

The Centre for Family Medicine
 Family Health Team
 includes the practices of:

- Dr. Joe Lee
- Dr. Linda Lee
- Dr. Heather Dixon
- Dr. Alex Kolbasnik
- Dr. John Pefanis
- Dr. John Yee
- Dr. Neil Arya
- Dr. Michael Lee-Poy
- Dr. Peter Whitby
- Dr. Brian Finn
- Dr. Kim Moore

Executive Director: Ms. Pat McLeod
 Administrative Assist: Glenda O'Brien

Inter Professional Healthcare Providers:

Chiroprodists: Haley Court
 Todd Porter
 Jane Warner

Chiropractor: Dr. Craig Bauman

Clinical Pharmacist: Dr. Jeff Nagge

Registered Dietitian: Marg Alfieri

Marriage & Family Therapists:
 Annette Dekker
 Felicity Finn
 Catharine Voisin

Nurse Practitioners: Dawn Spence
 Rita Cutajar

Health Educator: Jennifer Janzen

Physiotherapist: Alexandra Ilich

Social Workers: Colleen McMillan
 Raechel Pefanis
 Sharon Dillon-Martin

www.family-medicine.ca September/October 2008

CFFM Family Picnic



Dr. Yee and Dr. Pefanis playing football.

The first annual CFFM family picnic occurred on July 19, 2008. The picnic was held at Waterloo Park with about 30 people turning out for a hot but fun-filled afternoon. The day included play in the fields and in the park facilities –including a pick up football game, a barbeque, and treat bags for the kids at the end of the day. Special recognition is given to Barb Ruby for organizing the day.



QIIP Corner

Since June we have been gathering data which tells us where we currently stand in terms of ...

- a) Patients that qualify for Colorectal Screening,
- b) Patients that need assistance with diabetic management and
- c) How we're doing with Access and Efficiency

Team Synergy will be attending a 2 day Learning Session at the end of September. The purpose of this session is to share information with other Family Health Teams, get assistance with data gathering and discuss opportunities for change and improvement.

Schools Strive to Meet Demand for 21st Century Skills

This past April, some of the area's most prominent political and academic leaders gathered in downtown Kitchener to celebrate the opening of the Waterloo Regional Campus of McMaster University's Michael G. DeGroote School of Medicine. This new facility is part of a \$78 million health sciences campus, which will include the new school of pharmacy and the Centre for Family Medicine, a family health team that will also specialize in resident training. Hopes are high that the new medical school will help alleviate a shortage of family doctors in the area.

With the aging of the baby boom generation, the skills crunch in health care goes far beyond doctors. Up to 5,000 health care workers in a variety of disciplines will be needed in the area over the next 10 years. Professions in demand will include nurses, registered practical nurses, dietitians paramedics and pharmacists.

The University of Waterloo's new school of pharmacy, which welcomed its first students in January, is the only co-op pharmacy program in Canada.

All 87 of Conestoga Colleges' Class of 2007, Registered Practical Nurses landed jobs.

Nursing ranked sixth among jobs cited as most difficult to fill. *Source: Manpower Inc.*

Congratulations to Dr. Kim Moore and her husband on the birth of their beautiful baby daughter, Audrey.



Upcoming Seminars ...

Wellness Seminars – Waist Loss

- | | |
|------------------------|-----------------------|
| Sept. 9 th | A "Green" Home |
| Sept. 16 th | Portion Distortion |
| Sept. 23 rd | Exercise |
| Sept. 30 th | Mediterranean Eating |
| Oct. 7 th | Motivation |
| Oct. 14 th | High Blood Pressure |
| Oct. 21 st | Emotional Eating |
| Oct. 28 th | Cooking Demonstration |

Diabetes Seminars

- | | |
|-----------------------|-------------------------------|
| Nov. 4 th | What's happening to your body |
| Nov. 11 th | Medication |
| Nov. 18 th | Exercise and Foot Care |
| Nov. 25 th | Emotion and diabetes |

Educational Seminars

- | | |
|------------------------|------------|
| Sept. 23 rd | Back Packs |
|------------------------|------------|

Wellness Seminars

Seminars are held throughout the year on various topics of interest. Watch for information posters hung up around the Centre and check out our website on a regular basis. If you would like to be personally invited to a seminar please leave your e-mail address with reception.

www.family-medicine.ca

These seminars are provided by the CFFM, along with the Ministry of Health and Long Term Care as part of its pilot project to promote the health and well being of our patients.

GLOBAL HEALTH

Democratic Republic of the Congo

King Leopold II of Belgium sponsored Sir Henry Morton Stanley to explore the region in the late 1800's.

Leopold formally acquired the Congo territory in 1885. He made the land his private property and renamed it the Congo Free State.

The local population was brutalized in exchange for "rubber". The selling of rubber made a fortune for Leopold.

During the period between 1885 and 1908 10 million Congolese died as a consequence of exploitation and diseases.

In 1908 the Belgium parliament bowed to international pressure by taking over the Free State from the King, to become the Belgium Congo.

On June 30 1960 the Belgium Congo achieved Independence under the name Republic of Congo and Patrice Lumumba was appointed Prime Minister.

Shortly after Independence, struggles against new leadership resulted in the assassination of Patrice Lumumba on January 17, 1961.

Following five years of extreme instability and civil unrest, Joseph Mobutu overthrew President Kasavubu in 1965 and renamed the territory Zaire.

While Mobutu was in power his government was guilty of severe human rights violations, political repression and excessive corruption. Mobutu allowed the export of many of Congo's natural resources without concern for the environment, labour or any other regulations.

In 1997 Mobutu's government was overthrown and the name of the territory was returned to the Democratic Republic of the Congo. The current President is Joseph Kabila.

Dr. Neil Arya teaches Global Health at the University of Waterloo and to McMaster clinical clerks. Recently his students were privileged to listen to Dr. Brian Bell speak on his experience with Médecins sans Frontières (Doctors without Borders).

Doctors without Borders is an international outreach program where doctors and nurses volunteer to provide urgent medical care in countries to victims of war and disaster regardless of race, religion or politics.

Dr. Bell was originally stationed in Goma in the Democratic Republic of Congo. Dr. Bell's initial few days in Goma were extremely stressful as there was heavy fighting between Hutus and Tutsis just outside the building where his team was staying. It was decided the area was too unstable and the doctors were evacuated.

Next Dr. Bell went to large feeding station. Five "long houses" were set up to feed the children in a "staged" hierarchy.

Stage A – Is for children who were assessed as in extreme need of nutrition. These children were tube fed with a light protein mixture. Once their nutritional health stabilized they were moved to Stage B where they could feed themselves items with higher protein like peanut butter.

The feeding centre also allowed for the opportunity to do mass vaccinations for diseases like measles.

Before Dr. Bell left his team also initiated a HIV Education Program. Representatives of the team went to the high risk groups (ie: prostitutes and soldiers) and educated these groups on how HIV is spread and on the proper use of condoms.

In addition to the Congo Dr, Bell worked in Arusha Tanzania for almost a year. He also did a couple of three months stints in Matangwe, Kenya. **Dr. Whitby**, from the Centre for Family Medicine, who previously worked for two years in Swaziland with his wife Barb, also volunteered with Dr. Bell on one mission. The project, led by Sylvia Scott a nurse at Grand River Hospital, always has a local doctor working with the team.

RESIDENT UPDATE

On July 25th, a 65 year old Georgetown man was very lucky that Dr. Dan Honsinger decided to go golfing.

Dr. Honsinger, a McMaster Family Medicine Resident at the Centre for Family Medicine, was standing on the 13th tee when he witnessed the man collapse. He, along with his golf partner, a volunteer fire fighter, immediately initiated CPR. Golf course staff quickly provided an Automated External Defibrillator (AED) and Dr. Honsinger delivered two shocks to the man.

When paramedics arrived the man's vital signs had returned and by the time he arrived at hospital he was conscious and alert.



We are very proud and pleased that Dan is part of our team!

Dr. Bob Nosal, Halton's Medical Officer of Health stated that the "Chain of Survival" developed by the Heart and Stroke Foundation of Canada, was well executed in this situation.

The Chain of Survival includes:

1. Making healthy choices.
2. Early recognition of the signs and symptoms of heart attack or stroke.
3. Early access to emergency medical services (911).
4. Early initiation of CPR.
5. Early defibrillation (rapid defibrillation is the single most important factor in surviving a cardiac arrest).
6. Early advance care by paramedics or emergency room staff and
7. Early rehabilitation following a coronary event.



Scheduling and Cancelling an Appointment

When scheduling an appointment please call well in advance so that we may accommodate your schedule to the best of our ability. It is important to let the receptionist know the nature of your appointment so that an appropriate amount of time may be booked. Please be aware that our reception staff cannot diagnose problems nor give advice, prescriptions, or results of tests over the phone.

If you cannot keep an appointment please call prior to the appointment to cancel; if 24 hours notice is not given a charge may apply.

After Hours Care

If you are a rostered patient experiencing health problems after hours, on weekends, or on recognized holidays, you have access to the **Telephone Health Advisory Services (THAS)**.

THAS connects you to a nurse who can provide advice, access to a family health team doctor on call, or, if appropriate, suggest that you go to emergency.

If you cannot wait for the physician on-call or if your problem is of an urgent nature, we request that you go to the Emergency Department.

THAS : 1-866-553-7205