

Welland McMaster Family Health Team

Spring Newsletter

2021



Welland McMaster
Family Health Team

Our Vision: To significantly improve the health of our community.

Featured Service

Heart Failure

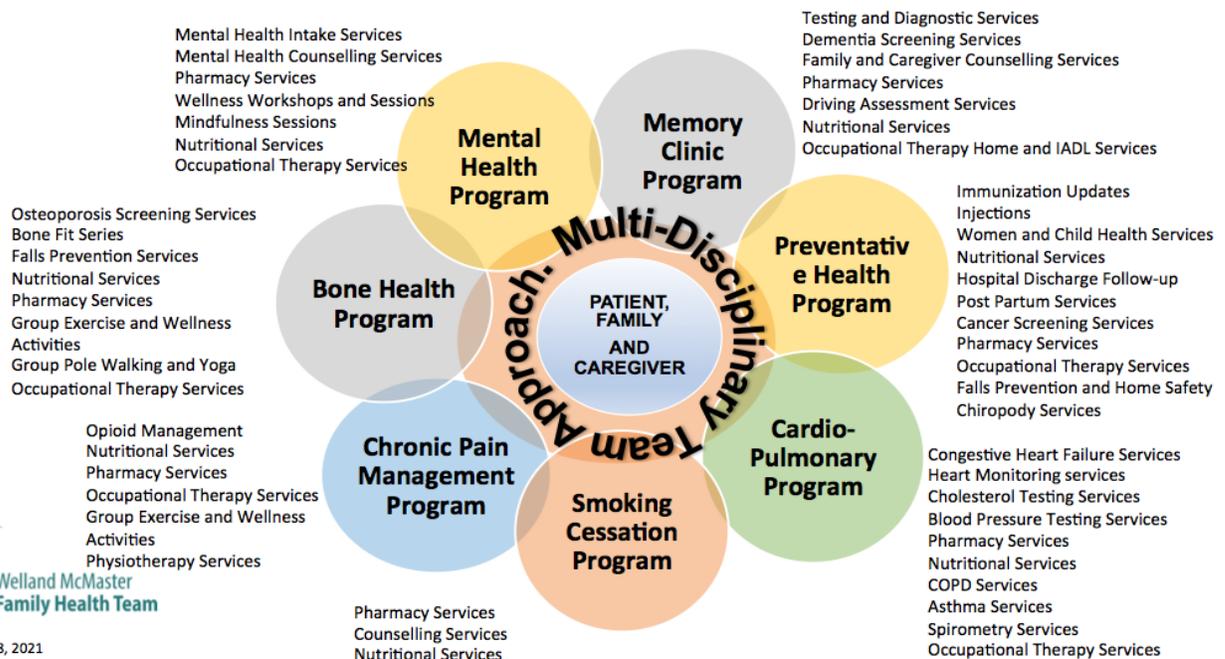
Many patients wrestle with the challenges of Congestive Heart Failure (HF) having multiple specialists, diagnostic tests and labs, as well as prescriptions to manage. Knowledge and early identification of worsening symptoms can improve quality of life and reduce hospitalizations. Our part-time Nurse Practitioner, Lois Barlow, is here to help you! Our multidisciplinary team will support you with a chart review, medical exam, and healthy lifestyle education by our NP, and if required, medications review by our Pharmacist and a home safety assessment by our Occupational Therapist.

Community Collaborations

Hope Centre – The Hope Centre serves some of Welland’s most vulnerable citizens. We are pleased to announce that our new Nurse Practitioner is providing care to this population, many of whom do not have access to a family doctor.

Migrant Worker Clinic – This year we will be offering virtual clinics to the Seasonal Agricultural Workers of South Niagara. They have limited access to medical care, and so we have partnered with local Spanish-language translators to provide health services to this vulnerable group.

WMFHT Programs and Service Teams **Connecting the Dots and Enhancing the Patient Experience** **with a Multi-Disciplinary Approach to Patient Health Care**



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For more information call 905-734-9699 ext. 3, follow us on Facebook, or visit our website: www.wellandmcmasterfht.com

Staff Profile: Lois Barlow, Nurse Practitioner

We are pleased to welcome Lois Barlow, your new part-time Nurse Practitioner (NP)!

Lois began her NP career at the NOTL Family Health Team shortly after completing her Masters in Nursing along with Advanced Nursing Practice degrees. Prior to joining WMFHT, Lois was one of 35 NPs working in Long Term Care Homes across the province. The goal was to deliver primary care services to our frail elderly on a daily basis. The familiarity and trust that develops with a dedicated NP in a LTC Home resulted in improved quality of care and reduced hospital transfers.

Lois has a special interest in helping to improve quality of life for those living with Heart Failure. As part of our team, Lois can continue to manage acute illnesses and preventive care for our patients while providing support to those wanting to better manage their chronic health conditions.

Lois says, *"Each person has value and deserves care. My career in nursing has provided me the opportunity to help people achieve their goals and find pearls in the sand. There is no greater reward. As said by Ralph Waldo Emerson, "To know even one life has breathed easier because you have lived. This is to have succeeded."*

Upcoming Events

Due to COVID-19, many of our group services have been temporarily suspended.

Please check our Facebook and website for details about when our groups will resume, including Forest Therapy and Urban Pole Walking.

Mental Health Webinar Series – Stay tuned to our Facebook & website for dates!

www.wellandmcmasterfht.com/events

Did you know...?

WMFHT became a partner of the Niagara Ontario Health Team (NOHT) in January 2021. The goal of NOHT is to deliver a full and coordinated continuum of care for patients and caregivers by:

- Creating and expanding on current partnerships to improve our residents' experience;
- Working together with community partners to make it easier for patients to navigate the system and transition between healthcare providers.

We are proud to be a partner of the Niagara Ontario Health Team!

WMFHT Successes

On April 27, 2020 our Registered Nurses began taking phone calls from patients who were concerned they may have COVID-19. Along with providing education and reassurance to patients, this service helped divert over 1100 phone calls from Niagara Region Public Health and resulted in over 900 referrals to Niagara Health for COVID testing.

In another effort to provide a needed service to our patients while aiding our colleagues at Public Health, our RNs contacted and updated the immunizations of 117 Grade 7 students from our practice who had missed their shots due to school closures in spring 2020.