

Northern Rockies Regional Municipality Community Health Plan

April 2019 Quarterly Newsletter



In the Fall of 2017, more than 500 community members residing in Fort Nelson & the Northern Rockies shared their views on health by taking part in questionnaires, meetings, and interviews. Using this feedback, the **Community Health Plan: Looking to 2020** was created.

Together the Northern Rockies Regional Municipality, Fort Nelson First Nation, and Northern Health have formed a steering committee to act on the identified priorities. Shayna Dolan has been hired as the jointly funded Community Health Plan Implementation Lead. Shayna recently completed her master's degree in Community Health Sciences and can be reached at sdolan@northernrockies.ca

The Community Health Plan has 6 priority areas (in no particular order):

- Increase efforts to recruit and retain health care providers
- Improve health care travel services
- Improve maternity care
- Increase visiting health services and the use of telehealth
- Improve cancer care locally
- Improve mental health and substance use services

You can pick up a copy of the Community Health Plan at the Town Office or view online by visiting **NorthernRockies.ca > Residents > Health Services > Community Health Plan**

We are looking for residents passionate about any of the above priorities to get involved!
Contact Shayna for more information



Northern Health News...

Upcoming Ultrasound Dates

May 6 - May 10	last appointment 10:00am
June 3 - June 7	last appointment 10:00am
July 29 - Aug 2	last appointment 10:00am
September dates	TBA

As always, appointments must be scheduled in person, at Medical Imaging, and only with your Doctor's referral.

For more information, please contact (250) 774-8136



Telehealth

Telehealth uses different kinds of technology to provide healthcare right in people's own communities, with no need for travel. Talking to a specialist by phone or videoconference can allow for prevention, screening, diagnosis, determining a course of treatment, and clinical advice – in a way that's very similar to an in-person experience.

Telehealth is offered by a wide range of specialists across a wide range of fields- from psychiatry to cardiology to speech pathology. Patients can potentially reduce their need to travel for health services if they seek appointments available by telehealth.

Talk to your doctor to see if you are a candidate for telehealth!

More information on Telehealth and other virtual health services coming soon!

Bulterys Community House

The Bulterys Community House is a new partnership between the South Peace Health Services Society and the Lake View Credit Union that will provide affordable accommodations for patients receiving medical care in Dawson Creek. The 7-bedroom house will be available to NRRM residents. The property was purchased in December of 2018 and will be operated by the South Peace Health Services Society. Several First Nations communities in the region have contributed funding towards the house, including the Saulteau and Doig River First Nations. The house is expected to open December of 2019. We will provide updates as more information becomes available.

**HealthLink BC
Phone Line**

Call 8-1-1
or online at: HealthLinkBC.ca

8-1-1 is a free-of-charge provincial health information and advice phone line available in British Columbia. By calling 8-1-1, you can speak to a health service navigator, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietician, a qualified exercise professional, or a pharmacist. Navigators are available any time of the day or night, every day of the year.

Where to find community health information...

- Rec Centre bulletin board (between Admin office and Skater's lobby)
- NorthernRockies.ca > Health – see the various resources on the left under 'Health Services'
- Public Health Unit – 5217 Airport Drive

Community Paramedicine



BC Emergency Health Services is working closely with the Ministry of Health, regional health authorities, the Ambulance Paramedics of BC (CUPE 873), and others to successfully launch British Columbia's first Community Paramedicine Initiative. Community paramedicine is intended primarily for rural and remote communities that are sometimes underserved and have aging populations living with chronic and complex illnesses.

Local Community Paramedic **Tony Larocque** has a variety of activities going on. He runs 5 wellness clinics in town where he checks peoples' vital signs (Blood pressure, blood sugar, heart rate, oxygen levels) to help residents maintain a record that they keep with them and update each week. This helps people to track their own health, shows trends and early warning signs of potential problems, and is helpful to share with their doctor or other health care providers. Locations are:

Heritage Place	11:00 am every other Wednesday (May 15)
Grace Manor	1:00 pm every other Thursday (May 16)
Lamplighters Crib group	2:00 pm every other Thursday (May 16)
Rec Centre indoor walking track	9:00 -11:00 am every Friday
Wapiti Sports	Every other Tuesday 10:00 -11:00 am (May 7)

There is also a community health clinic at Prophet River Health Center every Wednesday from 2:00pm - 4:30 pm.

Tony also provides home health checks for people living with a chronic disease referred to him by their health care provider. Tony helps to keep track of vital signs, provide education about their conditions and medications, and assists them with navigating the health care system. He then reports back to the individual's care team and provides updates to their doctor. If you are interested to learn more about local community paramedicine programs, contact Tony at CP.FortNelson@bcehs.ca

All are welcome!