

Welcome to

# THE NPLC LENS

**Belleville Nurse Practitioner-Led Clinic**  
**Quarterly Newsletter**

## Welcome Perry Simard to the BNPLC Board



Perry Simard, RN

After 10 years in the Canadian Forces, Perry enrolled in the Bachelor of Nursing Program and graduated from University of Manitoba in 2002. His nursing career started in Brandon Manitoba working in Adult Critical Care both the ICU/ER along with post surgical and orthopedics.

Now with over 18 years of experience as a Registered Nurse, Perry has experience working in the local hospital system, community/home care, palliative work, in the education sector, and involved in Nursing research. Perry recently started a business, Satori Health Advocacy, which offers Independent Registered Nurse Healthcare Advocacy services, and he is about to take on the role as Manager at Hospice Quinte.

Perry is an engaged and passionate Nurse leader who is empathetic to the health needs of the community. He approaches his practice in a safe, client focused, analytical manner. Working towards common goals, Perry has a team building approach sharing a great appreciation and respect in collaborating with others. Having some experience with LEAN philosophy he enjoys the challenge of introducing change in pursuing efficiencies.

Perry Simard enjoys his life adventures married to Lisa for the past 18 years and together they have a 16-year-old son. Perry and Lisa have enjoyed living in Prince Edward County for the past 14 years, raising their son and making their place a home. Gardening, home renovations, landscaping, and caring for his animals occupies the remainder of his time.

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# Let's Celebrate Nurse Practitioner Week

## November 8-14 2021

NPs first appeared in Canada in the 1960s. Early on, NPs provided care in rural and remote areas. By the 1970s, interest in the NP role increased and more education programs began. Today, NPs are an important part of the health-care system.

NPs bring value to Canadians and the health-care system. Studies about these benefits and patients' experiences reports that NPs:

- Involve patients in decisions about their care
- Improve access to primary health care
- Reduce pressures on the health-care system
- Are valued and trusted by patients
- Provide high-quality management of chronic illness



NPs bring together medical knowledge with the values and skills of nursing, which allows them to provide a wide range of direct care services to people at every stage of life. In addition to treating illnesses, they teach individuals and their families about healthy living, preventing disease and managing illnesses. NPs are also leaders, consultants and researchers who incorporate new knowledge into their practice.

The primary focus of the NP role is clinical, but it also incorporates leadership and research competencies. NPs work with individuals, families, groups, communities and diverse populations across the continuum of care, based on the principles of primary health care. They collaborate with clients to incorporate their clients' values, beliefs and preferences in making decisions about the plan of care. The BNPLC is proud to have five highly qualified NPs on staff who shares in our core values. NP Week provides a chance to provide a better understanding of the NP role in our communities and to show our appreciation for all they do.

References:

<https://www.cna-aiic.ca/en/nursing-practice/the-practice-of-nursing/advanced-nursing-practice/nurse-practitioners/Nurse-Practitioner-Week-NPAO>



The Message that the Chief Nurse Practitioner/Clinic Director of the BNPLC Karen Clayton-Babb wants the public to take away from this week is that Nurse Practitioners are very valuable to the healthcare system. Nurse Practitioners possess advance knowledge and skills and are competent in providing primary care for patients across the life span.

# September is World Alzheimer Month!

## Let us help you understand Dementia

Currently, over 500,000 Canadians are diagnosed with dementia. This number is said to almost double by 2030. A diagnosis of dementia is life altering. 20% of Canadians report some type of caregiving for a person with dementia.

Dementia is a condition that covers a set of symptoms caused by issues in the brain, of which Alzheimer's disease accounts for 60-80% of all cases.



### Here are the effects of Alzheimer's disease:

- Memory loss, confusion
- Difficulty in performing activities of daily living caused by problems in thinking, language and problem-solving
- Changed behaviour, emotions and mood
- Altered physical abilities

**This disease is a progression of symptoms and therefore, important for early detection. Here are ten warning signs:**

1. Memory loss affecting daily activities
2. Trouble completing familiar tasks
3. Language problems
4. Time and space disorientation
5. Impaired judgment
6. Issues with abstract thinking
7. Misplacing things
8. Altered mood and behaviour
9. Personality changes
10. Loss of initiative

### **Some tips for the prevention of dementia:**

Being socially and physically active.

Challenging your brain. Eating a varied and healthy diet; drinking less alcohol.  
Managing stress. Quitting smoking, treating high blood pressure and diabetes.

### **Some risk factors out of our control:**

Increasing age. Sex; women have greater risk. Genetics.

Unfortunately, there are no treatments available for reversing the effects of Alzheimer's but there are some pharmaceutical and therapeutical options that can help with the progression of the disease.

There also exists supportive care to aid persons with Alzheimer's disease and their caregivers.

For more information, visit the Alzheimer.ca website or contact the clinic to speak with a registered nurse or your nurse practitioner.

Written by Vanessa Cornish, *Registered Nurse*

### **References**

*All information gathered from Alzheimer Society of Hastings-Prince Edward  
[www.alzheimer.ca](http://www.alzheimer.ca)*

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# Hasting and Prince Edward Public Health Notice

## **School and COVID-19: Guidance for Parents, Guardians and Caregivers**

**HPEPH is working with local school communities to welcome your child back to in-person learning this fall. Precautions remain in place to reduce the risk of transmission of COVID-19 in the school setting.**

**For a Family Guide to COVID-19 2021-2022 School Year and more information for children returning to school visit HPEPH:**

[School and COVID-19: Guidance for Parents, Guardians and Caregivers - Hastings Prince Edward Public Health \(hpepublichealth.ca\)](http://hpepublichealth.ca)

# Your Guide to Plant-Based Milk Alternatives

Once a niche market, plant-based beverages are now widely available in grocery store aisles, restaurant menus, and coffee shops. And their popularity continues to grow. In the United States almond milk sales alone grew by 250% from 2010-2015, accounting for almost \$900 million in total sales. Within this same period sales of traditional cow's milk fell by 7%<sup>1</sup>.

Almonds, soy, oats, or other nuts, grains, or plants are soaked, ground, and strained to produce the plant-based milks we're familiar with. Though commonly referred to as 'milk' you won't see the word milk appear on any of the drinks' packaging. The Canadian Food Inspection Agency, responsible for food and beverage labelling, states the word 'milk' may only be used for animal milks such as cow, goat, or sheep milk<sup>2</sup>.



So why choose a plant-based beverage? For many the appeal may include one or all of the following:

**Allergy/Intolerance-friendly:** Since plant-based beverages contain no actual cow's milk, they are a great alternative for those with lactose-intolerance or a milk allergy.

**Vegan/Vegetarian:** Again, these beverages contain no animal products, making them a suitable substitute for milk in vegan diets.

**Taste:** People enjoy the taste, which differs depending on the type of plant beverage. To add to the options, most plant-based beverages are also available in flavours such vanilla or chocolate, sweetened or unsweetened.

**Storage:** Many plant-based beverages are widely available in shelf-stable formats, meaning they can be stored for long periods of time without refrigeration. However once opened these beverages should be kept refrigerated like any other dairy product to prevent spoilage and foodborne illness.

## Nutrition:

Let's see how these plant-based beverages stack up on some key nutrients compared to each other and to cow's milk.\*

Per 1 cup (250ml/8oz) <sup>3</sup>	Protein (g)	Fat (g)	Carb (g)	Calories (kcal)	Calcium (mg)	Vitamin D (IU)	Vitamin B <sub>12</sub> (mcg)
<b>Soy Beverage</b>	7.4	4.2	4.5	85	320	87	1.0
<b>Almond Beverage</b>	1.0	2.5	1.0	30	300	85	1.0

<b>Cashew Beverage</b>	0.5-1.0	2.8	1.0	31	300	80	0.7-1.0
<b>Coconut Beverage</b>	0.4	4.5	1.5	49	300	76	1.0
<b>Oat Beverage</b>	1.0	2.5	6.0	50	300	80	1.0
<b>Rice Beverage</b>	0.7	2.5	24	122	320	87	1.0
<b>Cow's Milk (2%)</b>	8.5	5**	12	129	300	100	1.37

\*Nutrient info provided for the fortified and unsweetened version of each plant-based beverage

\*\*Whole or homogenized cow's milk (3.25%) contains 8.4g fat and 157kcal per 1 cup

From the chart one of the most notable nutrition differences is the protein content. Protein is needed for our bodies to build, repair, and maintain muscle, tissue, skin, nails, hair, enzymes, and hormones<sup>4</sup>. Cow's milk contains the most protein at 8g/cup followed closely by soy at 7.4g/cup. The other plant beverages provide far less protein at less than 1.0g/cup. This may be especially surprising for almond milk, made from the high protein almond nut. The reason for this is that the almonds are soaked in water therefore a higher proportion of the beverage is made up of water vs. almond.

The above chart's nutrition info is reflective of the 'unsweetened' version of each type of plant-based beverage. Some plant milks are sweetened with added sugar for taste. Health Canada recommends Canadians reduce their intake of added sugars to help lower your risk of developing chronic diseases<sup>5</sup>. Consider choosing an 'unsweetened' plant milk to reduce your intake of added sugars.

#### **Infants and Plant-Based Beverages:**

Plant-based beverages, even when fortified, are not an appropriate substitute for breastmilk or infant formula because they lack the nutrients needed for infants' healthy growth and development<sup>6</sup>.

All the plant beverages listed in the chart contain similar amounts of calcium, vitamin D, and vitamin B<sub>12</sub>. This is because manufacturers often fortify their products with these nutrients to match the nutrient composition of cow's milk. Choose a plant-based beverage that says "Fortified" on the package to ensure you are getting enough of these nutrients. The nutrients in the same type of milk may differ slightly between brands so check the nutrition label on the product packaging or manufacturer's website for the most accurate information.

Both calcium and vitamin D are important for bone health, and muscle and nerve function<sup>7,8</sup>. Adequate vitamin D also supports our bodies' immune function<sup>8</sup>. Vitamin B<sub>12</sub> is needed for our nervous system to function, to form DNA, and to make healthy blood cells<sup>9</sup>. It's especially important for individuals following a vegetarian/vegan diet to focus on these nutrients as they are typically found in animal products and require more planning with a vegan diet to get adequate amounts through food.

We've touched on a few of the reasons for plant-based beverages' popularity, including nutrition. When choosing a plant-based beverage consider if this beverage is going to be a splash in your coffee or will you rely on it as a key source of nutrients in your diet? If the latter, use the product's nutrition label or the chart above to choose a beverage that is fortified, unsweetened, and high in nutrients.

Written by Alison Walker, *Registered Dietitian*

### References:

1. Nielsen Company. (2016, March 31). *Americans are Nuts for Almond Milk*. <http://www.nielsen.com/us/en/insights/news/2016/americans-are-nuts-for-almond-milk.html>.
2. Government of Canada. (2024, April 24). *Labelling requirements for dairy products*. <https://inspection.canada.ca/food-label-requirements/labelling/industry/dairy-products/eng/1393082289862/1393082368941?chap=16>
3. Health Canada. (2018, February 6). *Canadian Nutrient File*. <https://food-nutrition.canada.ca/cnf-fce/index-eng.jsp>
4. Unlockfood.ca. (2020, June 10). *Introduction To Protein and High Protein Foods*. <https://www.unlockfood.ca/en/Articles/Protein/Introduction-To-Protein-And-High-Protein-Foods.aspx>
5. Government of Canada. (2021, July 21). *Canada's Food Guide*. <https://food-guide.canada.ca/en/>
6. Government of Canada. (2015, August 18). *Nutrition for healthy term infants: Recommendations from birth to six months*. <https://www.canada.ca/en/health-canada/services/canada-food-guide/resources/infant-feeding/nutrition-healthy-term-infants-recommendations-birth-six-months.html#a11.5>
7. National Institutes of Health. (2021, March 22). *Calcium*. <https://ods.od.nih.gov/factsheets/Calcium-Consumer/>
8. National Institutes of Health. (2021, March 22). *Vitamin D*. <https://ods.od.nih.gov/factsheets/VitaminD-Consumer/>
9. National Institutes of Health. (2021, July 7). *Vitamin B12*. <https://ods.od.nih.gov/factsheets/VitaminB12-Consumer/>

## **Congratulations Anita Chard!** In Celebration of 10 Years with the BNPLC

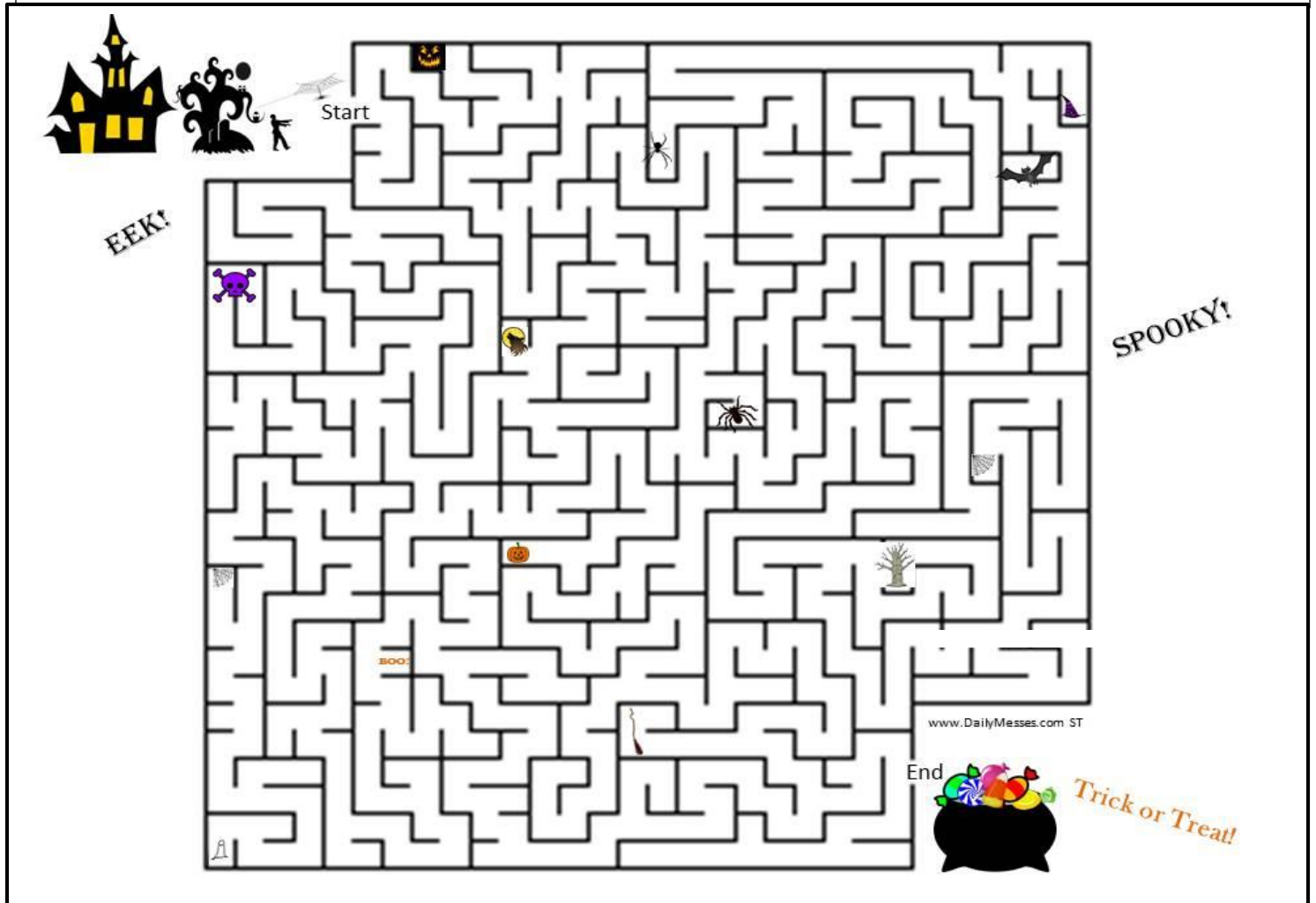


Anita Chard, Social Worker, was recently recognized for achieving 10 years of service with our organization. Anita hit this milestone on July 6<sup>th</sup>. Anita is a true model of our core values. She provides patient-centered care equitably and with integrity and professionalism. She is respected by her clients as well as her colleagues.

Anita, thank you for all you do.



# HAUNTED HALLOWEEN MAZE



## Dr. Bruce Flynn Retirement Award



Dr Bruce Flynn a former Chiropractor with the BNPLC return to the clinic recently where he was presented with an award to commemorate his retirement.

Although the actual date of retirement was in December of 2020, this ceremony was delayed due to COVID-19 restrictions.

Dr. Flynn was very surprised and appreciative of the award and made this known in his heartwarming acceptance speech.



# Baked cod with creamy mushroom & leek orzo



## Ingredients

- 3 tbsp plain flour
- 4 cod loin fillets
- 2 tbsp olive oil
- 1 lemon, zested and sliced
- ½ small bunch of thyme
- 2 leeks, sliced
- 200g mushrooms, sliced
- 300g orzo
- 500ml low-salt stock
- 2 tbsp crème fraîche

### • STEP 1

Heat the oven to 220C/425F fan/gas 7. Tip the flour into a bowl and season. Dip each cod fillet into the flour until evenly coated. Heat 1 tbsp of the oil in a [non-stick frying pan](#) over a medium-high heat and fry the cod on each side for 2 mins, or until golden brown. Transfer to a roasting tin with the lemon slices on top and nestled in half the thyme. Bake for 10 mins.

### • STEP 2

Heat the remaining oil in a pan and fry the leeks and mushrooms for 5 mins over a medium-high heat. Add the orzo and stock, and cook for 10 mins over a high heat, stirring continuously until tender. Stir through the crème fraîche and lemon zest. Season. Serve the orzo with the cod on top, along with the roasted lemon slices.

<https://www.bbcgoodfood.com/recipes/collection/top-20-autumn>

# Autumn Health Awareness

## September

Healthy Aging Month

World Alzheimer's Month

National Woman's Health and Fitness Day – Sept 29<sup>th</sup>

## October

Mental Illness Awareness Week – Oct 3<sup>rd</sup> – 9<sup>th</sup>

World Mental Health Day – Oct 10<sup>th</sup>

Global Hand Washing Day – Oct 15

World Food Day-Oct 16

National Healthcare Quality Week- Oct 17<sup>th</sup> -23<sup>rd</sup>

## November

Nurse Practitioner Week – Nov 7<sup>th</sup> -13<sup>th</sup>

COPD Awareness Month

Falls Prevention Month

World Diabetes Day-Nov 14<sup>th</sup>

National Addictions Awareness Week – Nov 21<sup>st</sup> -27<sup>th</sup>



**Labour Day Sept 6<sup>th</sup> -Closed**

**Thanksgiving Oct 11<sup>th</sup> – Closed**

**Administration Day Sept 29<sup>th</sup>, Nov 24<sup>th</sup> - Closed**

**Clinic Saturday Fall Schedule – 9am-5pm**

**Sept 11<sup>th</sup>, 25<sup>th</sup>, Oct 16<sup>th</sup>, 30<sup>th</sup>, Nov 13<sup>th</sup>, 27<sup>th</sup>**