



ANNUAL REPORT 2019- 2020

Nipigon District Family Health Team

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YEAR AT A GLANCE

This past year for the Nipigon District Family Health Team has been an exciting year bringing new programs to our community and engaging with our partners to provide an excellent collaboration of health care services to our patients. We have been successful in securing new funding to increase programs with the focus around Mental Health and Addictions.

Our Team has travelled to communities in our area to bring our services to increase the accessibility and ensure everyone has equal opportunity to their health care services.

During the COVID pandemic our Team worked with the Nipigon District Memorial Hospital to provide the best possible care to patients in our area while adjusting to ever changing directives ensuring the safest care possible.



*“Improving
Family Health,
Knowledge and
Understanding!”*

PATIENTS FIRST...ALWAYS!

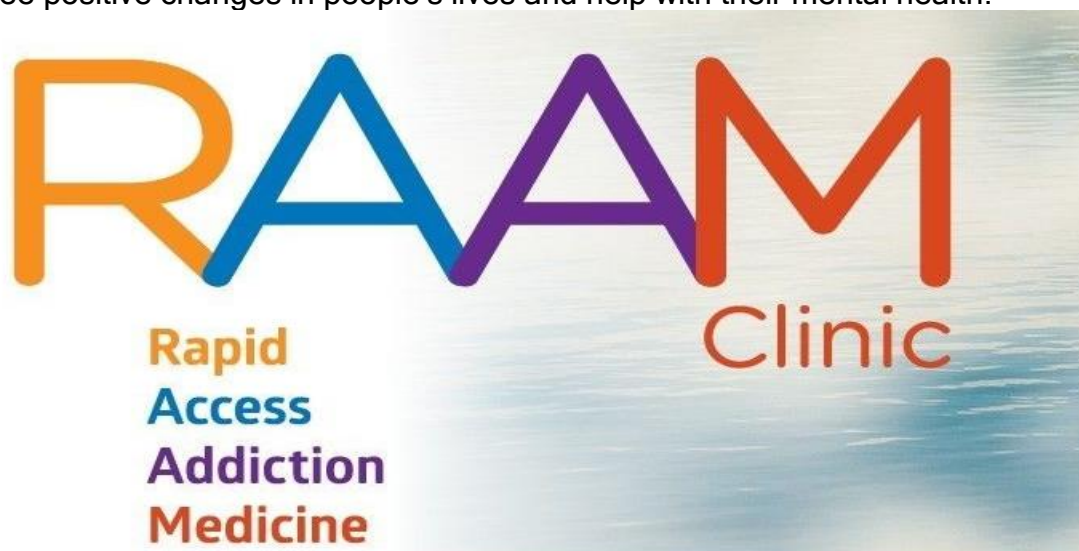
The NDFHT continually works with the NDMH in the transitional stage of inpatient to outpatient. Ensuring the patients are engaged and involved in their care is a priority for both organizations. Our Community Services Worker can help with navigating the health care system, ensuring appointments are made as well as address concerns that may arise.

With patient flow in mind, we have relocated some of our offices to ensure all clinical staff are in the same area. This promotes collaboration and assists with team work as well as making access to staff easier for patients

MENTAL HEALTH And ADDICTIONS...BREAKING DOWN THE STIGMA!

RAAM Clinic

Our Team has been successful in securing funding for an additional program with the focus on Addictions. We have worked diligently and now have an amazing collaboration between local health care providers to open a Rural Hub of the RAAM Clinic. Rapid Access to Addictions Medicine Clinic serves those with substance abuse issues, primarily addictions to opioids and alcohol. We work with a physician in Thunder Bay and have NOSP and PACE involved in wrap around care for our patients. We promote an open environment where patients feel comfortable and can access health care and treatment options. We have made slight renovations to our space in the Hospital building to accommodate the program. We hope that providing this type of service and program in this area we will start to see positive changes in people's lives and help with their mental health.



Harms Program

The Harms Program is another new program we have implemented in the past year at the Family Health Team. Our program is now run by our Addictions Program Care Coordinator and ensures safer opioid prescribing in chronic non-cancer pain.

COVID AND THE NDFHT

The Health Care system went through tremendous overwhelming changes in March when the World Health Organization declared a Global Pandemic. Locally we worked with the Nipigon Hospital and adjusted programs and cancelled all non-urgent appointments. We worked with the Hospital and set up a screening process for any patients entering the Hospital building and then an Assessment Centre which we continue to operate in the Medical Clinic. We worked collaboratively with the Hospital and team work was the forefront of our everyday life. Our Team adjusted their day and we ensured patient's safety was our main priority and we adapted to the constant changes.

COMMUNITY OUTREACH

Our Team has been involved in various activities throughout the year to engage the community members and encourage exercise and mindfulness.

At the beginning of the 2019 year our Team participated in programs focusing on school aged children with hopes of bridging the gap between access to health care providers and opening up lines of communication.

NDFHT organized our first Pride Event and hosted a guided hike in our community with active participants. We also collaborated with the Hike for Health again and hosted the Taco Night fundraiser which was a huge success.

We have engaged and held hands on sessions with the topics of mental health and mindfulness and will continue to bring these topics to the forefront to stress the importance to the community.

During Flu Season the NDFHT travelled to outlying communities to provide Flu Clinics which we have found promotes the importance of the immunization as well as assisting with access to those who cannot travel to the Clinic.

Our Team

Executive Director - Shannon Jean

Receptionist - Jonna Zechner

Quality Improvement Decision Support
Specialist - Joyce Stansell

Registered Nurse - Sandra Jordan

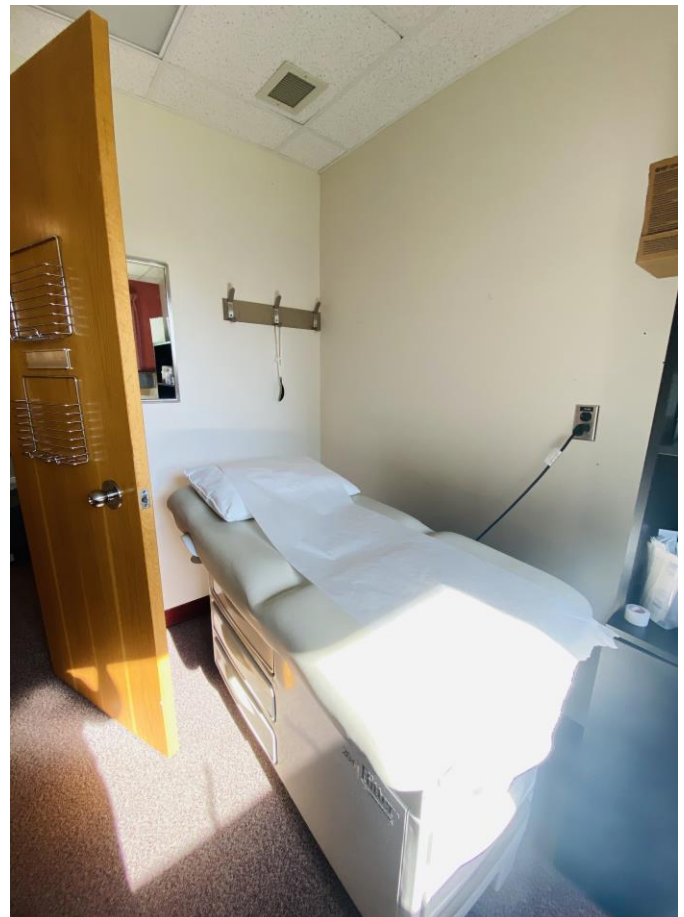
Registered Nurse - Danielle Verville

Community Service Worker - Jaime
Keay

Registered Dietitian - Liane Malette

Registered Practical Nurse - Alicia
Haskell

Addiction Program Care Coordinator -
Naomi Kashak



Nipigon District Family Health Team Services



CANCER SCREENING

- Danielle Verville RN, Kathy Bean NP
- -Cervical, breast, and colorectal screening available with NP and RN

COGNITIVE ASSESSMENTS

- Jamie Keay CSW
- Assessment of cognitive function with a series of questions that tests orientation, attention, language and memory using the MOCA and/or MMSE screening tools.
- Physician referral required

COMMUNITY DIABETES AND BLOOD PRESSURE SCREENING

- Alicia H. (RPN), Sandra J. (RN), Danielle V. (RN), Liane M. (RD)
- Offer blood pressure and A1C monitoring with diabetes and nutritional education once every 3 months
- Arranged with Nipigon and Red Rock business
- Blood pressure monitoring offered once a month in the community

COMPLEX FOOT CARE

- Alicia Haskell RPN
- Free service offered to individuals with advanced diabetes
- Through referral only
- Limited space available

DISCHARGE FOLLOW-UP

- Jaime K. CSW
- Follow up with patients discharged from hospital within 7 to 14 days.
- May consist of a phone call or home visit depending on complexity and needs of the patient

INJECTIONS

- Alicia H. RPN, Danielle V. RN, Sandra J. RN
- Administer SC and IM injections for patient's in the community
- Patient to book appointment with FHT

IMMUNIZATIONS

- Alicia H. RPN, Danielle V. RN, Sandra J. RN
- Administer adult and children immunizations as per the Ontario Immunization schedule and as needed vaccines prescribed by their family doctor
- Patient to book appointment with FHT

HOLTER/LOOP RECORDER MONITORING

- Alicia H. RPN
- Cardiac monitoring through physician referral
- Holter monitoring is 72-hour cardiac monitoring and Loop recorder monitoring is a 2-week monitor. Both tests require completion on M-health referral form and then sent to patient's house. If assistance is required for application Alicia will go to home or patient to come to clinic if able

NUTRITIONAL COUNSELING

- Liane M. (RD)
- Individualized appointments based on patient's needs, goals, current knowledge, and dietary requirements.
- Physician or self referred

Mental Health & Addiction Services

SOCIAL WORKER

- Counseling offered through SW referral
- Once referral is completed by physician, the patient is contacted to book appointment at preferred agency
- (NDFHT, NOSP, or Dilico)

RAAM

- Naomi Kashak APCC
- Blaine Peer Support Worker
- Access to addictions services available twice a week for walk-in appointments on Tuesday and Thursday afternoons
- Addictions Program Care Coordinator (APCC) is available Monday to Friday to offer support for patient's when needed. May include open dialect, form completion, connecting patient to additional supports
- Peer support worker is at clinic during RAAM hours or available Monday to Friday at NOSP building downtown

HARMS

- Clinical guidance and monitoring for patient's prescribed opioids for non-cancerous pain
- Randomized calls completed by APCC
- Once contact is made, patient is required to come to clinic within determined time frame for urine drug screen (UDS) and pill count

Community Outreach Programs

COMMUNITY WALKING PROGRAM

- Sandra J. (RN) and Liane M. (RD)
- Provides a safe place to walk and socialize during the winter months
- Held at the Nip-Rock High School in Red Rock on Tuesdays and Thursdays from 6:15pm to 7:00pm

ACTIVE LIVING

- 1-hour sessions held every Thursday from 1:00pm to 2:00pm at the Nipigon Arena in the multipurpose room
- Program includes warm-up/stretching, neuroplasticity exercises, strength training, and cool down with guided imagery

SEASONAL MENTAL HEALTH

- Workshops focused on embracing the various seasons and increasing overall health and wellness
- Includes an activity and/or food with an education and discussion piece
- Registration is required

BEST START PROGRAMMING

- Liane M. (RD), Danielle V (RN)
- Monthly workshop for parents and infants on different nutrition and health topics
- Held in Dorion, Red Rock, and Nipigon on Best Start days

INTERACTIVE NUTRITION PROGRAM

- Liane M., RD
- Interactive workshops to help build your confidence and knowledge around cooking healthy, nutritious meals

Family Health Team Programs

ASSISTED LIVING PROGRAM

- Jaime K. (CSW)
- Coordinated service that assist people to safely remain in their home
- Provides PSWs to assist with patient ADLs based on individualized needs
- Support for patients and families
- Physician or self referral

DIABETES EDUCATION PROGRAM

- Sandra J. (RN, CDE), Liane M (RD)
- Provides education and support for patients with prediabetes and diabetes
- Physician or self referral

GRIEF RECOVERY PROGRAM

- Jaime K. (CSW)
- Provides support for patient and families experiencing grief and loss
- Appointments are individualized based on needs
- Physician or self referral

HYPERTENSION PROGRAM

- Alicia H. (RPN), Danielle V. (RN)
- Monitor patient's blood pressure every two, four, or six weeks depending on patient's requirements
- Adjust anti-hypertensive if target not attained after multiple readings as per physician's guidance
- Physician referral required with target BP and dosage range for adjusting medication

INR PROGRAM

- Danielle V. (RN), Sandra J. (RN)
- Monitor INR and adjust VKA if required
- Initial appointment for health history is completed upon referral
- If the patient is new to OAC close monitoring with education is provided
- Weekly to monthly check ins completed with INR results--based on patients need, length of time on VKA, health status, and stability
- Physician referral and patient consent

METABOLIC CLINIC PROGRAM

- Liane M. (RD), Danielle V. (RN), Katrina R. (PT), Physician
- Multidisciplinary approach to help patient's committed to making lifestyle modifications focused on weight reduction, dietary changes, and increased physical activity

PULMONARY FUNCTION TEST

- Sandra J., RN
- Assesses patients lung volume, capacity, rates of flow, and gas exchange.
- Assists with diagnosis and treatment of lung disorders
- Physician referral required

SMOKING CESSATION

- Jamie Keay, CSW
- -Provides nicotine replacement products and individualized support for patients ready to quit smoking
- Through FHT referral

SUBOXONE MAINTENANCE PROGRAM

- Naomi K. (APCC), Dr. Carfagnini (MD), Doctor's Group
- Medication and therapeutic treatment approach for opiate addiction
- Physician or self referral

SYSTEM NAVIGATION

- Jaime K. (CSW)
- Assists patients/clients with forms and general navigation of healthcare and government systems
- Physician or self referral

WOUND CARE

- Danielle V (RN), physician
- Provide dressing changes as physician or St. Joseph's Care Group orders with ongoing wound assessments
- Individualized appointments offered Monday to Friday
- Wound Care Referral Form required

