earlier in the day for extra motivation.

 Try to eat a healthy diet—connect with our Registered Dietitian to discuss creative ways to eat healthy during the winter and when you're struggling with motivation.

 Try to exercise more often—even if it's a walk around the block before it gets dark out its better than nothing!

 Get some sun.

 Decrease alcohol consumption.

 Have a plan for when your symptoms worsen or don't get better—talk to a counselor, confide in a friend, connect with your Nurse Practitioner.

If you are struggling with the winter blues and would like more information or support, connect with your Nurse Practitioner

LNPLC is a teaching site for learners. The patients, primary care providers and staff play a vital role in educating health care providers to be competent and caring practitioners.

NURSE PRACTITIONER STUDENTS ON SITE JANUARY, FEBRUARY and MARCH:

Erica Witham and Amber Plastino

A Day in the Life ... of a Medical Secretary/Receptionist

—by Kristyn Lovato-Day, MA

I started in the Medical Secretary position at LNPLC about 7 months ago and it has been a great experience to work with so many caring health care practitioners and wonderful patients. But we have our fair share of silly conversations!

I've had people call simply to ask what the "Led" stands for in Lakehead Nurse Practitioner-Led Clinic (it is the verb to lead – the clinic is led by NPs), while another patient tried to convince me that using too much hand sanitizer would raise my blood alcohol content, making it seem like I was driving drunk (which is not true, by the way).

Here are a few facts about the administration department here at LNPLC:

* We have 3,200 patients registered here and average at least 150 phone calls a day. We receive hundreds of faxes for prescriptions and test results every day, and we send out just as many. Often, we have to shout at patients because they won't remove their headphones, all while we have a waiting room full of people;

* We really do appreciate your patience and understanding, especially at our extremely busy times!

Here are some tips for dealing with us at reception:

- Have your health card handy when you come into the clinic. You wouldn't go to a store without money or a credit card, so make sure you have your health card when you come to see us!
- Bring all of your prescription bottles to all of your appointments. This way, we can see how many refills you have left. If you can't make an appointment, make sure you give us at least 48 hours to refill prescriptions for you – if everyone ran out of their medications at the same time, we would never be able to get through it all!!
- Let us know what your appointment is for when booking so we can book enough time. That 14 page

form will take longer than 30 minutes, but your B12 shot will only take 15!

- Please remember to cancel your appointments if you are unable to attend and allow us 48 hours when you cancel. If we don't have enough notice, we cannot fill the spot that someone else may desperately need.
- We always need updated contact information – if you move and forget to notify us, we cannot contact you!

Following these tips should make your visit a piece of cake !

(Just don't tell Claudia about the cake !!)

MARCH IS NUTRITION MONTH WATCH FOR UPCOMING PROGRAMS

Lakehead

Nurse Practitioner-Led Clinic

Suite 101
325 Archibald Street South
Thunder Bay, Ontario
P7E 1G6

HOLIDAY CLINIC HOURS

CLOSED	February 18—Family Day
CLOSED	March 29—Good Friday
CLOSED	April 1—Easter Monday

CALENDAR OF EVENTS

January ~



Alzheimer Awareness Month
www.alzheimer.ca/en/on

February ~



Heart Month
www.heartandstroke.ca

March ~



OUR MISSION: *The LNPLC is committed to providing comprehensive, team-based primary health care in partnership with patients in Thunder Bay to improve quality of life. Services are delivered to patients across their lifespan by knowledgeable, respectful and dedicated individuals working to the full scope of practice.*

Heart Healthy Recipes —submitted by Claudia Isfeld, Registered Dietician

Regular Cranberry Muffins

2 cups	all-purpose flour	500 mL
1/2 cup	sugar	125 mL
1 1/2 tsp	baking powder	7 mL
1 tsp	baking soda	5 mL
1/2 tsp	salt	2 mL
1 cup	whole milk	250 mL
1	egg	
1/2 cup	melted butter	125 mL
1/2 cup	dried cranberries	125 mL

Heart Healthy Cranberry Muffins

1/2 cup	quick cooking rolled oats	125 mL
1/2 cup	oat bran	125 mL
1/2 cup	all-purpose flour	125 mL
1/2 cup	whole wheat flour	125 mL
1/4 cup	wheat germ	50 mL
1/3 cup	sugar	60 mL
1 1/2 tsp	baking powder	7 mL
1 tsp	baking soda	5 mL
1/2 tsp	salt	2 mL
1 1/2 cups	mashed ripe banana*	375 mL
2	egg whites	
3 tbsps	vegetable oil	45 mL
1 cup	fresh or frozen cranberries	250 mL

Preheat oven to 190° C (375° F). Combine dry ingredients in a large bowl. Set aside. Combine wet ingredients together in a separate bowl, mix until smooth. Add wet ingredients to dry ingredients and mix until just moistened. Add cranberries and mix gently. Put paper muffin cups into a large muffin tin. Divide batter evenly. Bake for approximately 15 minutes or until toothpick comes out clean when inserted into the centre of the muffin. Makes 12 large muffins.

Tips for Changing Recipes

- Replace some of the all-purpose flour in a recipe with whole wheat flour, oatmeal or oat bran to increase fibre
- You can lower the sugar content by 1/4 in most baked foods without affecting the end product
- Use skim milk, 1 % milk, mashed fruit or a combination instead of whole milk to decrease fat.
- * Note: if using mashed bananas, you may find freezing them first helps release more of their natural water content which will improve consistency of the batter.
- Replace 1 whole egg with 2 egg whites in baking to decrease fat and cholesterol.
- Replace melted butter with 25% less oil to decrease saturated fat.
- Use fresh or frozen cranberries instead of dry cranberries to decrease sugar content.