

# PFHT Programs

The Peterborough Family Health Team (PFHT) works in conjunction with local family doctors to provide primary health care to more than 110,000 patients in the City and County of Peterborough. To support family doctors as much as possible, and ensure the community receives a wholesome care experience, PFHT created a variety of programs and services for patients under the care of a collaborating doctor.

To establish a holistic approach to primary health care, PFHT incorporates the outstanding and experienced allied health professionals that consist of nurse practitioners, mental health clinicians, pharmacists and registered dietitians. These talented health care providers have an essential role in the development of new programs and services; as front line providers, the allied health professionals have a good understanding of the patients' needs and the direction the program should go to meet those demands.

"Working closely with the allied health professionals allows my patients the opportunity for a more holistic health care experience," says Dr. Don Spink, family doctor with the Greater Peterborough Family Health Organization, a unit that works within the PFHT.

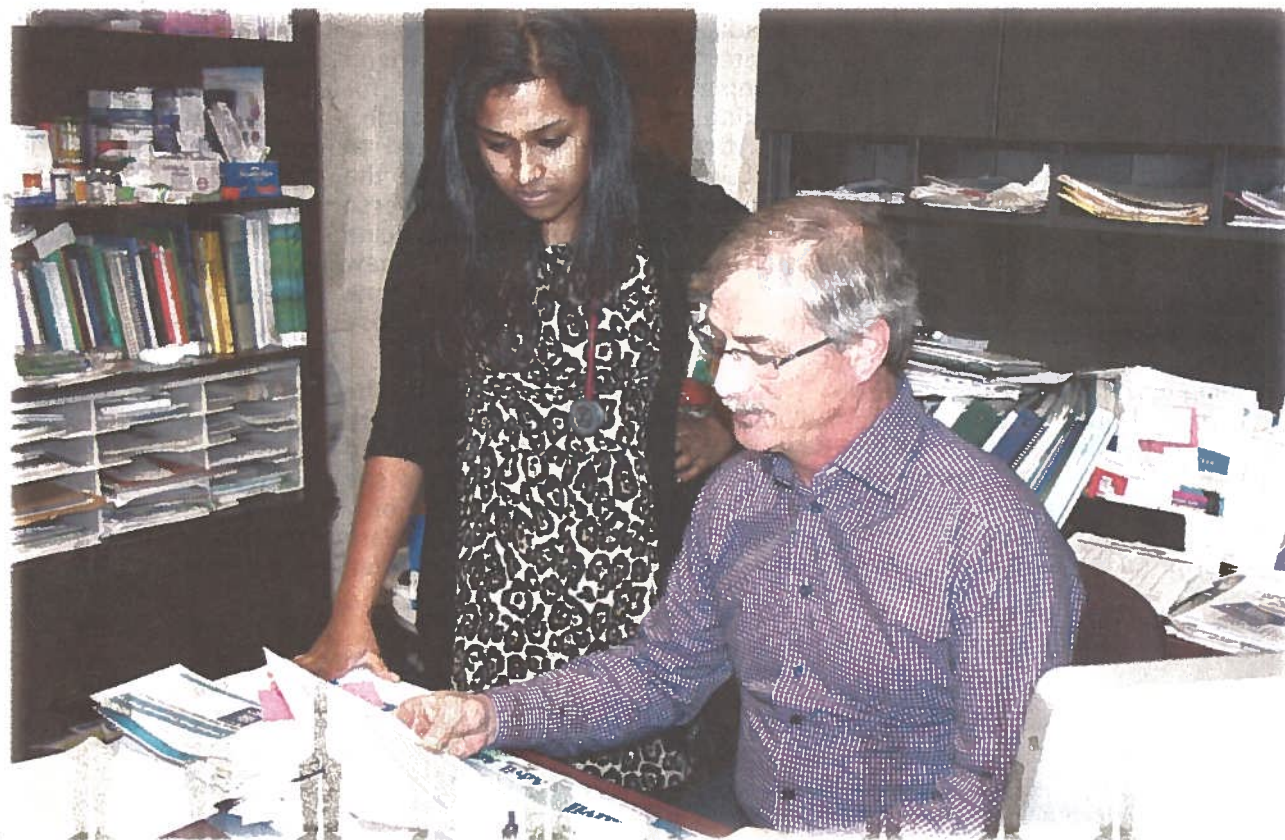
"We are grateful to have these programs, clinics and services available to our patients. When I refer them to a service, such as the INR clinics, I can trust that the pharmacist will provide a high-quality of care and maintain the patients targeted levels. This model of care that incorporates many different professionals only improves that access to care for the community."

PFHT offers a variety of programs, however the bulk of them focus on the nutritional and mental health of the patient. The programs offer additional resources that allow the patient to receive the care they require in a timely manner. Furthermore, the allied health professionals continue to educate patients to live a healthier lifestyle that contributes to their overall health.

The nutrition programs, offered by the registered dietitians, include: *Craving Change™*, *Diabetes Prevention*, *Heart Health* and *Congestive Heart Failure*. Each of these programs help to expand a person's knowledge of nutrition and the impacts it has on their life.

The *Craving Change™* program operates in a group setting focusing on why people eat the way they do and identify problematic eating behaviours that can be changed. Similarly the *Heart Health* program and *Diabetes Prevention* program are also offered in a group capacity and promote healthy lifestyle changes that support the health of a patient's heart (*Heart Health*) and can delay or even prevent diabetes (*Diabetes Prevention*).

It's been proven that lifestyle changes related to nutrition can drastically change the health outcomes for a person. For example, when a person has been diagnosed with Congestive Heart Failure (CHF) the



heart muscle may not pump the blood as well as it should. Nutrition plays a significant role in the self-management of this disease; if a patient changes their lifestyle and is aware of the food eaten, they should be able to manage their CHF, leading to a better quality of life, while still living with this disease.

Throughout the past years, society has worked towards breaking the negative stigma associated with mental health issues. PFHT understands it is imperative to aid patients who are in need and to guide them to the most appropriate avenue for help. When the organization began to create the mental health programs, they focused on devising a group course that was aimed at patients who encountered repeated bouts of depression, chronic unhappiness, anxiety, or experience stress or challenges in any areas of their life.

Two of the mental health programs offered by PFHT include the *Mindfulness and Mindfulness Cognitive Based Therapy (MBCT)*. *Mindfulness* is a program offered to people having trouble managing their stress by teaching them to implement mindfulness meditation in everyday life, allowing participants to ground themselves in the present moment, to disengage from worries about the future and regrets of the past. This program would not be possible if it were not for the generous fundraising efforts made by the Greater Peterborough Health Services Foundation.

The MBCT program targets those who suffer from bouts of depression, chronic unhappiness or anxiety. Similar to the *Mindfulness* program, MBCT incorporates meditative practices and attitudes based on the cultivation of mindfulness along with cognitive therapy.

"When I refer my patients to the *Mindfulness and Mindfulness Cognitive Therapy*, I know they will help them to build a skill set that will help cope with conditions such as anxiety, depression, panic disorder, chronic pain and much more," explains Dr. Spink. "These dedicated professionals have been able

to offer my patients the skills that I could not teach in one scheduled appointment. By referring my patients to *Mindfulness*, the over access to our local health care system has improved."

One of the most popular programs of PFHT is *FHT to Quit*. With the assistance of their pharmacists, mental health clinician and registered nurse, this smoking cessation program has helped many patients kick the habit. Patients involved in this program initiate with a group intake to help our clinicians determine who is truly ready to start the journey of becoming a non-smoker. Patients in this program have the opportunity to receive support counselling relapse prevention, pharmacotherapy and free nicotine replacement therapy.

PFHT continues to offer and create programs and services to meet the needs of patients living in the City and County of Peterborough. By working closely with their allied health professionals and the Greater Peterborough Health Service Foundation, you can be assured that this organization will continue to put patients in the centre of their care.

## PFHT Information

- The INR Clinics are a unique service to PFHT patient who are on blood thinning medication and require their blood clotting time to be monitored.
- In the past, PFHT patients had to go to a busy blood lab once a week and after this visit the patient would wait for their doctor to get the tests results.
- The INR Clinic incorporates a specially trained pharmacist who is able to test a patient's blood through a simple pin prick in the patient's finger. This procedure not only gives the patient better access to care, it can also save the system money.