

# HEALTH MATTERS

VOLUME 7~ FALL

SEPTEMBER 2013

## Lakehead Nurse Practitioner-Led Clinic



### IT'S TIME TO THINK ABOUT ... Immunizations and Travel

Carolan Thayer, Nurse Practitioner

Now is the time to think about immunizations you may need for travelling outside the country this winter. Before the snow flies, you will need to consider the following information:

#### *DO I NEED MALARIA PROTECTION?*

If travelling to the Caribbean, Mexico, Dominican Republic, or other countries you *MAY* be at risk. Prescriptions are available to prevent Malaria, but there are no vaccines available. Protection against mosquito bites is always advisable.

#### *ARE YOU UP TO DATE FOR TETANUS AND PERTUSSIS ?*

It is recommended that adults who have not had a *pertussis* (*whooping cough*) booster to do so in the combined vaccine for tetanus, diphtheria and pertussis. Ask your NP for more information.



#### *DO YOU HAVE PROTECTION AGAINST HEPATITIS A and B?*

Hep A can be contracted through food and water. Arm yourself with information or prevention, including safe food and water management.

Remember ... BOIL IT, COOK IT, FREEZE IT, OR LEAVE IT !

Hep B is contracted through blood or other bodily fluids, including tattoos or manicures or pedicures in unsanitary conditions, and, sexual activity.

A prescription for these vaccines is available through your health care provider. These should be started 6 months ahead of time.



*FOR A FULL LIST OF OTHER IMMUNIZATIONS YOU MAY NEED, BASED ON YOUR DESTINATION, PLEASE CONTACT THE THUNDER BAY DISTRICT HEALTH UNIT IMMUNIZATION CLINIC AT 625-8342*

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

**THERE WILL BE  
NO WALK IN  
CLINIC**

**SEPTEMBER 27th  
and  
OCTOBER 14th**

*Lakehead Nurse  
Practitioner-Led Clinic  
Is on Facebook*

*And follow us on  
Twitter*

**We're on the  
Web !**

**www.lnplc.com**

**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.**

*48 hours notice is required when cancelling appointments*



*Prescription refills and renewals require 48 hours notice*

## In Partnership with Patients—Sandra Crawford, Nurse Practitioner

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

The key to the above Mission Statement is “partnership with patients”. Our administrative and clinical staff look to our patients to help in the efficient running of the clinic. Efficiency will ensure that our patients will have timely access to their primary care providers. In order for us to deliver timely health care we ask that our patients consider the following items that could impact on the clinic’s efficiency.

1. Please notify the reception staff when you are unable to make your appointment at least 48 hours in advance. This allows your appointment spot to be assigned to another patient. Please avoid not showing up for your appointments.
2. Be aware of when your medications need to be renewed. Planning on your part will prevent anxiety and frustration for you. When you fill your last refill, please call the clinic and book an appointment with your regular provider. There is a reason why you have no further refills. Your provider most likely wants to monitor your progress, check blood pressure or order labs tests related to the monitoring of your medications, so it is important to ensure regular scheduled appointments. If, in the event that you have not booked an appointment and require medication refills, the Nurse Practitioners have up to 48 hours to complete the refills.
3. Form completion is a very timely activity. In order to give this task the focused attention that is required please book an appointment with your provider to specifically fill in the form. It would be greatly appreciated that you not drop off forms at the front desk and expect them completed by the end of the day, which may not be possible. Remember that the Nurse Practitioners are seeing patients throughout the day and some forms can take up to an hour to complete as it may require a lengthy review of the patients records. Please note that our clinic does not charge our patients for form completion while other offices charge a fee for this service.

The front line administration staff work very diligently in making your visit to our clinic efficient and enjoyable. These individuals answer hundreds of phone calls per day, check in 75 people per day for appointments and also assist the clinical staff in a variety of areas. We would not be able to function without them. Next time you are in the clinic, make sure you give them your best smile, they will really appreciate it.

## Nurse Practitioner Students at LNPLC this Fall

*LNPLC is a teaching site for learners.*

*The patients, NP’s, and staff play a vital role in educating health care providers to be competent and caring practitioners.*

**Please welcome to our clinic:**

**Jennifer Moreau, NP Student**

**Christian Popa, NP Student**

**Jason Bunn, RN Student**

## Back to School —Healthy Lunches—Claudia Isfeld, Registered Dietician

It's that time again, and I am often asked for ideas for kids (or adults) lunches that are healthy, economical and easy to prepare. Sometimes I find it's helpful to think outside the (lunch) box.

Planning is certainly the key to healthy eating. Take a few minutes a week to plan your meals and prepare to cook extra for lunches. Making chicken for supper on Tuesday? Cook a couple extra pieces to use for lunches. Spaghetti and meatballs? How about a meatball sub

the next day? No time to cook? Purchase a cooked chicken from the deli to use for lunches. It's much healthier than processed lunch meat and can be used in many ways.

Some schools have adopted *The Balanced School Day*. This encompasses two shorter nutrition breaks in place of one lunch break. It doesn't mean you need to send two lunches. What it does mean is that your child will not have to go hours without eating and will have more time to eat. For little

ones, you may want to divide the food sent into two sections and label them 1 and 2 (there are some neat lunch kits available to help with this). For older kids, they can decide what they eat and when.

Always make sure to have healthy drinks like milk, 100% fruit juice or water in their lunches as hydration is important as well as for brain function. The reusable drink boxes work well and are more economical and environmentally friendly.



*Reusable containers help store treats. Remind kids not to microwave. Instead, wrap food in parchment or waxed paper.*

*It's important to include hydrating drinks; milk, 100% fruit juice or water.*

	Option #1	Option #2	Option #3
<b>Nutrition Break #1</b>	Snack	Lunch	½ Lunch + Snack
<b>Nutrition Break #2</b>	Lunch	Snack	½ Lunch + Snack

### Try to include foods from the four food groups

Try to avoid processed meats and high sugar treats and get the kids involved. They will be more interested in their lunch if they had a say in the preparation.

Veggies and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
Pepper strips (red, green, yellow)	Tortillas, flatbread or pita bread	Yogurt or soy yogurt	Hard cooked egg or egg salad
Sliced cucumber	Cold or hot cereal	Yogurt dip (tzatziki) for veggies	Sliced chicken or chicken salad
Baby corn	English muffins	Milk or fortified soy beverage	Chili
Cherry tomatoes	Homemade muffins	Cheese cubes, cheese string or cheese slices	Hummus ( ground chickpea dip) for veggies
Melon balls	Rice cakes	Milk-based pudding	Refried or baked beans
Vegetable soup	Whole grain crackers	Cottage or ricotta cheese cups	Pea soup
Fruit cup	Chappati, roti	Cream soup	Tuna or salmon salad
Cauliflower and broccoli trees	Pasta, brown rice, quinoa	Cheese-filled pasta (cannelloni, ravioli)	Sliced beef or pork
Raisins, dried cranberries	Bread sticks		Hamburger patty



## Great Leftovers for Lunches

**Hamburger on a Bun**—Have your child make his up just how he likes it at supper and voila ! Lunch for tomorrow!

**Roast / Grilled Meat** (beef, chicken, pork) —Sliced up cold or made into chicken salad for sandwiches or wraps or add chunks to a salad. A much healthier option than processed meats.

**Quiche**—a cold wedge is a great lunch.

**Pasta or Lasagna**—Warm in a thermos or cold—who says you can't eat cold lasagna, just cut into bite sized pieces.

**Chili, Stew or Soup**— Remember that crock pot that's collecting dust in the cupboard?

**Tacos or Tortillas**—*see the recipe below.*

**Breakfast for Lunch ?** - Send dry cereal in a covered bowl, some berries and a container of milk. Hot cereal in a thermos is

nice as well.

**Home Made "Lunchables"** - Whole grain crackers, sliced marble cheese (use a cookie cutter to make the perfect circle or star), leftover chicken chunks, oatmeal cookie, cherry tomatoes. (This is where a divided container comes in handy.)



Chili, soups or stews are great in a thermos, or microwavable container for a nourishing hot lunch.

## Easy Tortilla Wraps

1 can refried beans (any variety)  
8 corn or flour tortillas  
Salsa  
Shredded cheddar cheese  
Sour Cream  
Shredded lettuce, tomatoe, black or green olives, avocado as desired

Heat up refried beans and spread a thin layer onto tortillas, layer with cheese and vegetables. Line the center with salsa and sour cream.

Roll up. Slice in half.

Enjoy warm for supper and wrap leftovers for a cold lunch.

Serve with extra salsa if desired.



*For more tips on meal planning, lunch ideas and recipes, go to [www.eatrightontario.ca](http://www.eatrightontario.ca)*

## Awesome Oat Bars

3 cups quick cooking oatmeal (not instant)  
1 tsp cinnamon  
1/2 tsp salt (optional)  
1/3 cup butter or margarine  
1/2 cup liquid honey or maple syrup or brown sugar  
1/4 cup (or less) of water (depending if you want a tender or stiffer bar)  
1/2 tsp vanilla

*Optional: use about 1/2 to 3/4 cup of any combination of the following: dried cranberries, raisins, chopped dates, coconut, flax seeds. Throw in a few chocolate chips or rainbow chips for fun. Nuts are great as well, but don't include if sending them to school.*

**Directions:** In large bowl, combine dry ingredients.

In a medium pot, melt the butter over medium heat. Stir in

the honey/syrup/sugar, vanilla and water. Allow to bubble gently.

Add the dry ingredients and mix thoroughly. Be careful not to let it burn. Remove from heat.

Grease an 8x8 baking pan. Press mixture in the pan. Allow to cool slightly and cut into 10 bars. Cool completely and wrap individually for lunches. Freezes well.



Add rainbow chips for fun !

THE FLU IS EVERYWHERE



**FLU SHOT CLINICS—OCTOBER 23 and NOVEMBER 6**  
9 am to 11:30 pm / 1:00 pm to 3:30 pm  
**YOU MUST BOOK AN APPOINTMENT**

## *Celebrating Seniors*

*October 1st 1:00 to 4:00 p.m.*

*Join us for guest speakers and information sessions  
to celebrate National Seniors' Day.*

*Call to reserve your space.*

*Refreshments will be served.*



**ELDER CARE ~ CAREGIVER SUPPORT**  
Coping with the responsibility of being a caregiver

CARING FOR A PARTNER

CARING FOR A PARENT

TAKING CARE OF YOURSELF

**NOVEMBER 19th**  
**1:00 to 3:00 pm**

***Sign up at Reception***

Watch for these future programs



*Coming in 2014*

## Stress Sense

Stress Management Workshop

## MEMORY SCREENING CLINIC

To be held on October 22nd ~ 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.

