

THE NPLC LENS

Belleville Nurse Practitioner-Led Clinic

Newsletter

Summer Edition 2021

Creative Director S. Bernier

Welcome Leah Johnston New Member of the BNPLC Board of Directors



Leah graduated from Quinte Secondary School - living most her life in the Belleville Area. Leah spent her working life in the printing industry as a graphic designer for 25 years in Belleville until her retirement in 2004. Since then, she has been a loyal volunteer at the Belleville General Hospital Auxiliary for over 15 years - doing various volunteering positions within the hospital plus on the Board of Directors as their president, convenor of Helpp Lottery and helping with many fundraising events. Leah loves to walk, read and travel with her husband Roger. They have 3 children, and 6 grandchildren who they love to spoil. Leah looks forward to her new position on the Board of the Belleville Nurse Practitioner - Led Clinic as a Director as she loves a challenge and making a difference by helping out in the Community.

HOW TO HAVE YOUR MEDICAL FORMS COMPLETED

1. Complete all personal information
2. Mail, Fax or Drop off in BNPLC Drop Box
3. Allow 2 weeks minimum for completion
4. Patients will be contacted to arrange pick up.

Do you need a Prescription Refill?

Remember to notify the clinic in a timely manner.

Request prescription renewal when you pick up your last refill from the pharmacy.

Approval for refills may take up to 2 weeks so it is important to make your request at least **14 DAYS** before your medications run out.

Changes to the BNPLC Board of Directors

Besides Leah Johnson joining the Board, there are other changes. Current Board Chair, Christina Taylor has finished her two terms on the Board of Directors and now will continue assisting our Board in a Director Emeritus role. Ritva Gallant has also finished her term as a Board Director and leaves the Board in June. Ritva served most recently as Governance Committee Chair. Thanks to Christina and Ritva for their dedicated service to the BNPLC. We wish Ritva good luck in her future endeavors.

The position of Chair will be filled by our current Vice Chair, Amber Babcock, Nurse Practitioner.

Welcoming the Newest Member of Our Team



Amanda Friel-Brown
Nurse Practitioner
MN., NP-PHC

Amanda graduated from Ryerson University in 2006 with a Bachelor of Nursing Science. Following her undergraduate degree, she worked for almost a decade in a variety of settings including; acute medicine/ICU in Thunder Bay, followed by home care upon return to the local area.

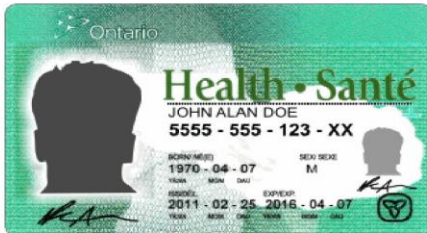
In 2015, Amanda started the Masters of Nursing, Primary Health Care Nurse Practitioner program at Queen's University, and graduated in fall of 2017. As a Nurse Practitioner, Amanda worked in a rural FHT setting before joining the BNPLC in 2021. She has obtained additional certification in opioid use disorder treatment, and mindfulness for chronic pain facilitation. Amanda is a life-long learner with special interests in addictions medicine, chronic pain and women's health.

Mobile Community Withdrawal Service (MCWS)

In collaboration with Addictions and Mental Health Services-Hastings Prince Edward, the BNPLC is excited to introduce the Mobile Community Withdrawal Service (MCWS). The launch date is scheduled for June 1, 2021.

NP Amanda Friel-Brown will provide medical support for people who struggle with substance use, including drugs, alcohol and/or prescription medications and are wanting to detox from a substance they are using. Referrals to this withdrawal program will be generated through Quinte Health Care. Services will be provided outside of our health facility.

With the flexibility of this mobile service, clients can have the conveniences of in-home visits or other supported environments to receive withdrawal management, residential treatment services as well as physical assessments if required.



Is Your Health Card Up to Date?

Did you know that an expired health card could cause delays in service at Hospitals and Specialists' Offices? You may even be billed for services.

That is why it is so important to update your health card before it expires.

How to Renew with Service Ontario

Online

[Health card renewal | Ontario.ca](https://www.ontario.ca/health-card-renewal)

Before you renew, make sure you have:

1. your most recent health card
2. your current driver's licence
3. a valid credit card (Visa, Mastercard) or Interac® Online (if renewing your driver's licence)
4. a printer to download and print your temporary documents

Renewing an Ontario health card is free.

In Person

When you go to the centre, bring the following with you:

- your current health card
- proof of your, Ontario residency and personal identity
 - check [Ontario Health Coverage Document List](#) for acceptable documents
 - **if your Canadian Citizenship or immigration status has changed** since receiving your current health card, bring your most recent [Citizenship or immigration document](#)
- your [marriage certificate](#), if you are applying under your married name for the first time
- optional: [a printed health card renewal form](#), if you have one

The renewed card will be mailed to you in approximately 4 to 6 weeks.

August is Breastfeeding Awareness Month!

Written by Vanessa Cornish RN

Globally, only a third of babies are exclusively breastfed for the recommended first 6 months of life. Breastfeeding could save over 800,000 children's lives a year. As per the Centers for Disease Control and Prevention (CDC), low rates of breastfeeding increase healthcare costs of up to 3 billion dollars a year.



The World Health Organization and UNICEF recommend:

- Beginning breastfeeding within 1 hour of birth;
- Breastfeeding only for the first 6 months of baby's life; and
- Starting solids at 6 months of age with continued breastfeeding for up to 2 years or more

Benefits of breastfeeding:

-It's free!

-Breastfeeding protects baby against diarrhea, pneumonia and SIDS (most common causes of infant deaths).

-It provides maternal antibodies to baby against infections.

-It lowers the risk of developing asthma, ear infections and type I diabetes.

-As adults, children who were breastfed are less likely to be overweight/obese and have type II diabetes.

-These children appear to perform better on intelligence tests, have better school attendance and are associated with higher income in adult life.

-Breastfeeding helps protect mom against postpartum depression, high blood pressure, ovarian and breast cancer, and type II diabetes.

*Breastfeeding is the recommended choice but it is HARD! Breastfeeding is a learning process. If you need support and guidance, please reach out to the clinic as the nurses are here to help. Hastings Prince Edward Public Health and La Leche League are also reliable resources. *

Partners and support persons, here's how you can assist a breastfeeding mom:

-help bringing baby over to feed

-help with positioning

-help with food preparation and cleaning

-encourage mom

-change and bathe baby

-assist with bedtime routine

Breastfeeding and Covid vaccine:

Breastfeeding remains the best and safest approach to feeding your baby even if you have COVID-19. Wear a mask and continue frequent hand washing.

The COVID-19 vaccines have not been trialed on breastfeeding women. However, the CDC and the Society of Obstetricians and Gynaecologists of Canada recommend still offering the vaccines to lactating women. A vaccination decision making tool was developed by the Ministry

of Health of Ontario to aid lactating women in making an informed decision about receiving the COVID-19 vaccine.

Some small-scale studies have shown that antibodies against COVID-19 from vaccines have been found in breastmilk, even more than through direct COVID-19 infection. The antibodies developed from the vaccines could provide added protection to the breastfed infant against COVID-19.

If you are a registered patient of the BNPLC and would like more information on breastfeeding, contact the clinic to arrange a phone call consultation with one of our highly knowledgeable Registered Nurses. (613) 779-7304

References

<https://www.who.int/news-room/facts-in-pictures/detail/breastfeeding>

<https://www.cdc.gov/breastfeeding/about-breastfeeding/why-it-matters.html>

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https://www.sogc.org/common/Uploaded%20files/Latest%20News/SOGC_Statement_COVID-19_Vaccination_in_Pregnancy.pdf

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<https://medicine.wustl.edu/news/for-breastfeeding-moms-covid-19-vaccin>



Kids Summer Safety

The summer has finally arrived and the weather is warming up. The days are longer and there's more time to be outside doing all kinds of wonderful things!

This is the time of year kids are super excited to get outside and run around. Although it is healthy to take in the fresh air and sunshine, too much of a good thing can be bad especially for young children. Here are some suggestions to protect your little ones from over exposure to the sun, bugs, pools and beaches.



1. Pool Safety

Drowning happens quickly and quietly, not with a lot of splashing. In fact, drownings are the leading cause of unintentional injury deaths in kids 1 to 4 years old. Here are some helpful tips to prevent accidents around the water.

- a) **Stay off cell phones:** Don't allow your cell phone to distract you when your children are in the water.
- b) **Learn CPR:** Refresh your Infant Child CPR certification each year, especially if you are planning to spend days at the pool. Kids should never swim alone and having safety skills will improve your calm.
- c) **Pool Protection:** If you have a home swimming pool, fencing is a must. Fencing should be at least 4 feet high around the entire pool area and have a door that locks. Kiddie pools should be drained after every use. Pool safety alarms can add some security, but most important, train your kids to never go near the pool without an adult.

2. Be sun smart

Sun can be too much of a good thing. A person's sunlight exposure during childhood and adolescence is generally considered to increase the risk of melanoma. For this reason, be sure your family and caregivers all have the same sun strategy.



- a) **Apply early and often:** Sun screen should be applied 15 to 30 minutes before sun exposure so cream has time to absorb into the skin. Reapply every two hours and after swimming, sweating or drying off with towel. Applying often is more important than how high the SPF is.
- b) **Keep them covered:** Clothing can be an excellent barrier of UV rays so keep them covered with protective clothing and hats. Use sun protective clothes that cover the neck, elbows and knees. Infants younger than 6 months should stay out of direct sunlight. Wear cool and comfortable clothing and always wear a hat with a brim.
- c) **Playtime is cool time:** Try to plan out door play time when the sun is not at its peak. Peak hours are between 10 a.m. and 4 p.m. Shade during these hours can be deceiving. Shade provides relief from the heat but it gives parents a false sense of security about the UVR protection. You can still get a sunburn in the shade because light is scattered and reflected. Fair skinned people sitting under a tree can burn in less than an hour.



3. Summer Bug Safety

One aspect of summer safety that gets overlooked is bug safety. Bugs like the summer weather as much as we do. But a bite or a sting can change a fun day into a life threatening event. Here are a few things to look out for to protect yourself and your little one.

- a) **Sting Reactions:** Insects can be very interesting to a child which makes it important to keep an eye out for bees and mosquitos that wander into your outside fun. If a bite or a sting happens be sure to monitor for anaphylactic or dangerous and rapidly progressing allergic reaction. Severe reactions are most commonly attributed to stings by bees, hornets, or wasps. If you notice any of the following reactions after a sting or bite, your child is likely having an anaphylactic reaction and you should call 911 immediately.
 - Hives
 - Swelling of the face including eyes, tongue, and lips
 - Difficulty breathing
 - Throat tightness
 - Vomiting
 - Faint or light-headedness

b) Dress to Protect: Just like the right clothes can protect from the sun they can also protect you from insects.

Conceal your baby's delicate skin in long pants and shirts made from a tightly woven material. Tuck pants into socks. A hat with a brim can help deter bugs from snacking on your little one's neck and ears.

c) Bathe After Bugs: During the summer months, creepy crawly insects like ticks are abundant. Giving your little one a bath within a few hours of returning indoors can help you check for ticks and also wash off any who haven't yet burrowed their way in.

d) Tents for Tots: Pop up tents and netting are effective ways to keep your baby safe from bugs. Netting can be draped over a stroller, car seat, or crib. A Pop-up tent is a great idea if you baby is not mobile, and which also provides your little one with a shady spot to nap!

Bug sprays shouldn't be used for babies under 2 months of age. This is because bug spray can be really dangerous for their sensitive lungs and skin which makes pop up tents a better alternative.



These are just a few ways to protect your babes this summer. If there's one thing to be gathered here, it's that you really can't be too safe. We know how exciting summer and its activities are for everyone, but taking extra precaution doesn't mean raining on an easygoing time. Following these safety tips actually ensures that fun keeps going all summer long.

Written by S. Bernier

Resources:

[Hot topic: Summer safety \(getprepared.gc.ca\)](https://www.getprepared.gc.ca)

[7 summer safety tips for kids - Care.com](https://www.care.com)

[Baby Beach Trip! 25 Mom Hacks to Make It Manageable \(redtri.com\)](https://www.redtri.com)

Caprese Summer Salad

INGREDIENTS

medium tomatoes, sliced
1/4 cup fresh basil leaves
1/2-pound fresh mozzarella cheese, sliced

BALSAMIC VINAIGRETTE:

2 tablespoons olive oil
2 tablespoons balsamic vinegar
1 teaspoon ground mustard
1/8 teaspoon salt
1/8 teaspoon pepper



DIRECTIONS

Arrange the tomatoes, cheese and basil on a serving platter. Whisk the vinaigrette ingredients; drizzle over salad. If desired, sprinkle with additional salt and pepper.

NUTRITION

1 serving: 256 calories, 19g fat (9g saturated fat), 45mg cholesterol, 161mg sodium, 8g carbohydrate (6g sugars, 2g fiber), 11g protein.

<https://www.tasteofhome.com/collection/summer-recipes>

Hastings & Prince Edward Public Health

What happens if I test positive for COVID-19?

HPEPH is notified of every positive COVID-19 and we call every person who has tested positive. The call will be from a Communicable Disease Investigator (CDI) and it is important that you provide them with all of the information that they ask for. You will not get in trouble for disclosing details and all the information you provide will be kept confidential. In Canada, Public Health is bound by privacy legislation. Ontario has a law called the Personal Health Information Protection Act, 2004 (PHIPPA). This law means that any person who has access to personal health information must keep it private. This information will not be shared with any other parties – including immigration authorities.

If Public Health calls you to discuss COVID-19, they may ask you how many people live in your home, and how much money you make. The case manager will ask what your first language is and what you identify your race to be. This information is not collected to get you in trouble. This information is kept private and used to better understand who needs help in our communities. It also helps us know how we can help you. The CDI will also ask other questions about where you work, and what activities you have been involved in the few days before your positive result. This helps us with our contact tracing and helps us identify people that we may deem High-Risk or Low-Risk Close Contacts.



SCOT & MARROWLYN'S HUMAN BONE WORD FIND

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MANDIBLE
RADIUS
METATARSAL
FEMUR
SCAPHOID
TALUS
STAPES
HAMATE
TRAPEZIUM
TIBIA
PATELLA
TEMPORAL
ULNA
CLAVICLE
COCCYX
STERNUM
MALLEUS
HUMERUS
FIBULA

Summer Awareness

June

National Safety Month
Men's Health Week – June 14th -20th
Family Health and Fitness Day – June 12

August

National Breastfeeding Month
National Immunization Month
Summer Sun Safety Month

Important Dates and INFORMATION

Admin Day – June 2nd – Closed

Canada Day – July 1st – Closed

Civic Holiday – August 2nd – Closed

Open Saturdays

June 12th and June 26th