

Welcome 2017

Last year Peterborough Family Health Team (PFHT) celebrated its 10 year anniversary! Initially, PFHT was created to answer the primary care crisis in the City and County of Peterborough. Since then it has morphed into an organization that puts patients at the centre of care, supporting the community at the primary care level.

PFHT consists of nurse practitioners, pharmacists, mental health clinicians, registered dietitians and administrative support. The programs and services offered align with the needs of the patients and community. Through collaboration with local health and social service organizations, PFHT continues to create a seamless transition in care for the patient.

The five Family Health Organizations (FHO) working with PFHT provide a great resource to patients such as the front line care and the *Extended Hours* clinics. The overarching goal is to ensure patients receive the best care possible, in the best place, during the best time. Read below to find out if your primary care physician is part of this patient-centred model of care!

The Greater Peterborough FHO

- Dr. J. Archibald
- Dr. G. Auyeung
- Dr. G. Berg
- Dr. J. Crane
- Dr. S. Ferrier
- Dr. R. Friesen
- Dr. A. Kathiravelu
- Dr. L. Hicks
- Dr. R. Holmes
- Dr. R. Jacka
- Dr. B. Keogh
- Dr. M. Laplante
- Dr. J. Mallory
- Dr. C. Matheson
- Dr. E. Messervey
- Dr. T. Millar
- Dr. J. Neville
- Dr. K. Nichols
- Dr. W. Rayes
- Dr. M. Robinson
- Dr. D. Spink
- Dr. D. Turner
- Dr. N. Vanderkamp
- Dr. D. VanLoon
- Dr. J. Webster



The Peterborough Clinic FHO

- Dr. L. Aasheim
- Dr. R. Ahee
- Dr. J. Armstrong
- Dr. D. Barber
- Dr. N. Bertlett
- Dr. R. Binette
- Dr. C. Brown
- Dr. B. Cameron
- Dr. R. de Luna
- Dr. P. Dickie
- Dr. C. Hsu
- Dr. D. Newport
- Dr. A. Romanowski
- Dr. B. Stoker
- Dr. D. Thompson
- Dr. A. Uy
- Dr. M. Wesolowski
- Dr. R. Whatley
- Dr. G. Zaniewski

The Chemong FHO

- Dr. L. Arthur
- Dr. J. Boyes
- Dr. S. Gupta
- Dr. D. Houpt
- Dr. B. Hughes
- Dr. M. Motyer
- Dr. M. Munoz
- Dr. D. Rutledge
- Dr. B. Shannon
- Dr. K. Wilson

The Medical Centre FHO

- Dr. S. Belanger
- Dr. E. Braun
- Dr. D. Carr
- Dr. M. Comerford
- Dr. K. Curtin
- Dr. K. Gibson
- Dr. G. Grieve
- Dr. J. Holwell
- Dr. N. Hudson
- Dr. J. Kelly
- Dr. S. Khan
- Dr. D. Lunn
- Dr. M. Mak
- Dr. H. McLaughlin
- Dr. R. Neville
- Dr. T. Richard
- Dr. D. Sokolon
- Dr. M. Vilcini
- Dr. J. Wheeler

The Peterborough Community FHO

- Dr. J. Beamish
- Dr. S. Courtney
- Dr. S. Dallaire
- Dr. K. Eldridge
- Dr. M. Gibson
- Dr. S. Heidman
- Dr. J. Himann
- Dr. P. Kilmartin
- Dr. B. Lindsay
- Dr. C. Maltman
- Dr. E. Post
- Dr. S. Ragaz
- Dr. J. Rand
- Dr. W. Thomas
- Dr. R. VanHoof
- Dr. N. Whiting

Health Services Foundation

Your Family Health Team Foundation supports patients in the community who rely on expert, compassionate care delivered by the Family Health Teams by raising funds for specialized programs, research, capital equipment, training and continuing medical education for health care providers.



Recently, the Foundation proudly funded over \$13,000 towards the Nurse Practitioner hub in Apsley. This contribution was effectively spent on essential medical equipment and other furnishings required.

To learn more or make a donation visit www.gphsf.ca

Connect with PFHT!

We're online! Stay current with primary care news & information through our Facebook and Twitter!



The PFHT Trans Care Clinic!



When a gap in care was identified for transgender individuals, PFHT stepped up to the plate by creating the Trans Care Clinic. This service, generously funded through **Canada 150** & Your Family Health Team Foundation, will provide PFHT patients with counselling support, medical treatment initiation, hormone monitoring and more.

Our funding only allows the Trans Care Clinic to provide services to **PFHT patients**. Referrals are now being accepted through your PFHT primary care provider. Self-referrals will also be accepted. Any patients seeking transgender services or have any questions, please contact Melissa, Program Facilitator at 705-740-8020 extension 335 or email:

info@peterboroughfht.com

BE THE CHANGE

We are seeking patients, caregivers & family members to help make improvements to the *patient experience* at PFHT.

The voice of the patient can be the most powerful. To apply visit www.peterboroughfht.com or by calling (705)749-1564 ext. 316

The FHT Team

We work hard at PFHT to ensure patients in the Peterborough County can easily access primary healthcare services. However, our work would not be possible without the dedication of our clinicians. Read more about the different professions below:

Registered Dietitians (RD) – RDs are your trusted source for credible and evidence based nutrition information. Our dietitians provide one-on-one and group interventions to help patients manage a variety of diseases and health conditions. This can include supporting patients to make dietary changes to manage their diabetes, heart disease, digestive issues and more!



Pharmacists – Some of the programs at PFHT would not be possible without the work of our pharmacists. One example is the INR clinic where a pharmacist works with patients to monitor their warfarin dosing using Point of Care testing, helping to ensure that strokes are prevented. Our pharmacists also work with patients who have diabetes, helping to manage their medication and better control their disease.

Mental Health Clinicians (MHC) – Our MHCs work in the clinics, alongside family physicians and NPs, to provide mental and emotional therapy and group programming to adults and older adolescents. MHC's provide psychotherapy, advocacy and support, and psycho-education. Some of the excellent programs run by MHC include: Mindfulness, Mindfulness Based Cognitive Therapy and the FHT to QUIT smoking cessation program.

Nurses – a Registered Practical Nurse (RPN), Registered Nurse (RN), and Nurse Practitioner (NP) all have a valuable position with PFHT. Working alongside the many physicians, these team members are always there for the patients, placing them in the centre of care.

News in Healthcare: Bill 41, *Patients First Act*

On December 7, 2016 the Ontario Government passed the *Patients First Act*. Changes that happen will focus around the patient. Some developments will include:

- improving access to primary care and make it easier for those seeking a family physician or nurse practitioner;
- improving the connections between primary care providers, inter-professional health care teams, hospitals, public health and home and community care; and
- enhancing accountability to ensure people in Ontario have access to care when they need it.

For more information, visit the [Ministry of Health & Long-term Care's website](http://www.health.gov.on.ca).

Feeling under the weather?

Call your family physician or nurse practitioner. We have your vital health information and medication list.

Our *Extended Hours* clinics and same day appointments make it easy for patients to see their clinician.

Please call your clinic for hours

Did you know...

When you are feeling triggered by a past event, which can provoke a reaction such as anxiety or stress, there are ways to ground yourself in the present.

A technique our Mental Health Clinicians teach patients is to use their senses (such as smelling, listening, touching and tasting) to be in the moment. This is one way to help a person who becomes overwhelmed by stress and anxiety.

Spotlight on Care: *Lori Richey, Executive Director*

As an honoured leader of this great organization, it is my privilege to be able to advocate on behalf of the 110 Family Health Team staff members, 91 physicians and the 115,000 patients that we serve. Primary care is in a phase of transition, which is both exciting and challenging at the same time. Our main focus this year is to incorporate the patient voice into all that we do; to become truly patient centred, we need to hear from our patients and caregivers about the services we provide, the programs that we run, the gaps in care that patients experience on a daily basis as well as ensure our communications are appropriate for our audience. A few of the other goals that the Family Health Team have set for the upcoming year include:

- The establishment of a Trans Care Clinic
- Increase in Mental Health Services
- Analyzing our existing programs to ensure the patient outcomes are high
- See the Peterborough Palliative Care Community Team come to fruition
- Continue to lobby for wage equity for our incredibly talented, dedicated and caring staff

The one thing that I am most proud of since commencing this role in 2015 is the formation of relationships with our community partners – when we work together with a focus on what is best for the patient the outcomes are truly amazing!

