

ASSOCIATION OF FAMILY HEALTH TEAMS OF ONTARIO

BRIGHT LIGHTS AWARDS

2021

Nomination: Demonstrating a community response to COVID-19

AURORA-NEWMARKET FHT

The Aurora-Newmarket FHT Postpartum care and education series.

“You are not alone- Expanding into a new virtual environment!”

COVID-19 changed the world overnight and accordingly our team changed how care, services and education are delivered to keep up with community needs. Our team recognized the need to change how support was provided for families with newborns. Postpartum education is vital in identifying potential issues in early stages, is shown to reduce recovery time after giving birth and leads to enhanced milk supply. Providing virtual education sessions hosted by the Nurse Practitioner, Registered Nurse, Registered Dietitian, Social Worker and Occupational Therapist provided much needed education for families and mental health support needed during COVID-19 with real time shared experiences.