

Health Matters

VOLUME 5 ~ SPRING

APRIL 2013

Lakehead

Nurse Practitioner-Led Clinic

Project MediShare: Port-au-Prince, Haiti

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

**THERE WILL BE
NO WALK IN
CLINIC ON
MAY 20th**

*Lakehead Nurse
Practitioner-Led Clinic
Is on Facebook*

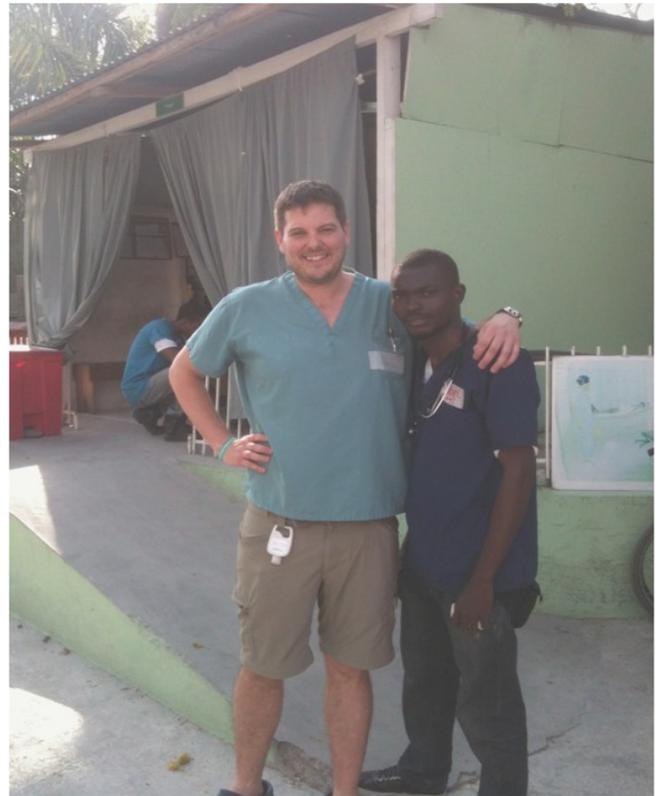
*And follow us on
Twitter
@LakeheadNPLC*



I recently had the unique and privileged opportunity to provide medical care in a 3rd World Country in partnership with North West Community Care Access Centre. Hospital Bernard Mervs is currently the only trauma hospital in Haiti post earthquake in 2010. Haitian medical professionals and volunteers from around the globe staff the facility. The partnership with the Miami School of Medicine allows for rotation of dedicated medical staff from multidisciplinary backgrounds to assist in the treatment, management and ongoing education of the Haitian staff

This opportunity was rewarding on multitude of levels and allows us in developed countries to reflect and appreciate our Universal Health Care System. The delivery of medical care is complex and often challenging, but the delivery of it in resource poor countries provide even greater challenges, mainly financial. If you would like to donate to Project MediShare please see

www.projectmedishare.org



Our Contributor:

Calvin Pelletier, BScN, PHCNP, RN(EC) is a Director on the LNPLC Board of Directors. Calvin works at the CCAC as a Primary Health Care Nurse Practitioner involved in developing the Chronic Disease Management program, Advanced Wound Care and various other pilot projects for the frail and fragile population. Calvin has also served on numerous advisory committees.

Nursing Week Open House ~ May 9th 2pm - 4pm

**NURSING:
A LEADING
FORCE FOR
CHANGE**

**NATIONAL NURSING
WEEK 2013 May 6-12**

CNA

April Showers Bring May Flowers—Seasonal Allergies —by Anna Kapoor, Pharmacist

Allergies are an exaggerated response of the immune system to a normal substance such as pollen, dust mites, mold, dander and foods. Risks of allergies may be increased related to a parent's allergy history. Other factors include smoking, pollution and hormones.

The most common allergic disease is allergic rhinitis or "hay fever" and can cause seasonal or year-round problems. Symptoms include runny/stuffy nose, itchiness of nose/ear/throat, post nasal drip or cough. They may also trigger asthma, eczema, hives or anaphylaxis. Most seasonal allergies are caused by mold spores which grow when the weather is humid, damp or wet, which is why they are so common in

the spring. It is common for allergies to worsen over time as the body can become more sensitive to the allergen.

Treatments include:

Antihistamines are your best defense. Choose a once a day, non-drowsy medication such as Reactine, Claritin or Alerius—all have lower cost generics available. Benadryl needs to be dosed every 4—6 hours and can cause drowsiness and other side effects. You can try to prevent allergy symptoms by starting your antihistamines 1—2 weeks before your typical allergy season.

Nasal rinses use a saline solution to get rid of allergens in the nose (ex. NetiPot, Hydrasense, Siusrinse, and ge-

nerics.) They can be great additions to your allergy treatments.

Steroid nasal sprays are only by prescription but are very effective. They can take days to weeks before they take effect. (ex. Nasonex, Avamys, Beconase).

Decongestant sprays can only be used for about 3 days or they may worsen the condition (ex. Dristan, Otrivan spray). Most people need to avoid decongestant tablets especially if they have high blood pressure or diabetes.

You can also try to stay indoors when symptoms are at their worst, keep the car and house windows closed, take a shower before bed to remove pollen, etc. off hair and skin

And wear a dust mask when working outdoors. Some people with severe allergies can choose to get allergy shots.

Talk to your health care provider if your allergies are difficult to manage, are in a small child, if you have complex medical problems, or are pregnant or wanting to become pregnant.

**CALL TO BOOK
YOUR APPOINTMENT
WITH ANNA**

QUIT SMOKING

TYPE II DIABETES MANAGEMENT PROGRAM

First Thursday of each month
(April 4th, May 2nd, June 6th)

1:00 to 2:00 p.m.

Register Today!



Roasted asparagus, walnuts & feta.

Asparagus —by Claudia Isfeld, Registered Dietician

Few vegetables say "Spring" as much as the first tender spears of asparagus. Although available all year round, there is nothing like locally grown asparagus. Look for Ontario grown asparagus at your favourite grocery store or farmer's market.

Asparagus is packed with antioxidants such as beta carotene and lycopene which may protect against certain cancers and slow the aging process. Asparagus is also loaded with nutrients such as fiber, folate, potassium, vitamins A and C.

But what about the smelly urine? Asparagus contains a compound that when metabolized gives off a distinctive smell in the urine. Rest assured there are no harmful effects from the compounds or the odour. The ability to detect this smell is not common to all people, so if you have never noticed this phenomenon, you are fortunate. Regardless, eat up !!

LOOK FOR: Sturdy spears with tight heads; the cut ends should not look desiccated or woody. Fresh asparagus should snap when bent.

PREP: Wash and snap or cut off bottom ends.

COOK: It is best steamed, grilled or roasted.. Top with some lemon juice, Dijon mustard and olive oil for an easy, tasty side dish.

Emergency Visits—What's Appropriate?—by Sandra Crawford, Nurse Practitioner

Canadians have access to an exceptional Health Care System at no cost. However, the fact that we do not pay out-of-pocket does not mean that we use the health care system wisely. Unnecessary utilization of the emergency department puts a burden on the health care system both from a financial and health human resource perspective.

If you are experiencing any of the following, then it is appropriate to seek care through the Emergency Department.

- Sudden and/or severe pain anywhere in the body
- Chest pain or pressure

- Difficulty breathing
 - Severe bleeding
 - Sudden dizziness, weakness or change in vision
 - Confusion or loss of consciousness
 - Severe or persistent vomiting
 - Weakness on one side of the body
 - Head trauma
 - Medication overdose
 - Serious extremity injuries
 - Seizures
 - Coughing or vomiting blood
 - Suspected poisoning
- If you have a minor condition or are unsure on whether to go to the Emergency Department you can call:

**You can call
TELEHEALTH ONTARIO
at 1-866-797-0000.**

This is a free service provided by the Ontario Ministry of Health and Long-Term Care that allows Ontario residents to speak to a Registered Nurse with their medical questions any time of the day or night. It's designed to provide quick answers, information and advice. This could be when you're sick or injured but aren't sure if you need to see a health care provider or can treat the situation at home. It may also be questions you have about an ongoing or previously diagnosed condition, or general questions about nutrition,

sexual health or healthy lifestyles.

The Lakehead Nurse Practitioner-Led Clinic provides weekly Walk-In Clinics on Mondays and Fridays from 1:00 pm to 4:00 pm for patients of the clinic. As part of our quality improvement initiative, the clinic will strive to provide timely access to your provider.



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** – Healthy eating and the resulting positive lifestyle benefits, nutritional meal-planning, diabetes care
- **Social Worker** – Stress management and relaxation, trauma and grief counselling, mental health and wellness
- **Pharmacist** – 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.

UPCOMING PROGRAMS AT LNPLC

Moms, Dads, Babies and Tots!



ONCE MONTHLY ON WEDNESDAYS

10 AM to 11 AM

**SIGN UP AT RECEPTION IF YOU
ARE INTERESTED**

APRIL 17th—Developmental Milestones

With Crystal Kaukinen, Nurse Practitioner

MAY 15th—"Baby Blues" Postpartum Depression

With Jennifer Valente, Social Worker

JUNE 19th—Challenging Behaviours / Discipline

With Jennifer Valente, Social Worker

MEMORY SCREENING CLINIC

To be held on June 12th—National Memory Screening Day for anyone 75+ years. Participants will be screened by a team which includes a Nurse Practitioner, Registered Nurse, Dietician, Pharmacist and Social Worker.



**REGISTER EARLY !
SPACE IS LIMITED**

Lakehead

Nurse Practitioner-Led Clinic

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

HOLIDAY CLINIC HOURS

CLOSED May 20th — Victoria Day

CALENDAR OF EVENTS

April 20 — 27 Immunization Awareness Week

May Food Allergy Awareness Month

June 12th National Memory Screening

OUR MISSION: *The LNPLC is committed to providing comprehensive, team-based family-centered 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.*



Protect yourself.
Protect others.
Get immunized.



Black Bean Couscous Salad — Submitted by Claudia Isfeld, Registered Dietician

Preparation Time: 15 minutes

Cooking Time: 5 minutes

Makes: 4 servings

This salad is very portable and is great for lunch. It's a good source of whole grains and beans, a healthy alternative to meat.



- 3/4 c. sodium reduced chicken stock or water
- 3/4 c. whole wheat couscous
- 1/2 c. no added salt canned corn or thawed frozen corn
- 1/2 c. Diced green pepper
- 1/2 c. Cherry tomatoes, cut in 4
- 1 c. canned black beans, drained and rinsed
- 1/4 c. green onion, chopped
- 1 tbsp finely diced cilantro, packed
- Juice of 1 lime
- 1 tbsp olive oil
- 1 tsp cumin
- 1/2 tsp black pepper

1. In a small pot, bring the chicken stock or water to a boil. Turn off the heat and add the couscous. Let it sit for 5 minutes and then fluff with a fork and transfer it to a large bowl.
2. Add the rest of the ingredients and toss.

Chill for 1 hour and up to 2 days.

Nutritional Information (1 cup/250 mL): Calories: 256 Protein: 10 g Total fat: 4 g Saturated fat: 1 g Dietary cholesterol: 0 mg Carbohydrate: 47 g Dietary fibre: 9 g Sodium: 209 mg Potassium: 451 mg