Demonstrating the Effectiveness of Primary Care Teams in Prevention and Wellness

2023-2024

NORTH YORK FAMILY HEALTH TEAM

Working collaboratively as a team, we partner with patients, their families and our community on their journey to better health and wellness. NYFHT partners with 94 physicians across 20 clinics in North York providing access of care to 91,348 individuals.

DIABETES PREVENTION AND CARE

Improved A1c levels

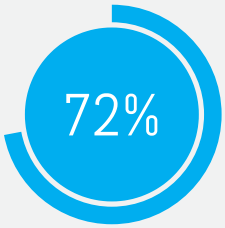
of those enrolled in our Diabetes Education Program

Regular Diabetes Testing: A1C

% **of Patients with Diabetes**

aged between 40 and 80 who have had 2 or more HbA1C tests per year

Our Average



VS

Most of our Clinics
62-80%

Our best Clinic
88%

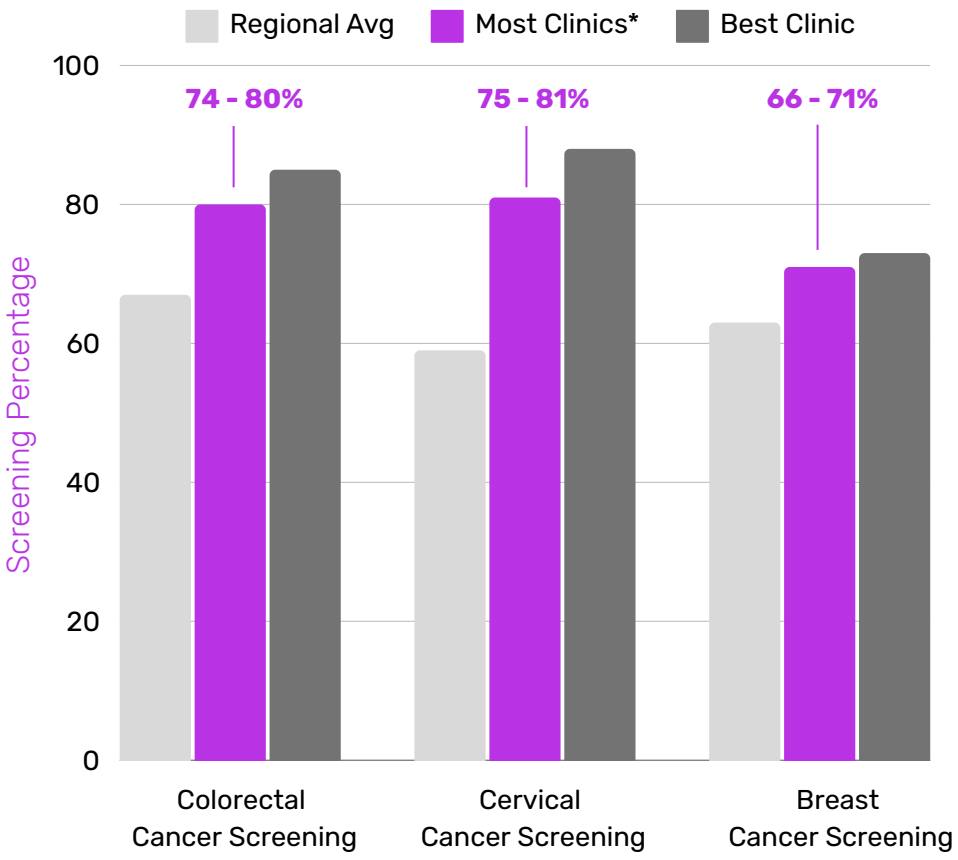
Regional Average
53%

Our chiropodist has helped prevent the development of a new foot ulcer in 148 patients who were at risk for one.

CANCER PREVENTION

Our Cancer Screening rates are well above regional averages

Across our 20 offices:



*defined by 75% of offices

Colorectal Cancer Screening
Percentage of patients (both male and female) aged between 52 and 74 who have had a FIT test in the past two years or a colonoscopy in the past 10 years

Cervical Cancer Screening
Percentage of females aged between 25 and 69 who have had a Pap test/Pap smear in the past 3 years

Breast Cancer Screening
Percentage of females aged between 52 and 69 who have had a mammogram in the past 2 years

Colorectal Cancer Survivorship

NP-led program that follows patients who have completed treatment for their stage 1 -3 cancer at the hospital

5% Cancer Recurrence Rate

WELL BELOW
our target of
10%

Very **POSITIVE FEEDBACK** on this **AWARD WINNING, INNOVATIVE PROGRAM**

NUTRITION COUNSELLING

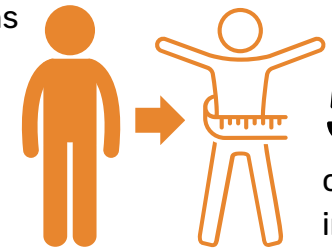
Our patients report they have gained the necessary knowledge, skills and/or tools after individual counselling

They feel confident in making health changes after attending a nutrition group program

For those targeting weight loss

Within 6 months

61% LOST



5% of their initial weight

Patient comments

In just one phone appointment the dietitian zeroed in on my concerns quickly and offered great support and advice that was professional and compassionate

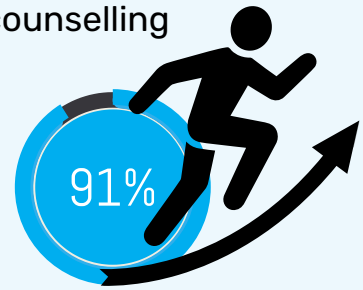
The dietitian took time to get to know me and understand what my health needs. She provided helpful suggestions with the rationale. I am encouraged to follow up in a few weeks with what I expect will be the start of a positive outcome

I feel that my dietitian asked me the right questions and engaged in meaningful conversations relating to my lifestyle and daily dietary habits. Her knowledge and expertise helped me better understand my specific challenges relating to food intake and diet planning. Very knowledgeable and insightful professional. Thank you so much

It is helpful in that there is a Dietitian helping you to be more accountable in maintaining a more healthy dietary lifestyle

MENTAL HEALTH AND ADDICTIONS

Of patients seen for individual counselling



Improved in their Generalized Anxiety Disorder Assessment (GAD-7) Score
(Target 60%)

With the help of our Resource Navigator, patients are reporting they are receiving timely access to the care they need

SMOKING CESSATION

After entering the program

6 months

41%
quit or reduced smoking

12 months

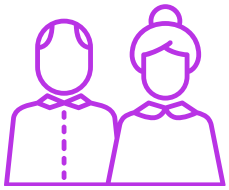
37%
quit or reduced smoking

Target 40%

SENIORS WELLNESS

882 Patients Screened

by our Nurses for falls risk



Patients aged 75 + with Osteoporosis or Osteopenia were screened by our Nurses for a falls risk and was followed up with appropriate supports

40 Seniors

seen in their homes by the NP

Seniors who have trouble leaving their homes to receive regular primary care were seen in their homes by the NP, helping to prevent a potential paramedical or hospital emergency department visit

INCREASING ACCESS TO PRIMARY CARE IN THE COMMUNITY

Working through our Ontario Health Team we are bringing prevention and wellness care to equity- deserving seeking populations, in particular those who do not have access to primary care

101 Individuals Seen

through Community Clinic by NP

84 Individuals Screened

for cervical or breast cancer

SUSTAINABILITY

105 Patients
who came off or switched to a more environmentally sustainable medication inhaler

OVERALL

91,348 Patients
with access to Team Based Care

25,031 Distinct Patients Seen

53,265 Total Encounters