

Minto-Mapleton Family
Health Team



Community Quilt

The story how our FHT has
been woven into the fabric
of the community.

Jenny Harrison, RD, Vicky LaForge, RN, Sandy Turner, R.Kin.

Outline

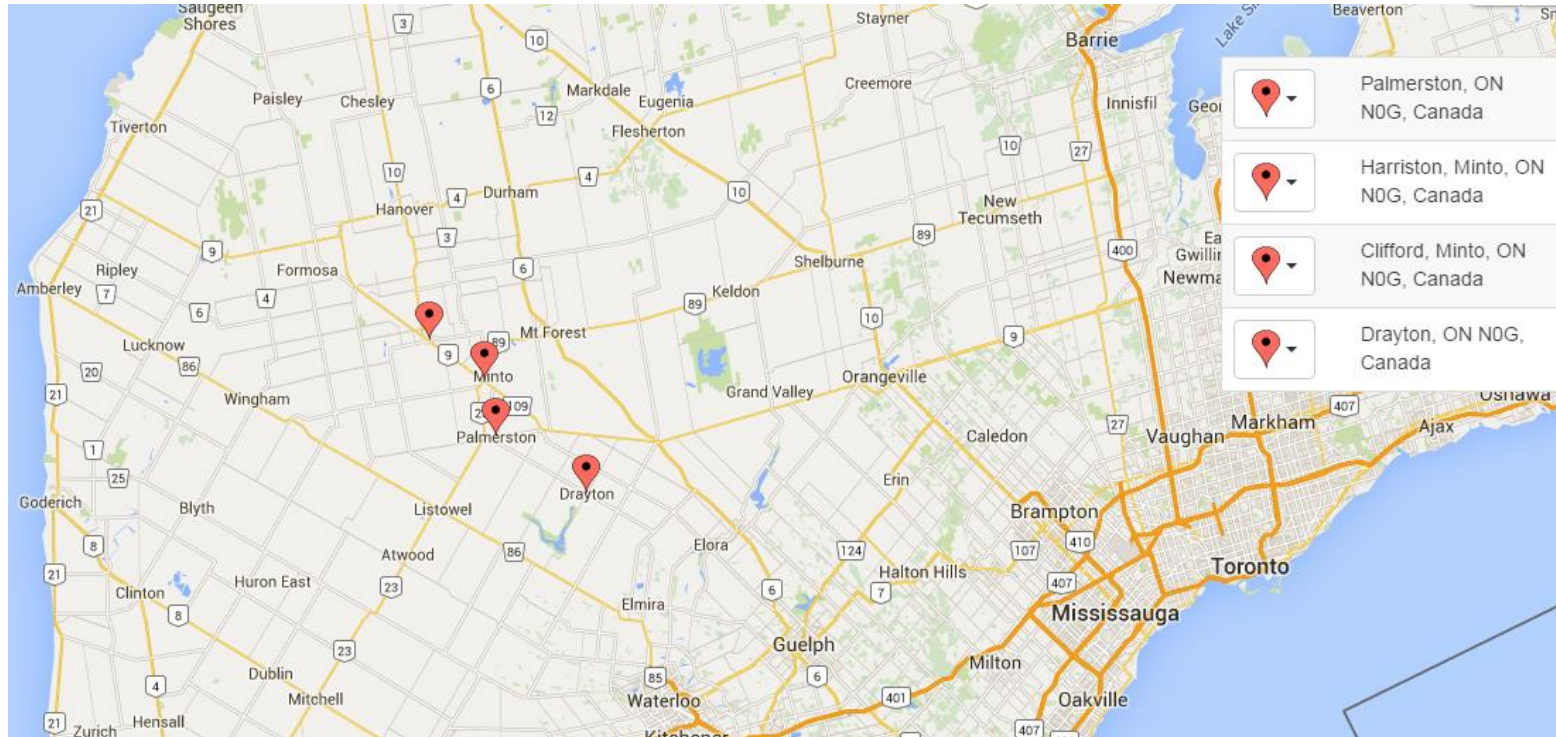
- Our FHT
- Partnerships/Programs/Collaborations
- Challenges
- Future Plans

Presenter Disclosure

- We have no:
 - Relationships with commercial interests
 - Conflicts of interest
 - Disclosure of financial commercial support
 - Grants or research support
- We do have the full support of our FHT,
Executive Director and Board of Directors!

Geography

- Geographical area of close to 850 square kilometres



Minto-Mapleton FHT Staff

- 15,000 patients
- 8 Physicians
- 1 Executive Director (she's amazing!!)
- 3 Nurse Practitioners
- **1 Registered Dietitian**
- **2 Social Workers**
- **1 Chronic Disease RN**
- **1 Registered Kinesiologist**
- **0.2 Pharmacist**
- 1 Physician Assistant
- **2 Telemedicine Nurses**
- 1 Clinical RPN
- 2 Medical Receptionists

Programs

- Activity Counseling
- Cholesterol Class
- Chronic Disease & Chronic Pain Self Management Programs
- COPD / Respiriology Clinic
- CBT / DBT / Grief Groups
- Community Outreach
- Cooking Group
- Craving Change
- Geriatric Psychiatry
- Heart Function Clinic
- Heart to Heart
- Learn 2 Run
- Memory Clinic
- Mental Health Counseling
- Nutrition Counseling
- Pharmacy Counseling
- Pre-Diabetes and Diabetes Clinic
- Smoking Cessation
- Telemedicine Education Sessions
- Telemedicine Specialists Appointments and Clinics
- Walking Groups

North Wellington Diabetes Network

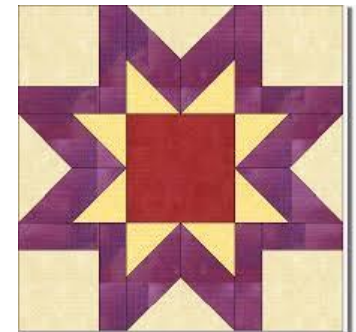
- ◉ 4 local FHTs, 2 DEC's
- ◉ Meet quarterly
- ◉ Defined patient flow
- ◉ DEC Role
 - ◉ Newly diagnosed pts, T1DM, pts on insulin
- ◉ FHT Role
 - ◉ Stable T2DM with A1C at target

Diabetes Educator, Marg



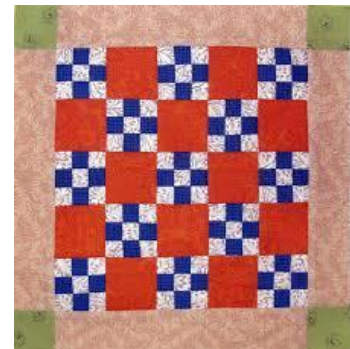
Shared Accomplishments

- Shared custom forms
- Peer-led foot care groups
- Shared education
- Monthly newspaper articles
- Care pathways for gestational diabetes
- Education for newly diagnosed
- Annual diabetes fair
- Working groups to identify gaps



Seniors' Centre for Excellence

- Support services and programs to keep seniors living at home longer
- Walking groups
 - Chronic Disease Self Management
- Congregate dinning
- Cooking classes
- Advertising and recruitment



SCE Coordinator, Helen



Upper Grand District School Board

- Funding through school board for programs in our high-needs area
 - Cooking class with walking group (2yrs)
- Funding provided:
 - Demonstration kitchen
 - Groceries
 - Printing for handouts
 - Pedometers



Communities *in Motion*

- Committee members: FHT, SCE, WDG Public Health, Town of Minto, Township of Mapleton
- Supported Projects:
 - In motion BINGO
 - Pedometers in libraries across County
 - Daily physical activity tool kits to local schools
 - Swim passes
 - Free skating
 - Try-It recreation programming

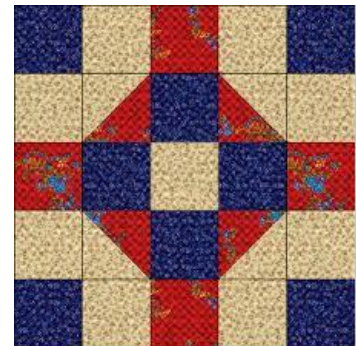


Recreation Services Manager, Matt



Minto-Fire Department

- Safe Kids Day
 - Enhanced with nutrition and activity content
- Learn to Run
 - Expanded prevention to local fire fighters and families



Fire Fighter, Judy



Early Years Centre

- Meet parents “where they’re at”
- Educational sessions
- Provide free childcare for our programs

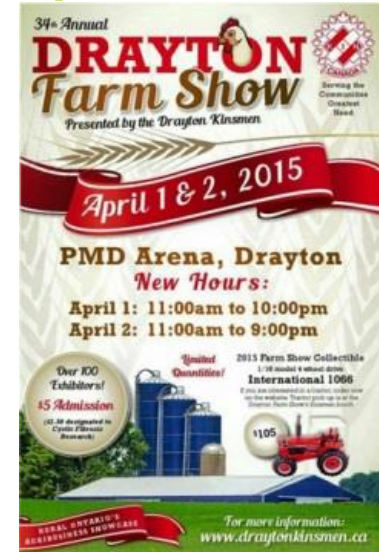


Dietitian, Paula Early Years Centre, Krista



Hypertension Partnerships

- Drayton Kinsmen Farmshow
 - Free space and advertising
 - 3,200 attendees annually
- Other events:
 - United Church Womens' Institute
 - Flu clinics
 - Postal workers
 - TOPS
 - Red Hat Society



Community Member, Susan



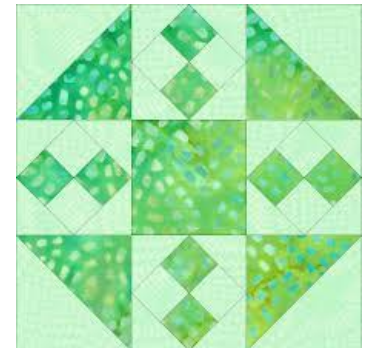
OTN – Pulmonary Rehab

- Groves Memorial Hospital, 3 local FHTs
- Shared resources
- Shared technology
 - Be prepared....when all else fails...
- Defined roles
 - Educators within scope of practice
 - More staff support and flexibility



Local Volunteers

- Cooking class
- Walking group
- Benefits:
 - Reduced staff needs
 - Cuts down prep and clean up time



Walking Champion, Mary



Newcomer Group

- Local Public Health Unit has been building relationships with the community Low German speaking Mennonite women
- Addressing need, impact, capacity, partnership and collaboration



Successes

- ◉ Link to existing Public Health program
- ◉ Opened the door to a population not typically seen by FHT
- ◉ Increase level of expertise and experience about mental health
- ◉ Utilization of local churches to host program

Social Workers, Joanne and Kathy Public Health Nurse, Patti



Local FHTs

- Reciprocal referrals to groups not offered at own FHT
- Refer patients with transportation issues to closest FHT
- Close director relationship, saves time
- Apply for grants/funding as a group
- Shared staff



Challenges

- Preventing duplication of services
- Communication
- Working off-site
- Funding changes
- Technical difficulties
- Weather
- Transportation
- Staffing

Outreach Worker, Jesse

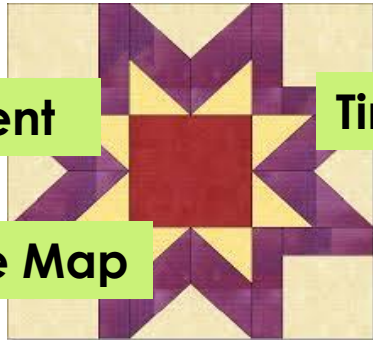


Community Quilt

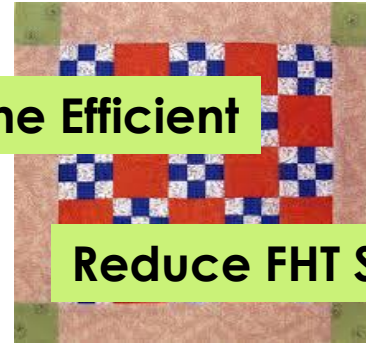


Advertisement

Universal Care Map



Time Efficient



Reduce FHT Staff Needs



Supplies

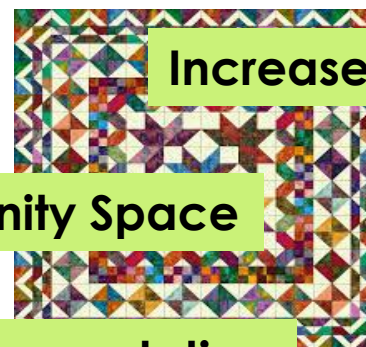


Variety of Educators

Recruitment



Free Community Space



Increased Reach



Child Care

Common Electronic Documentation

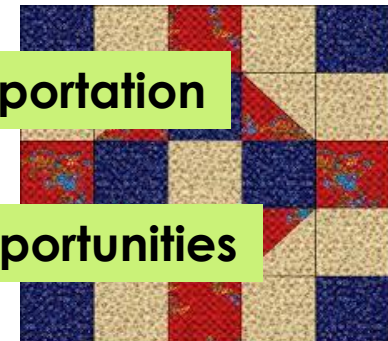


**Shared Professional
Development**



Reduced Transportation

Free Exercise Opportunities



Our Goal

- Partnerships help us provide more sustainable resources and programs to our rural community
- For our rural patients to feel they have the same access as their urban counterparts



Future plans...

- ◉ Continue existing successful partnerships
- ◉ Development of quantitative measurement tools for new programs
- ◉ Keep eyes open for new collaborations
- ◉ New community space with potential new partners not yet reached
- ◉ More peer-led opportunities

What about you?

- Please share the types of community partnerships you have been successful with...or, not so successful with...
- Questions?

Thank you!

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