

North York Family Health Team

February 2015

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Welcome

The NYFHT is very pleased to announce several new staff members who have recently joined our team:

Samantha Kennedy joined us as a new Registered Nurse; Joyce Lo as Project Co-Coordinator; Carlene Ling as Administrative Assistant and Kandis Farr is our Pharmacy Student.

Get Moving Program



Martha Garrick (Left) & Erica North (right)

The **GET MOVING** physical activity class is about teaching patients to learn more about being active to help prevent illness and stay healthy.

The **GET MOVING** physical activity classes runs over four weeks. The program has 10 minutes of healthy lifestyle teaching and followed by 45 minutes of activity led by Certified Exercise Physiologists. The goal is to give patients tools and skills to lead a more active life.

Which Meningococcal Vaccine, When, and For Whom?

Our FHT pharmacist Rita Ha, is currently working on two information sheets that address all available meningococcal vaccines. There will be a one-page handout for patients, and a slightly longer reference sheet for clinicians. The aim is to make things more clear as information seems to be coming from a variety of sources in the community with differing levels of reliability.

Our new NYFHT resource draws directly from NACI in terms of what is guideline-based. It addresses the issue of provincial coverage, and lists approximate prices for each vaccine.

Rita will be offering Lunch and Learn sessions to review the information as well, so stay tuned!



QI Corner

Physicians, watch for the arrival of the envelope with your NYFHT QI Results. Marjan Moeinedin, our QI Decision Support Specialist, has created a summary for each of physician. It contains data at the individual, FHT, and province-wide level (where available). The reported pillars are access, patient-centeredness, population health (cancer screening and influenza vaccination) and integration. The FHT-wide data is reported to Health Quality Ontario each spring. Thank-you Marjan!



The quality of care that we are able to provide patients is enhanced each year through the planning and hard work of our NYFHT staff. Our Allied Health Professional are currently working on the Quality Improvement Plan for programs and services for the upcoming year. The Quality Improvement Plan will be guided by the HQO provincial priorities of patient Engagement, integration, coordination and quality.

Choosing Wisely Canada

You may know that Choosing Wisely is an effort to encourage conversations between providers and patients regarding the necessity of medical tests. Choosing Wisely started in the US, and is a global effort involving many European countries, Australia and Japan.

University of Toronto and the College of Family Physicians of Canada are looking at how to measure these interventions in primary care. At NYFHT, we as physicians are well positioned to make improvements and measure them. The link has been included below to the evidence-based patient materials on the Choosing Wisely website.

<http://www.choosingwiselycanada.org/materials/>

NYFHT T-Shirts For Sale



T-Shirts are for sale in the FHT management office. (240 Duncan Mill Road, Suite 301). The cost is \$10.00 each (*cash only*). The sizes available are S, M, L, XL, and XXL.

Locum & Permanent Opportunities for Physicians in Ontario

Supporting rural and more remote areas was discussed at a recent all FHT meeting by the physicians. If you know of any physicians who are tired of a busy urban life or new physicians looking to start out: Manitoulin Island has opportunities. It is considered rural so very favorable pay (not fee for service) with excellent vacation due to good network of locum relief. Rotations do involve ER, clinic and in hospital. It is a beautiful island full of lakes and surrounded by water. Please contact Sue Griffis, via email at sgriffis@nyfht.com if you have questions as she knows the area well.



Social Work at the NYFHT

The NYFHT Mental Health Program consists of 7 MSW social work clinicians and 1 Case Worker.

The Case Worker supports patients with system navigation, financial supports, housing supports and resources.

The Social Work clinicians offer both individual counselling and group programs.

The individual counselling is based on a short term model (8 sessions). Counselling modalities are based on the assessed patient needs and can include supportive counselling, motivational interviewing, solution focused therapy, cognitive behavioral therapy, mindfulness based therapy and system navigation.

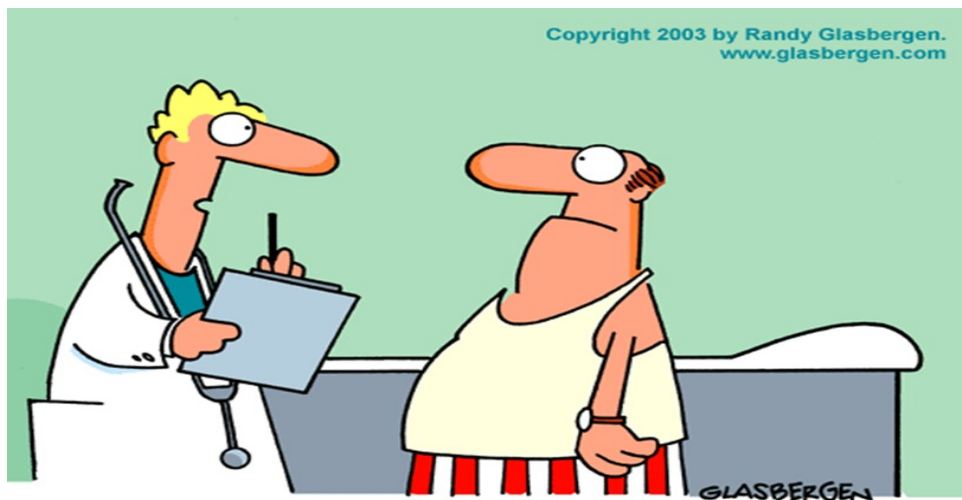
Group programs are 8 week psycho-education groups based on skill building and self-management. The 4 groups offered are CBT for Depression, CBT for Anxiety, Self-esteem and Assertiveness, Mindfulness Based Cognitive Therapy.

Wellness at NYFHT

As health care providers, we look after the wellness of our patients but who looks after us? A NYFHT Wellness Committee has been formed to support Wellness at the FHT. The Committee will meet monthly and will organize outings and workshops for all FHT staff including individual physician offices. Anyone interested in being a part of the committee, please contact Diana Addeo at daddeo@nyfht.com.

A survey will be sent to all staff to determine where our “Wellness” needs are within the upcoming weeks. This is NYFHT employee staff driven and your input matters.

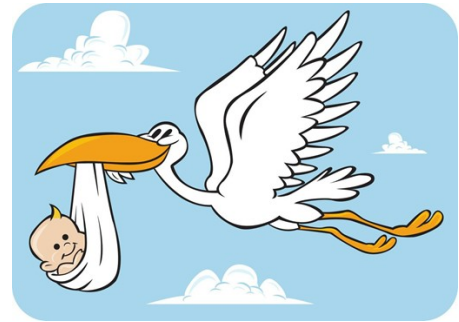
A special Thank you to *Erika North* for arranging our first staff event. Several staff members participated in a Ski day on Saturday, January 17, 2015 at Albion Hills Conservation Area.



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

Baby News

Congratulations to Christine Truong,
Pharmacist, on the birth of her son Logan,
January 5, 2015.



Upcoming Events

COPD Team Learning Session 2

Date: February 26, 2015

Time: 5:30 to 8:00 p.m.

Location: 240 Duncan Mill Road 7th Floor Boardroom



Motivational Interviewing Learning Sessions

Dates: February 25, 2015 & March 11, 2015

Time: 8:00 am to 12:00 pm

Location: 240 Duncan Mill Road 7th Floor Boardroom

Evidence-Based Teaching in Curriculum Design

Date: March 31, 2015

Time: 1:30 to 4:00 p.m.

Location: 240 Duncan Mill Road 7th Floor Boardroom



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North York Family Health Team Management Office

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