

**Happy
Retirement
Malcolm
Jones**

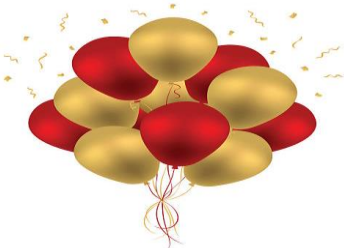
On October 29, 2020, Malcolm Jones retired after practicing for over 40 years as a dedicated Pharmacist, of which the last nine years were spent at the BNPLC.

Sending heartfelt wishes as he enters a new chapter and a new stage in life.

You will be missed by patients and colleagues alike.

Consent for Electronic Health Communications

Due to the COVID – 19 pandemic patients can now communicate with the clinic via email to maintain continuity of care. In order for members of our clinic to communicate with you electronically, regarding non sensitive health care information, patients must complete a consent form. This helps ensure that any risks associated with this unsecure method of communication is highlighted and understood by the patient. The consent form will be provided by the receptionists when there is a request for email communication. Thank you for your understanding as we increase the amount of electronic communication with patients.



Special Congratulations
to our very own
NP Rick Steeves
on his nomination for the
NPAO Patient Choice Award!!



BNPLC NP Preceptorship Program

If you are a registered patient of the BNPLC, you have most likely been introduced to a NP student during an office visit.

This is a result of a Preceptorship Program which is a clinical teaching model in which a student is partnered with a Nurse Practitioner (NP) as a preceptor, usually during the student's completion of their master's degree and NP training.

The BNPLC believes that the preceptor-student relationship benefits not only the student, but the clinic and the profession as a whole. This program provides an opportunity for students to shadow clinic NPs' in a primary care setting and to gain confidence in the ability to offer optimal patient care, while working towards their required 800 clinical hours.

The students are Registered Nurses who have worked in the field for a minimum of 2 years and are accepted into a master's level Nurse Practitioner program.

This program is in partnership with universities such as Athabasca, Queens and University of Toronto. Queens University has a Preceptor Coordinator who assists the program, by directing students to the BNPLC. Athabasca University suggest that students seek out their own preceptors by researching such avenues as LinkedIn, social media and reaching out to clinics and hospitals.

Alexandra Stewart a Queen's student currently training with NP Kristy Naulls. "This is an incredible opportunity to complete my clinical hours at the BNPLC", said Alex, "this clinic is one of the most sought-after placements by students in my program".



Alexandra Stewart NP student (Left)
and Kristy Naulls NP (Right)

Alex has chosen to work in Primary Care as it allows her to experience a full range of clinical care.

NP students can choose to specialize in Adult, Pediatric or Primary care.

NP Rick Steeves also contributes time to the Preceptorship Program. He is now in his second year with the program and finds the number of nurse practitioner students looking for clinical preceptors has been quite alarming. It seems there is a definite shortage of preceptors for NP students.

"Many students coming through find it difficult to secure a preceptor" he explained,

"I have received many emergency emails from students that are unable to find placement".

Rick's student Madison Chamberlain said, "It is great to get hands on experience, especially completing health assessment skills and taking full histories over the phone".

She also stated that the hands-on aspect was very helpful in the learning process.

Madison decided to go into primary care because of the variety. She is a single mom which makes the hours of primary care more appealing.

The BNPLC give students a chance to succeed in their chosen field and are happy to assist.

Having quality preceptors is a key component of an effective Preceptorship Program. Our Nurse Practitioners are clinically competent, enthusiastic teachers who provide guidance for problem solving and clinic judgment. They give positive feedback and identify areas of improvement in a constructive manner. They are empathetic toward learning and passionate about nursing.

The students are forever grateful for the dedication and hard work of NP Naulls and NP Steeves.



Rick Steeves NP (Left), Madison Chamberlain NP student (Right)

Written by S. Bernier

Welcome Peet de Villiers



Pharmacist, PharmD, R Ph

Originally from South Africa, Peet graduated from Potchefstroom University for Christian Higher Education with a Bachelor of Pharmacy in 1995 and an Honors Bachelor of Science in Pharmacology in 1996.

Peet and his wife immigrated to Canada in 2000. After relocating to Canada, Peet pursued a Doctor of Pharmacy degree (PharmD) from Idaho State University in the U.S.A. and graduated in 2008.

He has worked in Saskatchewan, the North West Territories and Ontario and has experience in primary care, long-term care (geriatrics), and hospital pharmacy. His interests are geriatrics, chronic non-cancer pain and substance addictions. He loves photography and you will sometimes find him parked next to the road taking pictures of beautiful sunsets. Peet joined the BNPLC in 2020.

Congratulations Dawn

Celebration of 10 Years with the BNPLC



We are proud to recognize Dawn Bunnett's 10th anniversary as a registered nurse with the BNPLC.

Dawn has been with the clinic since its inception and has been an important part of the BNPLC team success.

She is a certified pediatric nurse as well as the Lead of 2 Smoking cessation programs.

She is an expert registered nurse who goes above and beyond to ensure that all the registered patients with the clinic are well cared for in a professional and sincere manner.

Thank you of all you do.

Bavarian Apple-Sausage Hash



Ingredients

- ❖ 2 tablespoons canola oil
 - ❖ 1/2 cup chopped onion
 - ❖ 4 fully cooked apple chicken sausages *or* flavor of your choice, sliced
 - ❖ 1-1/2 cups thinly sliced Brussels sprouts
 - ❖ 1 large tart apple, peeled and chopped
 - ❖ 1 teaspoon caraway seeds
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- ❖ 1/4 teaspoon salt
 - ❖ 1/8 teaspoon pepper
 - ❖ 2 tablespoons finely chopped walnuts
 - ❖ 1 tablespoon brown sugar
 - ❖ 1 tablespoon whole grain mustard
 - ❖ 1 tablespoon cider vinegar
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- In a large skillet, heat oil over medium-high heat; saute onion until tender, 1-2 minutes. Add sausages, Brussels sprouts, apple and seasonings; saute until lightly browned, 6-8 minutes.
 - Stir in walnuts, brown sugar, mustard and vinegar; cook and stir 2 minutes.

Nutrition Facts

1 cup: 310 calories, 17g fat (3g saturated fat), 60mg cholesterol, 715mg sodium, 25g carbohydrate (19g sugars, 3g fiber), 16g protein.

For more recipes visit www.tasteofhome.com

Back to Shoveling

As much as I detest it, snow is an inevitable curse we have to face for living in this fine country. When I was completing my chiropractic education in California, I discovered that there are, indeed places that don't have snow! I was in heaven...once or twice a year I would have to scrape the windshield, and only once did I ever see snow on the ground! BLISS!



Here in the Quinte region, however, we are stuck with it. So, if we have to deal with snow and shovels and ice picks, I suppose I should do my best to educate you in proper shovelling technique.

One of the most important aspects of shovelling is wearing proper foot wear. Many injuries occur when one loses their footing while pushing or lifting the shovel. I highly encourage you to invest in a set of boot grippers, which work wonderfully to increase your traction on icy ground. They are readily available at many large retailers. I use them myself, and can attest to how well they work. A note of caution, however: the metal spikes / coils are very slippery on tile or smooth concrete floors. Be sure to remove them before you go indoors.

Most of you would benefit from choosing a smaller shovel than you might think. Yes, this may increase the number of repetitions you will have to do to clear the walk, but your body will appreciate the lesser load. No

sense in irritating a low back disc for the sake of a few extra strokes.

When the snow is wet, sticky slop, there is a simple solution to stop it from adhering to the shovel when you are trying to unload it. Spraying the blade with a cooking spray or WD-40 will really assist with the release. The lubricant will last for a while, but will need to be touched up if you have a lot of shovelling to do.

Ideally, you should try and keep the loaded shovel close to your body when tossing the snow. Of course, minimize twisting of your back, and lift the shovel using your legs instead of your back. When lifting, ensure that you are engaging your core (stomach and back) muscles to support your hips and low back.

I have one favourite tip for any type of work. This is applicable to shovelling, raking, painting, vacuuming, and many others. Try and ensure that you are doing the activity equally on both sides of the body. Your body loves symmetry, and alternating sides will keep it happy. For shovelling, take five "shovel fulls" with your left hand on the butt of the shovel, and right hand towards the blade. Then take five in the opposite orientation, alternating back and forth every five loads. Or, if you are pushing the snow on a driveway, be sure to alternate shovel sides each swipe. Yes, it will feel very awkward this is new to your, but your body will love it.

Using these tips should reduce any chance of injury. As much as I enjoy working with each of you, I would much rather not see you in the office due to back pain. Remember, though ... the smartest solution to the snow issue is simply to move to California. And yes, I may need to speak with our social worker, Anita about my issues with snow.

Written by Dr Scot Mundle, Chiropractor

Holiday Hours

December 21st – 23rd -9:00 am -5:00 pm

December 24th – 9:00 am - 12:00 noon

December 25th - Closed

December 26th – Closed

December 27th – Closed

December 28th – Closed

December 29th & 30th – 9:00 am – 5:00 pm

December 31st 9:00 am – 12 noon

January 1st Closed

January 2nd Closed

February 15th Closed



Winter Awareness

December

World Aids Day- December 1st

National Handwashing Awareness Month

January

National Mentoring Month

Cervical Health Month

February

World Cancer Day-February 4th