

QFHT NEWS

NEWS & INFORMATION FOR PATIENTS OF THE QUEEN'S FAMILY HEALTH TEAM



CANADA'S NEW FOOD GUIDE

The guide also emphasizes adding a variety of foods into your diet, making water your drink of choice, limiting highly processed foods, and choosing plant proteins more often. Plant proteins include beans, peas, lentils, and tofu. Try using black beans in a burrito or replacing half of the ground beef with lentils in a shepherd's pie.

The new guide also includes online resources on the following topics:

- Recipes
- Meal planning
- Eating healthy on a budget
- Healthy cooking methods
- Healthy eating during holidays
- Healthy grocery shopping
- Physical activity
- Sugar substitutes
- Food safety

Visit food-guide.canada.ca for more information.

After a much-anticipated wait, the new Canada's Food Guide has been officially released. The new guide, for ages two years and older, provides recommendations about what and how to eat to support nutritional well-being and reduce environmental impact.

The balanced plate model is so simple! At meals, aim for 50 per cent fruits and vegetables, 25 per cent whole grains, and 25 per cent protein. An example of a balanced plate is a chicken breast with brown rice, broccoli, and carrots.



Be mindful of your eating habits



Cook more often



Enjoy your food



Eat meals with others

The guide goes beyond how much of each food to eat, and highlights other factors that influence our food choices.



Use food labels



Limit foods high in sodium, sugars or saturated fat



Be aware of food marketing

Do we have your current email address? If not, please send it to info@dfm.queensu.ca so we can keep you and your family well informed.

FAST FACTS

SUN SAFETY TIPS

As summer approaches, remember to protect your skin from the sun's harmful rays.

- Check the UV index (0-2: low; 3-5: moderate; 6-7: high; 8-10: very high; 11+: extreme) and modify your outdoor activities accordingly
- Sit in the shade
- Wear sunglasses
- Wear clothing that covers a lot of your skin and a wide-brimmed hat
- Use sunscreen with a sun protection factor (SPF) of at least 30 on exposed skin
- Avoid tanning beds
- Babies and small children burn easily. Keep them covered and in the shade

Read more about [sun safety](#).

MEASLES PREVENTION

CBC News reported on an outbreak of measles in Vancouver in February this year. In the US, 268 cases have been reported in 15 states since January 1, 2019.

Measles is caused by a virus. It is a highly contagious disease for which there is no cure. Serious health consequences can occur from having measles, including blindness, hearing loss, an infection in the brain, pneumonia, and even death. The consequences are often more severe in young children and seniors.

Prevention is key. Speak with your doctor about the vaccine.

Read more about [measles prevention and risks](#).

AFTER HOURS CLINIC

The QFHT After Hours Clinic, on the second floor at 115 Clarence St., offers booked and drop-in appointments. To book an appointment, please call 613-533-9303. On a rotating schedule, QFHT physicians also offer booked appointments on Monday and Tuesday evenings.

Our After Hours Clinic is open exclusively to QFHT patients, Monday to Thursday from 5 to 8 p.m. and Saturday from 1 to 4 p.m. After 5 p.m., please call 613-533-9303 and our answering service will contact the physician on call.

WHAT'S HAPPENING AT QUEEN'S FAMILY MEDICINE

Queen's University

SCHOOL OF MEDICINE | DEPARTMENT OF

Family Medicine

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Home - Patients - QFHT Patients - Kingston

QFHT Patients - Kingston

Welcome to the

Queen's Family Health Team

As a patient in the Queen's Family Health Team (QFHT) academic clinic, your care will be delivered by our skilled interprofessional health-care team.

Your primary health-care provider is your family physician, who works closely with our resident physicians (residents). Residents are medical doctors who must complete two years of family medicine residency before they become independent practitioners in family medicine. Medical residents provide care to patients under the direction and supervision of your family doctor. Our medical residents, who join the team each July, bring a fresh perspective, keeping us at the forefront with the latest medical information and technologies.



AFTER HOURS CLINIC

HOURS AND LOCATION

Appointments & Booking

Clinic and Physician Changes July 2018

News & Events

Programs & Services

Meet the Queen's Family Health Team (QFHT)

Resident Physicians

As part of the Queen's Department of Family Medicine, the Queen's Family Health Team (QFHT) website, qfht.ca, has a new look!

The redesign is part of Queen's Faculty of Health Sciences' update of all its departments' websites, providing a consistent look throughout. The site is a work in progress, but we hope you like the changes we've made to date.

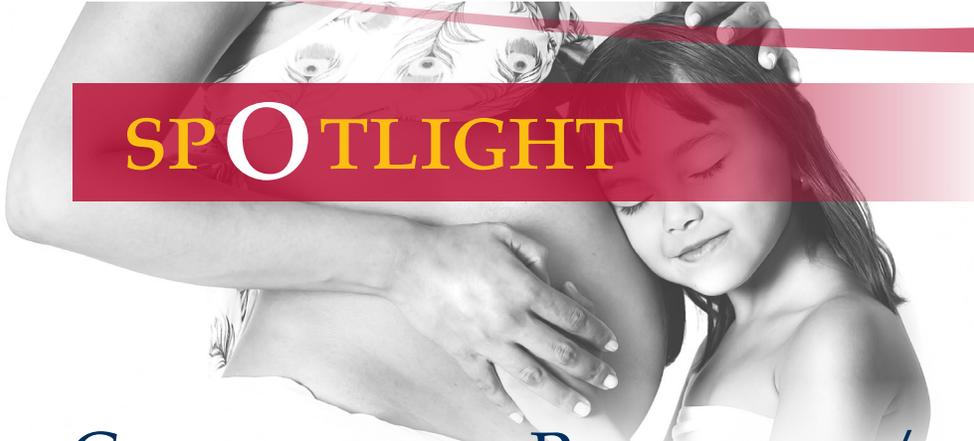
It's very important to us that you find our website easy to navigate, engaging, and informative. Please send us your feedback at info@dfm.queensu.ca; we'd love to hear your thoughts!

Dr. David Barber, physician lead for the department's electronic information management system, is a team member on a \$1M provincial project that will help frail and elderly patients diagnosed with a traumatic brain injury. The team will design and implement an imaging technology that will evaluate the presence of bleeding on or in the brain of patients awaiting CT imaging.

Dr. Imaan Bayoumi has received a Southeastern Ontario Medical Organization Innovation Fund award for her research, *Targeting Child Mental Health and Household Poverty: Impact of a Poverty Intervention in Primary Care on Preschool Children's Emotional and Behavioural Health*. This pilot study was funded for \$99,960 from 2019-2021. Recruitment of families of children ages two to four is currently underway at the QFHT.

Department Head **Dr. Michael Green** has been elected as a fellow of the Canadian Academy of Health Sciences, one of Canada's premier academic honours. Fellows of the academy are elected based on their demonstrated leadership, creativity, distinctive competencies, and commitment to advance academic health sciences. Membership is considered one of the highest honours for members of the Canadian health sciences community.

Dr. Susan Phillips, Director of Research for the department and its Centre for Studies in Primary Care, has received a College of Family Physicians of Canada Lifetime Achievement in Family Medicine Research Award. This award honours trailblazers and leaders who have made a significant contribution to family medicine research during their active careers.



SPOTLIGHT

CANNABIS AND PREGNANCY/ BREASTFEEDING DON'T MIX

Cannabis has been legalized in Canada. The word legal can lead us to think that cannabis use is safe. For women considering pregnancy, are pregnant, or who breastfeed, the use of cannabis is not recommended. There are health risks associated with the use of cannabis.

For Those Planning a Pregnancy

- Cannabis use can harm fertility in both men and women, and decrease the ability to become pregnant.

For Pregnant Women

- Women who use cannabis during pregnancy are at higher risk of having a baby with a lower birth weight.
- Children of mothers who used cannabis during pregnancy can experience learning difficulties, poor memory and verbal reasoning skills, hyperactivity, impulsivity, and inattention. As the child ages, there is an increased risk of depression, anxiety, and substance use. Risks increase with the amount the mother uses.
- Women who use cannabis during pregnancy can suffer damage to the blood vessels; an increased heart rate and lower blood pressure; sleepiness and fatigue; confusion and forgetfulness; and impaired co-ordination, which can place the mother at greater risk of falls.
- Some pregnant women who experience nausea during pregnancy may be tempted to turn to cannabis to relieve the nausea. There are safer alternatives. Speak with your health-care provider.

For Breastfeeding Mothers

- Cannabis can be passed to the baby in breast milk if a mother uses cannabis. Chemicals in cannabis can be found in the baby's body over a period of 30 days from the mother's last use.
- One recent study showed that babies exposed to cannabis through breast milk had a higher chance of slower motor development, reduced muscle tone, and poor sucking.

Whether it is smoked, vaped, or eaten, there is no known safe amount of cannabis use during pregnancy or breastfeeding.

If you are considering a pregnancy, or are pregnant or breastfeeding, get the facts about cannabis use. Please talk to your health-care provider. We can help.

For more information, please consult the following sources:

Health Canada: [Thinking about Using Cannabis before or during Pregnancy?](#)

The Society of Obstetricians and Gynecologists of Canada: [Do you know that the Use of Cannabis may not be Safe for your Baby?](#)

Best Start Canada: [Risks of Cannabis on Fertility, Pregnancy, Breastfeeding and Parenting](#)

PATIENT PROFILE

I didn't know quite what to expect from the QFHT's Best Health, Best Weight program. I assumed there would be some sort of diet and weigh-in, so I was pleasantly surprised to find that the program is really about changing habits, setting goals, facing challenges, and adjusting behaviours.



Like so many people, I have struggled with my weight for most of my life. I don't think I can count all the times I was able to lose 20 or 30 pounds, only to see them return as soon as there was some sort of stress or life change. So to be looking at how to change the patterns that led me to unhealthy eating was exciting.

During the first session, we were encouraged to look past the obvious (weight loss), and really question our true motivation for being there. This was something I hadn't really considered, and had to mull over for several weeks. I came to realize that I wanted to feel the energy, freedom, and joy within myself and my body that I had felt as a child. And to get there was going to require some changes to my mindset.

Over the next few weeks, we looked at setting realistic goals. For me that meant saying, "I can have dessert on Sunday and Friday," instead of trying to promise to never eat dessert again. Knowing there was a dessert in my future made it much easier to say "no" five days of the week. We looked at all the times we eat without thinking, and how to manage snacking in a healthy way. There were recipes and field trips, including my favourite, a yoga class at the Y.

After eight weeks, I feel that I have gained some insights into the "how and why" of my eating patterns. I firmly believe that if I can keep in mind the tools we have been taught, I will be my best health, best weight, and best self.

Rebecca Cowan

RESIDENT PHYSICIANS AND YOU

As a resident, I have had the incredible opportunity of rotating through the QFHT, and have had the immense pleasure of meeting such wonderful people in clinic. Speaking on behalf of all our family medicine residents, I would like to say a big thank you.



I can understand that it may be difficult for you to speak to a new person, in particular about some deeply personal issues, but when you do, you teach us so much. By sharing with us your health concerns, you help develop us into better clinicians.

Sometimes, we may not know the answer, and may have to check things often. At the beginning of the academic year, we may even seem unsure of ourselves, but you remain patient with us and that means more than we can thank you for.

Your willingness to see us and engage with us is one of the experiences that make our residency here at Queen's completely invaluable.

From gender-specific issues, to chronic illnesses, pregnancy and beyond, from substance-misuse, to contraception, coughs and colds, and everything in between, your engagement with us makes for the best hands-on learning.

Please know that every time you see a resident, either in a booked clinic or in the after-hours clinic, you are helping shape the future doctors of our community, which is no small feat.

Thank you.

Dr. Christine Hanna
Program Chief Resident



Jess, a registered practical nurse at QFHT Haynes Hall, chats with Ashleigh at reception.

Tim Forbes/Forbes Photographer

CLINIC CONVERSATION

The Ontario government recently announced significant changes to our health-care system. Notably, health resources are to be aligned under one agency, Ontario Health, with a goal of improving integrated patient-centred care, and providing co-ordinated support for service providers. The government's plan is to enable local teams of health-care providers to know and understand each patient's needs and provide the appropriate co-ordinated care.

The Queen's Department of Family Medicine, of which the Queen's Family Health Team (QFHT) is a valuable component, spent the past several months developing a strategic plan for the next three to five years. As an academic family health team, our mission is "Preparing tomorrow's family physicians to provide exemplary, comprehensive care to all, within the diverse communities they serve."

In fall 2018, many of you provided feedback via our annual patient experience survey. Thank you for your contributions to improving our delivery of your health care and services. The results are being shared across the clinic teams. Notably, many of you commented on the professionalism, kindness, and quality of care our staff provides. Many also noted that the clinics seem to be very busy; sometimes wait times in the after hours clinic are long; and there is limited parking at our 220 Bagot St. location. Please be assured that our clinic team makes every effort to provide quality care and services at each visit.

On the topic of parking, the Kingston Health Sciences Centre has installed parking meters at the accessible parking spaces on both sides of our 220 Bagot St. building. The cost is \$2 per hour, and the meters only take quarters, loonies, and toonies. Remember to pay before coming in to your appointment, to avoid a ticket.

We welcome your input and suggestions about our clinic operations. At any time, please feel free to contact me or your care provider.

To you in good health,

Diane Cross
Clinic Manager

DEPARTMENT OF
FAMILY MEDICINE

Delivering the Future of Primary Health Care

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