

Welcome to

# THE NPLC LENS

Belleville Nurse Practitioner-Led Clinic Quarterly Newsletter



## WINTER DOESN'T MEAN HIBERNATION!!!

There are many ways to enjoy the weather by taking your physical activity outdoors.

### Here are just a few!

- Have a snowball fight
- Go ice skating
- Go sledding
- Make snow angels
- Take a hike

## Meet the Newest Member of the Team!

Sara Steeves RN



Sara graduated from the University of New Brunswick with a Bachelor's in Nursing in 2005. After graduation she worked at the Moncton City Hospital within the Cardiac Unit and then Labour and Delivery. During which time Sara also had the opportunity to work

as a Sexual Assault Nurse Examiner. In 2013 she moved with her family to the Belleville area where she was employed with BGH in the area of Labour and Delivery and the Maternal Child Health Unit. Sara joined the Belleville Nurse Practitioner Led Clinic team in 2016 and has advanced her career by completing a fellowship through the RAO in Comprehensive Chronic Disease Management.

## Preventative Care Progress Report of eligible patients screened

Mammograms	57%
PAP Tests	85%
Stool Occult Blood	42%
Flu Shots (given to patients 65 or over)	58%

## SPECIAL ANNOUNCEMENT

**WE'RE MOVING TO A NEW LOCATION  
SUMMER 2018  
15 VICTORIA AVENUE BELLEVILLE  
WATCH FOR UPDATES COMING SOON**

# Overcoming Winter Blues

With the grey days, dark evenings, and cold weather of winter, it's not uncommon to have fatigue and lower energy, feel more down or irritable, or have increased craving for carbohydrates. Many of us experience winter blues, and there are several things we can do to make a positive difference in our well-being.

Increasing exposure to light is beneficial in regulating hormones related to our sleep-wake cycle, as well as enhancing mood. It's helpful when we sit near windows when indoors, and spend time outside to increase our exposure to sunlight. Exposure to sunlight in the morning or mid-day is often recommended. You may want to ask at BNPLC about taking vitamin D, or using a light therapy lamp.

Being active is another significant way to overcome winter blues. Exercise can positively affect mood through its impact on the "feel-good" chemicals in our brain. Take opportunities to be active, either indoors or outside, to benefit mood and energy.



Although we may feel like hibernating at this time of year, spending time with others can help prevent isolation and deepening depression. Connecting with others can include informal get-togethers, participating in a social hobby, or volunteering.

Eating healthy foods and keeping a regular sleep schedule are general self-care strategies that can benefit our energy and mood. Look for alternatives to the winter cravings for sweets and simple carbohydrates. Limit caffeine, alcohol, and other substances, which can negatively impact sleep, anxiety, fatigue, and depression. Keeping a regular sleep schedule entails going to bed and getting up at the same time each day, and avoiding long naps.

Finding something to enjoy about the winter season helps us to feel more positively about this time of year. Many enjoy winter sports and outdoor activities, like walking in nature. Some hobbies are well-suited to winter, such as reading, music, astronomy, continuing education, and so on. Participating in something new can bring positive energy and mood, and offer a positive diversion.

Another approach to overcoming winter blues may be increasing our acceptance that there are periods or "winters" in our lives when we naturally have less energy and lower mood. Our culture values happiness and productivity, and when our personal experience doesn't reflect these qualities, we may feel unsettled, as though something is "wrong." As nature is dormant in winter prior to the return of spring, we may go through times of dormancy in which we begin to consider new changes or directions we may want to pursue in our lives.

Using these strategies to overcome winter blues can be helpful as you move through this season. If you have more severe symptoms of depression or Seasonal Affective Disorder (SAD), such as prolonged low mood, fatigue, lack of motivation, anxiety, difficulty concentrating, increased isolation, overeating or lack of appetite, sleep changes, or thoughts about hurting yourself, please seek additional support from your nurse practitioner and social worker.

# BRIGHT LIGHTS AWARDS

2017

## Planning programs for equitable access to care Belleville Nurse Practitioner-Led Clinic

### Primary Care Low Back Pain Pilot



In serving as one of the seven sites for Ontario's Low Back Pain Primary Care Pilot, Belleville Nurse Practitioner-Led Clinic collaborated with musculoskeletal experts to improve patient outcomes. The program broke new ground because, while low back pain is common, there's generally no interprofessional care for it.

Not only did the pilot project improve patients' health, it benefited the clinic in several unexpected ways, including strengthening interprofessional collaborations; offering care to those who couldn't afford it otherwise; creating a partnership with Quinte West Community Health Centre (CHC) that led to a pilot expansion; and paving the way for comprehensive patient co-management of other conditions.

In the pilot, most patients are part of Ontario Works or people who receive provincial disability support payments, and there is also a high incidence of opioid use within the broader LHIN. Thanks to the free pilot program, patients reported being able to access care they otherwise wouldn't be able to and noted significant improvements in pain, mobility and quality of life.

More than 80 per cent of patients reported less of a reliance on medications, including opioids, to help manage their back pain, and a number expressed satisfaction with the holistic approach to care. One patient noted, "They're looking at me as a whole piece, not just fixing [a part of me]. They're trying to see what they can do to help me be better as a whole." There was also a decrease in emergency room visits and in referrals for diagnostic imaging. It was a win-win situation for the patients and the healthcare system.

The pilot underwent rigorous evaluation that involved patients, who were interviewed and surveyed regularly. The clinic has shared the evaluation with the Ministry of Health and Long-term Care and is disseminating its findings through conference presentations and posters. Its expansion of the pilot through a partnership developed with the Quinte West CHC is strong evidence that the program was a success worth continuing.

#### Key Facts:

- 80% of patients report less reliance on medications, including opioids
- Decrease in ER visits and diagnostic tests
- Spreading pilot through partnership with local CHC
- Strong qualitative and quantitative data detailing outcomes
- Well-designed program

**afhto**

# Men's Health

**Don't be late! Early detection could save your life.**

There are health conditions that only affect men, such as prostate cancer and low testosterone. Many of the major health risks that men face-like colon cancer or heart disease-can be prevented and treated with early diagnosis. Screening tests can find diseases early, when they are easier to treat. Its important to have regular checkups and screening.

## **Prostate Cancer**

The prostate is the gland below a man's bladder that produces fluid for semen. Prostate cancer is the third most common cause of death from cancer in men of all ages. It is rare in men younger than 40.

Symptoms may include:

- Problems passing urine, such as pain, difficulty starting or stopping the stream, or dribbling
- Low back pain
- Pain with ejaculation

Prostate cancer treatment often depends on the stage of the cancer. How fast the cancer grows and how different it is from surrounding tissue helps determine the stage.

Treatment may include surgery, radiation therapy, chemotherapy or control of hormones that affect the cancer.

## **Colorectal Cancer**

Cancer of the colon or rectum is also called colorectal cancer. In Canada, it is the fourth most common cancer in men and women. Caught early, it is often curable.

It is more common in people over 50, and the risk increase with age. You are also more likely to get it if you have:

- Polyps-growth inside the colon and rectum and may become cancerous
- A diet that is high in fat
- A family history, or personal history of colorectal cancer
- Ulcerative colitis or Crohn's disease



Symptoms can include:

Blood in the stool, narrower stools, a change in bowel habits and general stomach discomfort. However, you may not have symptoms at first, so screening is important.

Everyone who is 50 or older should be screened for colorectal cancer. Colonoscopy is one method that your practitioner can use to screen for colorectal cancer. Treatments for colorectal cancer include surgery, chemotherapy, radiation or a combination.

## **Heart Diseases (Also called: Cardiac disease)**

If you're like most people, you think that heart disease is a problem for other folks. But heart disease is the 2<sup>nd</sup> largest killer in Canada. It is also a major cause of disability. There are many different forms of heart disease. The most common cause of heart disease is narrowing or blockage of the coronary arteries, the blood vessels that supply blood to the heart itself. This is called coronary artery disease and happens slowly over time. It's the major reason people have heart attacks.

Other kinds of heart problems may happen to the valves in the heart, or the heart may not pump well causing heart failure. Some people are born with heart disease.

You can help reduce your risk of heart disease by taking steps to control factors that put you at greater risk:

- Control your blood pressure
- Lower your cholesterol
- Don't Smoke
- Get enough exercise

# Winter minestrone with pesto croutes



## For the pesto croutes

Slices of crusty bread  
3 tbsp olive oil  
1 tbsp pesto

## Ingredients

2 tbsp olive oil  
1 onion, chopped  
100g unsmoked lardons or chopped steaky bacon  
2 Large carrots, chopped  
2 sticks celery, chopped  
1 medium potato, chopped  
2 garlic cloves, finely chopped or crushed  
400g can chopped tomatoes  
1l vegetable stock (from granules or a cube)  
2 tsp chopped sage leaves, or 1 tsp dried  
400g can chopped tomatoes  
Few cabbage leaves, shredded  
400g can haricot bean  
Handful chopped parsley

## Method

1. Heat the olive oil in a large pan, add the onion and lardons or bacon and fry for about 5 mins until the onion is starting to brown. Tip in the carrots, celery, potato and garlic, stir well and cook for a few minutes.
2. Add the tomatoes, stock and sage, and bring to the boil, stirring. Reduce heat to simmer and cook partly covered for 30 mins, stirring in the cabbage after 15 mins. Drain and rinse the beans and add to the pan with the parsley. Season and serve with pesto croutes, see right, or crusty bread.
3. For the pesto croutes: Cut 3-4 slices of crusty bread into chunks, about 2cm thick. Tip into an ovenproof pan. Mix the olive oil and pesto, then add to the bread, tossing it with your hands until the croutes are evenly coated. Bake in a moderate oven for about 10 mins until crisp.



# Upcoming Community Events and Awareness Days

February 19, 2018 – Quinte Sports and Wellness Center

## **Public Skate**

- 10:00 a.m.

February 26 – Heart and Stroke

## **Seniors Luncheon**

- 12:00 p.m. – Quinte Sports & Wellness Centre

February 28 – Belleville and Quinte West CHC  
**Car Seat Clinic**

- For appointment please call 613-962-000 ext. 233

March 12 – March 16

## **Food for thought**

- 161 Bridge St. West, Belleville from 2-4 pm

### **February Awareness Days**

Heart and Stroke Month

Psychology Month

February 12 – Sexual and Reproductive Health Awareness Day

February 15 – International Childhood Cancer Day

February 28 – Pink Shirt Day (Anti-bullying)

### **March Awareness Days**

National Nutrition Month

National Colorectal Awareness Month

National Liver Health Month

March 20<sup>th</sup> – World Social Work Day

### **April Awareness Days**

Daffodil Month

April 23 -29 Canadian Blood Services Week

National Oral Health Month

April 7<sup>th</sup> World Health Day

**Have a Happy and Healthy Winter Season from the BNPLC Team**



For full services please refer to the BNPLC website or visit us on Facebook.

