

NPLC LENS

Belleville Nurse Practitioner-Led Clinic Newsletter



Moving Forward

By Shaune Bernier, *Creative Director*

Over the past year, the clinic has made significant progress with numerous new initiatives. We are enthusiastic and poised to welcome the forthcoming changes; however, we will always remember the journey that has led us here. In our efforts to enhance and refine protocols for the safety of our staff and patients, we have recognized the necessity of moving forward and offering our community services that will enhance the existing landscape.

During this time, we worked in collaboration with local health teams, community health centers and Indigenous interprofessional primary care teams to provide preventative cancer screening to individuals that do not have access to primary care.

This is just one of the ways we are helping our community. The Belleville Nurse Practitioner-Led Clinic is dedicated to providing equity-focused services that prioritize the distinct needs of every individual we assist. We collaborate to enhance health and wellbeing, acknowledging the extensive and intricate context that encompasses each person, which includes family, friends, community, and the diverse social, cultural, and spiritual ties.

WHAT'S NEW

NEW PROGRAMS

Foot Care Services
Spirometry Services

WELCOME

Bo Hang Zhao, Pharmacist

MARK IT ON YOUR CALANDER

Older Adult Fair
PAP Clinics
Awareness Days
Closures

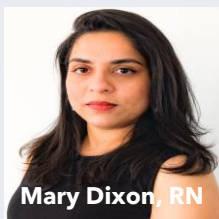
TIPS AND TRICKS

Prescriptions
Online Booking

NEW PROGRAMS

Foot Care Services

Ontario Health (OH) presents a remarkable opportunity for the creation of integrated clinical pathways. One such integrated clinical pathway identified pertains to lower limb



preservation, which is in response to Ontario's high rate of lower limb amputations, specifically in Hastings and Prince Edward Counties.

Due to the need in the community the BNPLC in collaboration with Quinte Health implemented the footcare program for registered patient with the hope to expand to the unattached population once there is capacity and funding is sustained.

We are excited to introduce foot care Registered Nurse Mary Dixon who will be providing assessment, management, evaluation and early detection of foot and nail deformities, including diabetic feet for patients every Tuesday from 10:00 am to 7:00 pm.

Mary holds a baccalaureate degree in nursing from MG University in Kerala, India. She has gained experience working in several multi-specialty hospitals, including Medical College Kottayam, JIPMER Hospital, and SCTIMST Hospital and Research Centers.

In 2014, Mary relocated to Canada, where she obtained her license as a Registered Nurse and commenced her employment at Prince County Hospital in Summerside, PEI, serving in the medical and palliative care units for a duration of five years.

Prior to relocating to Kingston in 2020, Mary was employed at Queen Elizabeth Hospital in Charlottetown, PEI, within the dialysis unit. Upon her arrival in Kingston, she resumed her work in the renal program at Kingston Health Sciences.

Mary now resides in Belleville with her husband and two daughters.

If you are a registered patient of the clinic and require foot care services ask a BNPLC staff member for more information.

Spirometry & COPD Services

Our respiratory educators for the Spirometry and COPD program offer education and support to patients diagnosed with COPD. The spirometry clinic conducts spirometry testing which serves as the standard for both diagnosis and effective follow-up care for patients.

Currently, the clinics are scheduled three Thursdays each month, led by Hasting Prince Edward Lung Health Registered Respiratory Therapists Emilie Simard, RRT and Carlene Scott, RRT. Additionally, there is one Wednesday session each month with spirometry trained Registered Nurse Dawn Reavie.



The Lung Health clinics offer Spirometry tests (coordinated breathing test), physical assessments, monitoring, related medication effectiveness, education

sessions, and COPD action plan creation, as well as annual reviews. The Respiratory Educators, CRE collaborate with the patient's Nurse Practitioner as needed.

On-site result interpretation can be provided by Certified Respiratory Educator and Program Lead, Nurse Practitioner Kristy Naulls, after testing has been completed.

This program is a thorough lung health initiative designed for the early identification, mitigation of disease progression, and the application of self-management strategies to navigate the continuum of condition advancement up to palliative care. This program is intended for individuals living with or at risk of COPD, ensuring they achieve the highest possible quality of life.

If you think this program could benefit you, speak with your nurse practitioner.

New Addition to the Team



Bo Hang Zhao, BscPhm, RPh
Pharmacist

The BNPLC is pleased to announce that Bo Hang Zhao has joined our team in the role of pharmacist.

Bo Hang was born in China and grew up in Toronto. He graduated with a Bachelors degree in Pharmacy from the University of Toronto in 2012; since then, he had varied experience in both community pharmacy and hospitals, including Belleville General Hospital, before moving into the primary care space.

He is a strong advocate for the pharmacist's role in chronic disease management and expanding the pharmacist's presence in primary care.

On his off-time, he is very passionate about food and cooking. Bo Hang joined the BNPLC at the start of 2025.

INTRODUCING ONLINE BOOKING

In order to access online booking, visit the BNPLC Website. www.bnplc.ca

Appointments can be booked with the following providers:

Chiropractor, Dietitian, Nurse Practitioner, Registered Nurse or Social Worker

Prevention Clinic

On Saturday, March 1st, 2025, the clinic collaborated with Belleville & Quinte West Community Health Centre to provide preventative care services to community members lacking primary care. Resources and educational materials were shared, emphasizing the importance of preventing illnesses, injuries, and other health issues before they arise.

The presentations were well attended with discussions on the importance of mammograms, healthy lifestyle and prostate health. Services provided include: Pap tests, Breast exams, and Blood Pressure checks. Referrals for Mammograms and Colon cancer testing were also available.

We are excited to include this as a yearly community event with hope to provide more information on other topics of interest.



Older Adult Fair

The City of Belleville will be holding this event once again on Wednesday, September 10th 2025 at the Quinte Sports and Wellness Centre from 10:30am to 2:30pm.

The BNPLC is looking forward to participating for another year with a booth that will provide the community with education on immunizations, dementia as well as seminars on topics that can improve quality of life for Belleville's aging population.

The BNPLC goal for this event is to increase awareness about available programs and services for seniors and share knowledge about healthy aging and active lifestyles.

We hope to see you there!



Study finds strongest evidence yet that shingles vaccine helps cut dementia risk

Wed April 25, 2025

Ian Sample, Science Editor

Older adults in Wales who had the jab were 20% less likely to be diagnosed with dementia than those not vaccinated.

Researchers who tracked cases of dementia in Welsh adults have uncovered the strongest evidence yet that the shingles vaccination reduces the risk of developing the devastating brain disease.

Health records of more than 280,000 older adults revealed that those who received a largely discontinued shingles vaccine called Zostavax were 20% less likely to be diagnosed with dementia over the next seven years than those who went without.

Pascal Geldsetzer, at Stanford University, said: "For the first time we are able to say much more confidently that the shingles vaccine causes a reduction in dementia risk. If this truly is a causal effect, we have a finding that's of tremendous importance."

The researchers took advantage of a vaccination rollout that took place in Wales more than a decade ago. Public health policy dictated that from 1 September 2013, people born on or after 2 September 1933 became eligible for the Zostavax shot, while those who were older missed out.

The policy created a natural experiment where the older population was sharply divided into two groups depending on their access to the vaccine. This allowed the researchers to compare dementia rates in older people born weeks apart but on either side of the vaccine eligibility divide.

After accounting for the fact that not all those eligible for the vaccine received it, the researchers found vaccination led to a 20% reduction in dementia risk, with the strongest effect in women. Anupam Jena, a professor of healthcare policy at Harvard Medical School, said the implications were profound.

Dementia affects more than 55 million people globally and is the leading cause of death in the UK. One in three will develop the condition in their lifetime, and while drugs that slow the disease have recently been approved, there is no cure.

When people contract chickenpox, the virus remains dormant in their nerve cells for life. But the virus can reactivate and cause shingles in older people whose immune systems are waning, or in individuals with weakened immunity.

The latest work, published in *Nature*, is not the first hint that shingles vaccines might shield against dementia. When Zostavax was rolled out in the US in 2006, several studies found lower rates of dementia in people who received the shots. Last year, Oxford researchers reported an even stronger protective effect in people who received Shingrix, a newer vaccine. Geldsetzer is now looking for philanthropic and private foundations to fund a randomised clinical trial to confirm any benefits.

It is unclear how shingles vaccines might protect against dementia, but one theory is that they reduce inflammation in the nervous system by preventing reactivation of the virus. Another theory is that the vaccines induce broader changes in the immune system that are protective. These wider effects are seen more often in women, potentially explaining the sex differences in the study.

See link for full Guardian article: [Study finds strongest evidence yet that shingles vaccine helps cut dementia risk | Dementia | The Guardian](#)

NOW USING AI SCRIBE



What is Tali?

Tali is a special program that writes down everything you say and your clinician says during your appointment. Then, Tali takes that written record and creates a short summary of what was talked about. Your clinician will read it carefully to make sure it's right. This helps your clinician remember what was talked about during your appointment, and helps them take good care of you.

What happens to what I've said? Where does that go?

When you and your clinician talk in front of Tali, it will record what you both say. It uses that audio recording to write out what was said. Once that is done, that audio recording is deleted.

**Consent from patients must be expressed before Tali can be used during appointments.
Ask your provider if you would like more information.**

TIPS AND TRICKS

Prescriptions:



1. Call your pharmacy and ask for a refill request.
2. Request a prescription reviewal when you pick up your last refill.
3. Order your refill at least 14 days in advance to the time you are going to run out.
4. Your pharmacist can advance you most medications while you wait for renewal.

5. Ontario pharmacist can assess and prescribe medication for the following ailments:

- | | |
|--------------------------|-----------------------|
| ➤ Acne | ➤ Impetigo |
| ➤ Allergic rhinitis | ➤ Insect bites and |
| ➤ Aphthous Ulcers | urticaria (hives) |
| (canker sores) | ➤ Tick bites |
| ➤ Candidal stomatitis | ➤ Post-exposure |
| (oral thrush) | prophylaxis to |
| ➤ Conjunctivitis | prevent Lyme disease |
| (bacterial, allergic and | ➤ Musculoskeletal |
| viral) | sprains and strains, |
| ➤ Dermatitis (atopic, | ➤ Nausea and vomiting |
| eczema, allergic and | of pregnancy |
| contact) | ➤ Pinworms and |
| ➤ Diaper dermatitis | threadworms, |
| ➤ Dysmenorrhea | ➤ Urinary tract |
| ➤ Gastroesophageal | infections |
| reflux disease (GERD) | (uncomplicated) and |
| ➤ Hemorrhoids | Vulvovaginal |
| ➤ Herpes labialis (cold | candidiasis (yeast |
| sores) | infection) |



Upcoming Clinic Closures

- ❖ Canada Day July 1st - Closed
- ❖ Civic Holiday Aug 4th - Closed
- ❖ Labour Day Sept 1st - Closed
- ❖ Admin Day Sept 10th - Closed
- ❖ Thanksgiving Oct 13th - Closed

Health Awareness

Canadian Men's Health Month-June
National Health and Fitness Day- June 7th
International Self Care Day - July 24th
International Pain Awareness Month-September
HPV Prevention Month - October

Pap clinics 2025

- ❖ Tuesday, June 17th
- ❖ Tuesday, July 8th
- ❖ Thursday, Aug 7th
- ❖ Tuesday, September 16th
- ❖ Thursday, October 16
- ❖ Monday, November 3rd

**Above clinics are for registered patients.
Call to schedule an appointment (613) 779-7304**