

Executive Director: *Barbara Major-McEwan*
Executive Assistant: *Krista Marston*
Business Manager: *Fran Moore*
Quality Manager: *Lindsay McGee*
Receptionist: *Kelsa Clark*
Receptionist: *Emily Moore*
Social Worker: *Catherine Peckitt*
Social Worker: *Mary McInnes*
Nurse Practitioner: *Amanda Brown*
Nurse Practitioner: *Cheryl Marks*
Nurse Practitioner: *Robyn Nocilla*
Pharmacist: *James Brown*
Registered Dietitian: *Natalie Klaver*
Registered Nurse: *Tammy Carter*
Registered Nurse: *Karen Cook*
Registered Nurse: *Cairn Pittock*
Registered Nurse: *Marlene Fitch*

NHFHT Works in Conjunction With the Following Physicians & Their Staff:

Dr. Shaun Marshall - Wingham Clinic
Dr. Bonnie Marshall - Wingham Clinic
Dr. Greg Antoniadis - Wingham Clinic
Dr. Mark Moores - Wingham Clinic
Dr. James Shuffield - Wingham Clinic
Dr. Stephen Vander Klippe - Wingham Clinic
Dr. Marie Gear - Teeswater Clinic
Dr. Mike Shubat - Lucknow Clinic

Medical Office Contacts

for Patients Of:

Dr. S & B Marshall (519)357-1325
Dr. Antoniadis (519)357-2500
Dr. Moores (519)357-1325
Dr. Shuffield (519)357-3915
Dr. Vander Klippe (519)357-3915
Dr. Gear (519)392-6813
Dr. Shubat (519)528-2810

North Huron Family Health Team



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Mission, Vision, and Values:

Mission:

To provide high quality comprehensive primary care service in a timely manner to the residents of North Huron.

Vision:

Is to create a healthy rural community for North Huron.

Values:

As an organization:

We value and are committed to delivering patient-centered health care.

We are committed to ensuring quality care for all patients.

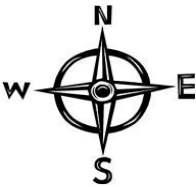
We will strive to provide patients with timely access to care.



Programs and Services:

Social Work:

Our Social Workers are professional counsellors trained to assist individuals and families in resolving problems in their day-to-day lives, such as: job loss or retraining needs (including literacy skills), income supports (filling out forms, navigation through resources or identifying options), parenting issues (learning needs, behavioural issues or family transitions), depression, anxiety or loss, grief, family and/or relationship issues, social and emotional issues.



Well Woman Clinic:

The primary focus of the Well Woman Clinic is health promotion and disease prevention. This thirty minute appointment is scheduled with an RN who will review your health concerns. A variety of topics relating to general health and wellness are addressed, with attention given to breast and cervical cancer screening. Healthy lifestyles, bladder concerns, questions relating to menopause, osteoporosis, bone mineral density screening and immunization updates, are some aspects of women's health concerns that may be addressed through the Well Women Clinic.

North Huron Family Health Team (NHFHT) Programs and Services:



Lung Health

Chronic Obstructive Pulmonary Disorder (COPD):

The COPD program at the NHFHT will help you learn what COPD is, how to properly use your inhalers and medications, breathing techniques to help with breathlessness, and lifestyle choices to control COPD. You can also learn the importance of mild exercise, to improve your lung function and to help you manage your daily activities. This program, offered by our Pharmacist, will provide you with an action plan to help keep you as healthy as possible, and help you deal with flare ups.



S.T.O.P. Smoking:

Quitting smoking is one of the hardest things you will do in your life. Our Pharmacist, who is TEACH Certified (Training Enhancement in Applied Cessation, Counselling and Health) will help you with your plan to quit smoking. Medication is available to overcome cravings for cigarettes. Lifestyle changes to help with the habit of smoking are discussed. The NHFHT is a part of the STOP program, which provides nicotine replacement therapy such as nicotine patches or nicotine gum to you at no charge.



Asthma:

This service will help you understand what asthma is, what can trigger asthma and what you can do to control asthma. This includes proper inhaler technique, learning about other medications you may take, when you may need to increase your medication, as well as, what to do for an asthma attack. This service is offered by our Pharmacist.



Diabetes and Prediabetes:

Our team of Certified Diabetes Educators make up the Diabetic Action Team. The team will work with you to help you learn how and when to test your blood sugar, healthy meal planning, the importance of medication, and other ways to help control diabetes. If insulin is needed, you will be taught how to use the insulin, as well as, how and when to adjust the dose. Other areas of diabetes control such as eating out, travelling, sick day management, and what to do for low blood sugar are all situations that will be discussed. The team also helps those patients identified as prediabetic. You will learn what you need to do to prevent or delay diabetes. You will learn about healthy meal planning, the importance of physical activity, why we eat, SMART goal setting, and what lab work values you need to follow. The team also runs Prediabetic Group Sessions throughout the year.



Medication Assessment:

Our Pharmacist will work with you to understand your medication, what it is for, how and when to properly take your medication, and how to control side effects. The Pharmacist will also work with you and your doctor, to ensure you are on the best possible medication and at the best dose for you. ***Narcotic Contracts/Set Up Renewals available.



Craving Change:

Many people struggle with unhealthy eating habits and wonder why they can't seem to change. If this is your experience then come and join us for a five-session workshop series that is focused on helping you understand "why" you eat the way you do and provide you with the tools to change those troubling behaviours.



Oncology Nurse Navigator:

Undergoing investigations, treatments, palliative support or even survivorship for cancer is extremely difficult emotionally and physically for both patients and families. The Nurse Navigator provides support for patients and family members to help them along in the cancer journey. The Nurse Navigator is a local, single point of contact whom patients and their families can call for any reason. The Nurse Navigator provides patients and families a familiar face and voice, who is there to assist them when they are unsure where to turn.



Travel Medicine:

Every year Canadians make 3 million trips to Mexico and the Caribbean. When on that long awaited trip, many every day vacation activities can put a person at risk for contracting a disease, even if staying in a high quality resort. Pre-vacation planning can help prevent patients from contracting travel related illness to allow full enjoyment of the vacation and future vacations. Talk to our Pharmacist for education on the potential risks you may encounter during your trip and recommendations for vaccines, to help protect you and your family from such risks.

Dietitian Services:

The Dietitian provides nutrition counseling to patients who require education and assistance in dealing with their health problem or illness. The Dietitian focuses on patients with diabetes, heart disease, gastrointestinal diseases, allergies, overweight teenagers and young adults. The Dietitian develops nutrition programs and services to educate patient groups and the general public on good nutrition. The Dietitian works with other members of the Family Health Team to develop programs and services that compliment treatment programs for specific patient groups.



Geriatric Program:

This program is led by a RN (Registered Nurse) with extensive geriatric experience, who supports seniors currently residing in four retirement homes in our surrounding community. Described as "the smiling face of the doctor's office" the RN works as an extension of the primary care physicians and makes visits to each retirement home on a biweekly basis, allowing for patients to be assessed in the comfort of their own home. The RN collaborates and communicates with patients, their families and care providers to assist patients in achieving their health care goals. Our RN can also refer patients and family members to other organizations and professionals for assistance.



Memory Clinic:

Our Memory Clinic is run once a month to assist patients, families and family physicians in diagnosing and managing memory conditions. The Memory Clinic team consists of a physician, nurse practitioners, registered nurses, social worker, pharmacist, CCAC geriatric nurse and an Alzheimer representative. A comprehensive memory assessment is completed with the patient and their caregiver which includes screening for falls, depression, driving safety, medication assessment and caregiver/patient needs. From the outcome of the assessment, suggestions are made to the family physician, patient and families to assist with the care of the patient. Community supports to assist the family and the patient in their home can also be arranged by the Memory Clinic team. The goal of the program is to help the patient maintain or improve independence and quality of life in their home environment.

