

# WWLHIN Virtual Telemedicine Nursing Team Newsletter



VOLUME 4 ISSUE 4

OCTOBER 1, 2016

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## Minto Mapleton & Mount Forest Family Health Teams

The Minto-Mapleton, and Mount Forest FHTs love to plan education for patients, as we all know the importance of prevention and symptom management.

This Fall 2016, we have planned to run a Fibromyalgia session every Tuesday, October 25th to November 29th, from 10am to 12pm. We will have numerous guest speakers including Susan McAuslan from the Arthritis Society, a clinical Pharmacist, Registered Dietitian, Kinesiologist and Social Worker. They will present their expertise on the subject of fibromyalgia and symptom management.

We will also be running a Rheumatoid Arthritis educational session on October 4th, 11th, & 18th, from 9:30am to 12pm. We are excited to have Susan McAuslan present this event as well, along with our Pharmacist and Dietitian.

We have had great feedback about these programs in the past, and are excited to offer these events once again. If you would like to register your site, and join in on the fun, please contact any Telemedicine Nurse at 519-638-2110. We look forward to connecting with you!

## Kitchener Downtown Community Health Centre

KDCHC is looking forward to offering a variety of programs through OTN in the fall! Through networking and meetings with other nurses throughout the region, we are able to piggyback onto other programs and groups that are running within our community partners! It is our patients who benefit in the end, with access to several different programs all at once, regardless of where they are located!

"It is like being a part of three CHC's at the same time!" - group member

"This is great—I like coming where I am comfortable." - group member

Leanne Seguin is working with other staff members at KDCHC to hopefully utilize some of the programs offered and make them available to other sites! Stay tuned for more information on this to come!



## Guelph Community Health Centre

Monica Dudley, RN, Telemedicine Nurse from the Guelph Community Health Centre, is involved in a new partnership with Stonehenge Therapeutic Community in Guelph for the Smoking Treatment for Ontario Patients (S.T.O.P.), Nicotine Replacement Therapy (NRT) program.

Stonehenge has added two satellite clinics for the Guelph CHC S.T.O.P program, one at each of their Westwood and Wellington sites.

Residents from Stonehenge will meet with Monica, S.T.O.P Facilitator, for one-half hour counseling sessions and to receive the NRT products forwarded from the Guelph CHC. Stonehenge staff at each site will assist with product distribution and support residents as needed throughout the process.



### Stonehenge Therapeutic Community & House of Friendship

Stonehenge is continuing their partnership with the Guelph Community Health Centre for Primary Care Clinics with Dr. Risa Adams—Dr. Adams attends at Stonehenge's Westwood site once weekly to facilitate management of resident health concerns, as well as assess for Referrals to Psychiatry, alongside Stonehenge's partnership with the Canadian Mental Health Association with Dr. Andrea Alvarez. Once per month, Primary Care Clinic with Dr. Adams is held via OTN through the Guelph CHC.

In addition, Stonehenge has partnered further with the Guelph CHC in adding the Smoking Treatment for Ontario Patients (S.T.O.P.) Nicotine Replacement Therapy, facilitated by Guelph CHC's Telemedicine Nurse, Monica Dudley. Monica facilitates one-half hour counseling sessions via OTN at both their Westwood and Wellington sites: Stonehenge staff to arrange for product distribution and support to Stonehenge residents as needed when she is not available.

Dr. Steele continues with Opioid Replacement Therapy once weekly via OTN, again at both of the Westwood and Wellington sites, providing assessment and follow-up for residents in the treatment program.

House of Friendship continues its weekly Applicant Screening Sessions for Intake to both their residential addictions treatment programs via OTN, as well as having residents take part in educational sessions via OTN. Addictions Supportive Housing (ASH) continues their networking through OTN across the province, as well, Administrative meetings continue on. Educational sessions are also offered weekly for HoF staff.

## Minto Mapleton Family Health Team

The Minto Mapleton Family Health Team have recently begun to submit referrals to LMC Diabetes & Endocrinology for telemedicine consult appointments. The LMC telemedicine service is dedicated to the provision of medical consultation and follow up services for Diabetes & Endocrine conditions to individuals over the age of 18 living in the various LHIN's.

Patients may be referred for assessment of the following conditions:

- Diabetes consultations (newly diagnosed, Type 1 & Type 2, gestational, pump patients)
- Diabetes Transition Patients (teens & young adults with diabetes transitioning to adult programs)
- Thyroid Consultations
- Endocrine Consultations (metabolic disorders, PCOS, hypogonadism, etc.)
- Lipid Consultations
- Osteoporosis Consultations



Our first clinical consult with the LMC was with Dr. J. Vecchiarelli in August, and a great positive first appointment experience for our Family Health Team. We were able to host the patient from their family physician home office location. Dr. Vecchiarelli's positive patient caring was provided efficiently through telemedicine and ample time was given for patient questions.

Both the patient and parent were very appreciative that this appointment could be arranged so close to their home. This eliminated costs and travel time they would have incurred if they would have needed to travel to their specialist's appointment in the city. A follow-up appointment has been booked through OTN in order to review requested tests by the specialist.

Please see the comments from the specialists who provided their services through OTN, from the LMC on the next page!





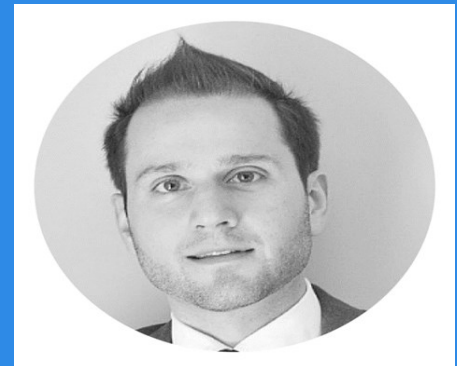
The Minto-Mapleton Family Health Team look forward to working with these specialists in the future to provide excellent service and patient experiences.

**Dr. Oren Steen**

“I have been providing telemedicine services for over a year, and it has been a very successful experience. I find it extremely gratifying looking after patients who would otherwise not have ready access to an endocrinologist. I look forward to meeting your community’s endocrinology needs.”

**Dr. Jon Vecchiarelli**

“It has been a pleasure to be working with different communities and providing endocrine services through OTN. We were able to connect with patients in remote communities and provide the high level of care, something the patients may not have taken advantage of otherwise. We are excited to continue to provide this expertise and are optimistic about future offerings.”



**Dr. John Mihailidis (no picture available)**

“Providing telemedicine is a benefit to both physicians and patients alike. OTN allows me to provide needed resources and timely care to patients in distant communities who may otherwise have difficulty gaining access to medical specialists. This allows patients to be diagnosed and treated earlier often improving health outcomes.”



## TELEMEDICINE NURSING TEAM MEMBERS

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## News & Updates...

Jennifer Farah, from the Centre for Family Medicine will be receiving some assistance with her role, effective September 30th — her colleagues, Matt Smith & Sylvia Decker will be absorbing a portion of Jennifer's role due to some internal changes, however, she will continue to manage and coordinate many of the OTN appointments. Matt Smith ([matt.smith@family-medicine.ca](mailto:matt.smith@family-medicine.ca)) Sylvia Decker ([Sylvia.decker@family-medicine.ca](mailto:Sylvia.decker@family-medicine.ca))

Paula McClintock will be leaving her position at the East Wellington Family/Upper Grand Family Health Teams effective October 6th — along with her family, Paula will be pursuing another path in nursing, to allow for a geographical change and more time with her family up north—it has been a pleasure working with you Paula, and we wish you the best in your future endeavours!



This is the fourteenth edition of a newsletter specific to Telemedicine in the Waterloo Wellington LHIN. The next issue will be released on January 1st, 2017. Subsequent editions will be released quarterly.