

NPLC Lens

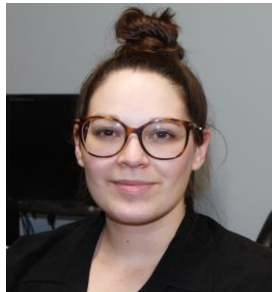
Belleville Nurse Practitioner-Led Clinic Newsletter

Spring 2021 Edition

Creative Director: S. Bernier

Welcome Vanessa Cornish Registered Nurse

Vanessa, originally from Quebec, moved to the Quinte region in early adulthood after travelling for a few years



She graduated from the Brock-Loyalist Nursing program in 2016. She worked on an acute medicine unit. She also took on the role of clinical instructor on the medicine unit for Nipissing University. She now looks forward to gaining a wider range of experience in primary care while working with the BNPLC Team

Farewell Dr. Bruce Flynn Chiropractor

Congratulations on your recent retirement!

Dr Flynn has worked with the BNPLC for the past 5 years. He contributed endlessly to Chiropractic Care and has always put patients first.



Dr Flynn was actively involved with the BNPLC Low Back Pain Project and contributed to the program's success. Congratulations on your well-deserved retirement. You've left an indelible mark on the practice of Chiropractic care, your presence in the office will be missed.

Spring Word Scramble



htwa _ _ _ _

bomlo _ _ _ _

sseed _ _ _ _



asrgs _ _ _ _

eikt _ _ _ _

nsu _ _ _

Answers on pg. 7



What Is Mental Health?

Mental Health Week in Canada is May 3–9. Mental health refers to our state of well-being. Mental health includes how we feel, think, act, relate with others, cope with problems and stress, and handle life's ups and downs. Like our physical health, our mental health can vary along a continuum – we all have highs and lows in our well-being. Everyone has times when there are challenges with well-being, such as feeling out-of-sorts, or stressed by a situation in our lives.

Good mental health doesn't mean being happy all the time and not having any problems, but it means being able to cope with the challenges of life. With good mental health, we are better able to enjoy life, have improved self-esteem, feel connected to others, have improved coping skills, experience increased resiliency, and build a life worth living.

Just as we can look after our physical health, we can also look after our mental health. Interestingly, mental health and physical health affect each other – we need to look after all aspects of our well-being. The first Director-General of the World Health Organization stated that "without mental health there can be no true physical health."

Some foundational ways of taking care of our mental health include practicing compassion for self and others, accepting that life can be challenging, developing coping skills, connecting with and helping others, being physically active, avoiding misuse of substances, getting good sleep, and eating well.

Mental health and mental illness are different things. Mental illness refers to health conditions that affect mood, thoughts, and behaviours, and that cause distress and interfere with day-to-day functioning. There are different types of mental illness, and they have different symptoms that can impact people in different ways. Some examples of mental illness include depression, anxiety disorders, bipolar disorder, borderline personality disorder, schizophrenia, and various types of addiction.

One of the positives that has come from this past year is increased conversations about mental health. With the COVID-19 pandemic, financial insecurities, and racial injustice and civil unrest, people have been dealing with a lot of challenges and uncertainty, often with less access to their usual coping strategies.

When we can acknowledge struggles with mental health, we can start to reach out for support, break down stigma, and normalize discussion about mental health for everyone.



Reaching out when there are concerns about mental health is an important step towards improved well-being. Within the Belleville Nurse Practitioner-led Clinic, mental health support and counselling is available for registered patients. Anita Chard is our Social Worker who provides caring and compassionate counselling, and information on community resources that can assist registered patients with their well-being.

Some of the many local mental health supports available at no cost include:

Central Intake (310-OPEN): Anyone age 16 and older can contact Central Intake to receive information about and be connected to mental health or addiction services. This is a great first step to seeking help in the community. Call 310-OPEN during business hours, or use the online referral option at www.hopedreamrecover.ca

QHC Crisis Intervention Centre: The Crisis Centre is available 24/7 to adults (age 16 and older), and provides immediate, short-term mental health support. Services may take place by phone, in person, or by attending the BGH ER. Call 613-969-7400 and ask for “Crisis Centre” (extension 2753), or call 1-888-757-7766.

Children’s Mental Health Services: This agency for children, youth, and families aims to strengthen the emotional well-being of those under the age of 18 and their families. Call 1-844-462-2647.

Another 24/7 resource for children, youth, and young adults is the **Kids Help Phone**. Call 1-800-668-6868, or there are text, chat, and Facebook Messenger options.

Written by A. Chard (Social Worker) and S. Bernier

Resources used:

- <https://www.heretohelp.bc.ca/q-and-a/whats-the-difference-between-mental-health-and-mental-illness>
- <https://cmha.ca/blogs/mental-health-what-is-it-really>
- <https://toronto.cmha.ca/documents/benefits-of-good-mental-health/>
- <https://www.canada.ca/en/public-health/services/about-mental-health.html>
- <https://www.mentalhealth.gov/basics/what-is-mental-health>
- <https://www.who.int/bulletin/volumes/91/1/12-115063/en/#:~:text=Dr%20Brock%20Chisholm%2C%20the%20first,be%20no%20true%20physical%20health%E2%80%9D9D>

Preventative Care for Women

For many women in Ontario life can be busy. Children, work, school. Just to name a few of the daily challenges that women face. March 8th 2021 is a day to take a step back and appreciate all you do. This day is International Women's Day.



2021 theme is "**Women in leadership: Achieving an equal future in a COVID-19 world.**" which calls for women's right to decision-making in all areas of life, equal pay, equal sharing of unpaid care and domestic work, an end to all forms of violence against women and girls, and health-care services that respond to their needs.

The BNPLC is answering the call by offering preventive care services to our registered patients that are designed to benefit women.

Due to COVID-19 restrictions, some services may vary. Services include:

Cervical cancer screening: This is called a Pap smear and is available for women 25 to 65 years of age every three years. Alternatively, women can get an HPV DNA test with a Pap smear for women aged 30 to 65 every five years.

Breast cancer mammography screening: These screenings are for women older than 40, every one to two years. Women younger than 50 years of age may not need these screenings frequently.

Osteoporosis screening: These screenings are available for women with certain risk factors older than 60 years of age.

3 WAYS TO FIGHT OSTEOPOROSIS

→ It's no secret that **bones become brittle with age**. What isn't as well known is that **WOMEN** are far more likely to develop osteoporosis than **MEN**.

FOR BETTER BONES:

- 1** Get adequate amounts of **calcium** (but no more than 2,000 mg. daily after age 50)
- 2** Get adequate amounts of **vitamin D**
- 3** **Exercise regularly** (weight bearing activities are best)

Urinary incontinence screening: These services are offered for all women on an annual basis.

Contraception counselling: Contraception services include education and counseling. These services are only available for women with reproductive capacity.

Anemia screening: is available regularly to all women and can be determined by a blood test.

Preeclampsia prevention and screening: Services are available to pregnant women who have high blood pressure.



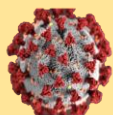
Breastfeeding comprehensive counselling and support: Services provide access to breast feeding supplies and counselling from trained provider for all pregnant and nursing women.

If you are a registered patient of the BNPLC and would like more information on the above services please contact us at (613) 779-7304

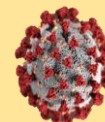
Resources:

[International Women's Day 2021 theme – "Women in leadership: Achieving an equal future in a COVID-19 world" | UN Women – Headquarters](#)

[Recommendations for Women's Healthcare Coverage | Women's Preventive Services Initiative \(womenspreventivehealth.org\)](#)



COVID-19 Vaccine News



From Hastings & Prince Edward Public Health

While open clinics for age-based eligibility are not yet available in our region, individuals waiting for age-based clinics can register to receive notification when their age group becomes eligible. Please avoid contacting HPEPH to inquire if your age group is eligible to ensure our phone lines remain available to those who need them most.

Spiced Lamb and Dill Yogurt Pasta

Ingredients

3 large egg yolks

2 cups kefir (cultured milk) or whole-milk plain yogurt

3 cups (lightly packed) dill fronds with tender stems (about 1 large bunch), divided

3 garlic cloves, divided

3 Tbsp. unsalted butter

½ cup pine nuts or slivered almonds

1 cup dried currants or raisins

1 tsp. kosher salt, plus more

1 ½ Tbsp. ground cumin

1 tsp. freshly ground black pepper

1 lb. ground lamb

1 lb. orecchiette

½ lemon

Preparation

Step 1

Combine egg yolks, yogurt, and 1 ½ cups dill in a blender; finely grate in 1 garlic clove and blend until smooth. Set purée aside. Finely chop remaining dill; set aside

Step 2

Melt butter over medium heat in a large skillet. Add pine nuts and cook, stirring often, until golden brown, about 2 minutes. Add dried currants and cook, stirring often, until plump, about 1 minute. Scrape nut mixture into a small bowl; season with salt.



Step 3

Wipe out skillet and heat over medium-high. Stir together cumin, pepper, and 1 tsp. salt in a small bowl. Place lamb in pan and use a sturdy spatula to aggressively flatten (like you're making smash burgers); sprinkle spice mixture over. Cook, undisturbed, until lamb is well browned and crisp underneath, about 4 minutes. Hold back meat and drain off all of the fat. Break up meat into small pieces and mix in reserved nut mixture. Finely grate in remaining 2 garlic cloves and add reserved chopped dill. Cook, stirring, until herbs are wilted, about 1 minute. Set aside until pasta is ready.

Step 4

Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally, until 1-minute shy of al dente (pasta will finish cooking in the sauce). Drain pasta and return to pot.

Step 5

Pour reserved purée over pasta and set over medium heat. Cook, stirring constantly, until sauce thickens enough to cling to pasta and just comes to a simmer, about 3 minutes. Remove from heat; finely grate zest from lemon half over pasta, then squeeze in juice. Season with salt

Step 6

Divide pasta among bowls and top with lamb mixture.

Holiday Hours

Good Friday-April 2nd – Closed

Easter Monday-April 5th – Closed

Civic Holiday-May 24th – Closed

Open Saturdays

March 13th – 9am -5pm

March 27th – 9am – 5pm

April 10th -9am-5pm

April 24th -9am -5pm

May 8th – 9am -5pm

May 29th – 9am – 5pm



Health Awareness

March

National Nutrition Month

Social Worker Week March 1st-7th

April

Stress Awareness Month

World Immunization Week April 22nd-28th

Patient Experience Week April 26th – 30th

World Health Day – April 7th

May

Mental Health Week May 3rd-9th

National High Blood Pressure Education Month