

QFHT NEWS

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



HEALTHY AGING

Taking Care of your Body and your Brain

Much research has gone into the topic of healthy aging, and studies show the better we take care of ourselves now, the more we can maximize our health and happiness in the years to come.

The Fountain of Health Initiative for Optimal Aging: Healthy Living, Positive Aging, a national non-profit organization, has identified five key areas for healthy aging:

Physical Activity

Regular physical activity lowers your risk of chronic diseases including heart disease, high blood pressure, diabetes, stroke, and cancer; improves overall mood; promotes better sleep quality; increases longevity; and lowers your risk of dementia, disability and falls. Exercise boosts your brain's resilience, too, increasing your ability to cope with stress.

Any type of physical activity will benefit your health. Walking; daily activities such as errands, household chores, and gardening,

etc.; yoga, tai chi and other mind-body exercises; and activities that improve balance and co-ordination are all great ways to improve your heart, bone, and brain health.

Positive Thinking

Positive thinking has been linked to faster and better recovery from injury; lowered risk of chronic disease and memory loss; increased likelihood of asking for and receiving preventive medical care, making the best of negative experiences, and handling stress well; and decreased feelings of isolation and loneliness.

Make a gratitude list (notice what's good!); identify a short period each day for "time chunking" to think about challenges in your life and then when the time chunk is up, let go of your worries and bring yourself back to a place of peace; practise mindfulness to improve how you think and feel by being in the present moment; and shift negative thinking into a self-compassion exercise.

Brain Activity

Challenging your brain with regular mental exercise is just as important as physical activity. Like your muscles, your brain improves with use. Lifelong learning improves brain function over time and lowers your risk of developing memory issues and even dementia.

Reading is great for your mind, of course, while using a computer, tablet, or smart phone is an excellent way to connect with others. Introducing new activities, and even changing your routine, also challenge your brain.

Social Activity

Spending time with others can improve your mood and reduce your risk of depression, anxiety, and many other mental health challenges. Loneliness and social isolation can jeopardize your health even more than cholesterol and blood pressure. Feeling socially connected and supported is a key factor in overall health and well-being, regardless of your age.

Call a friend, family member or someone else you can trust for a coffee or walk; challenge yourself to say "yes" to an invitation; or try a new hobby or interest.

Mental Health

Seeking help to look after your mental health is a sign of strength, not weakness. Reach out to friends or family, or seek the support of your health-care provider to deal with problems that are really bothering you.

Manage your stress by being kind to yourself. Recognize the importance of self-care, such as eating well and getting a good night's sleep, and limiting substances such as alcohol. Take time to do the things that give you a sense of purpose.

For more information about healthy aging, visit fountainofhealth.ca.

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

FAST FACTS

GET YOUR FLU SHOT!

Our annual flu shot clinic is scheduled for **Wednesday, November 21 from 1 p.m. to 4 p.m. and 5 p.m. to 7 p.m. and Friday, November 23 from 9 a.m. to noon and 1 p.m. to 4 p.m.** at 115 Clarence St. (Haynes Hall). Call our Flu Line at 613-533-9303, Ext. 71947, to make an appointment, or drop by during those hours. Otherwise, call to book an appointment on another day, or simply ask your nurse for your flu shot the next time you're here. For more information about the flu shot, [click here](#).

BRING YOUR HEALTH CARD

The Ministry of Health and Long-Term Care requires you to show a valid, up-to-date health card at each visit. If you have a question about your Ontario Health Insurance Plan, if your address or name has changed, or if your card has expired, please visit a Service Ontario site or visit the [ministry's website](#).

AFTER HOURS CLINIC

To better accommodate our patients, the QFHT After Hours Clinic, at 115 Clarence St. (Haynes Hall), has moved up to the second floor. Open exclusively to QFHT patients, the drop-in clinic is open Monday to Thursday from 5 to 8 p.m. and Saturday from 1 to 4 p.m.

When the clinic is closed, please call 613-533-9303 and our answering service will contact the physician on call.

Booked appointments are also available after hours, and you can sometimes book with your usual QFHT physician on Monday and Tuesday evenings, depending on their rotating schedule. To book an appointment, please call 613-533-9303.



WHAT'S HAPPENING AT QUEEN'S FAMILY MEDICINE

The department's 150+ first- and second-year resident physicians from all four of our teaching sites (Kingston, Belleville, Peterborough, and Oshawa) gathered at Camp Oconto in September for team-based learning exercises and lots of fun.

Dr. David Barber was nominated for the 2018 Queen's School of Medicine Ron Wigle Mentorship Award, recognizing outstanding mentorship and professional values. The prestigious award is available for one faculty member each year within the Queen's School of Medicine who demonstrates the highest standard of achievement in mentorship of others. Each nominee is identified as a role model for colleagues and learners.

Erin Desmarais, Social Worker; Cynthia Leung, Pharmacist; and Abigail Scott, Data and Quality Improvement Analyst, presented *Role of Interprofessional Health Care Providers in Opioid De-Implementation* at a June workshop of the Association of Family Health Teams of Ontario and Kingston's Centre for Addiction and Mental Health. Providers and leaders in team-based approaches to better pain management and opioid stewardship gathered to exchange knowledge, tools, and ideas at the event, jointly held at KFL&A Public Health and the YMCA GTA Central in Toronto.

Dr. Michael Green was elected as a fellow of the Canadian Academy of Health Sciences in September. Fellows 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. Brent Wolfrom played a lead role in launching a national collaboration between Canada's family medicine training programs and the Canadian Armed Forces. The Medical Officer Training Program (MOTP) Surge 2018 is designed to find placements for medical students looking for a school at which to complete their residency. Through the collaboration, Queen's Family Medicine accepted two military medical students into its residency program starting in July 2018.

SPOTLIGHT

SLEEP HYGIENE

Many people have insomnia or difficulty sleeping. We may have trouble falling asleep or wake up frequently during the night. Over time, insomnia can negatively affect us in a variety of ways. We may experience difficulty with concentration, our mood may be adversely affected, and our ability to cope well with stress may be diminished. In managing our sleeping problems, the first step is to assess if there are things we can do to promote better sleep.

Here are some sleep tips to try, adapted from *Sink into Sleep – A Step-By-Step Workbook for Reversing Insomnia*, by Dr. Judith R. Davidson, PhD:

SLEEP ENVIRONMENT	<ul style="list-style-type: none"> • Make your bedroom conducive to sleep. Consider the comfort of your bed, the air temperature, and levels of noise and light. • Minimize interference with your sleep from your bed partner, children, or pets. • Make sure you only use your bed for sleeping (e.g. no reading, playing on the phone). Sexual activity is the only exception.
INGESTED SUBSTANCES	<ul style="list-style-type: none"> • Caffeine is a stimulant and should be discontinued six hours before bedtime. Know the foods, drinks, and medications that contain caffeine (e.g. coffee, tea, cola, and dark chocolate). • Nicotine (e.g. from cigarettes) is a stimulant and should be avoided near bedtime. • Alcohol is a depressant. Although it may help you fall asleep, it causes awakenings later in the night. It is best to avoid alcohol four hours prior to bedtime. • Sleeping pills can alter the quality of sleep. If used regularly, they can disrupt sleep when discontinued abruptly. • A light snack may encourage sleep. However, a heavy meal too close to bedtime can interfere with sleep. Avoid consuming chocolate, large amounts of sugar, and excessive fluid close to bedtime.
EXERCISE	<ul style="list-style-type: none"> • Although regular exercise, especially in the later afternoon, may deepen sleep, it is best to avoid vigorous exercise three or four hours before bedtime.
PRE-SLEEP ACTIVITIES	<ul style="list-style-type: none"> • Take time to wind down in the evening prior to going to bed.

To increase your chances of sleeping well, you should have a regular bedtime and rise time, even on weekends, and avoid excess sleeping. If you take a nap, choose your time, preferably in mid-afternoon.

If you can't fall asleep at bedtime or you can't get back to sleep within 10 to 15 minutes after waking up at night, it is best to leave your bed and only return when sleepy. Repeat this step as often as necessary during the night.

If you have tried these tips and continue to have difficulty with sleep, it may be helpful to discuss with your health-care provider. The Queen's Family Health Team offers a six-week group program for insomnia through which you will learn about effective behavioural and cognitive strategies to reverse your insomnia.

PATIENT PROFILE



Five years ago when I was in my early 60s, I believed I was exercising enough with my day-to-day activities to keep me strong and aging well.

I curled three times a week, gardened, mowed, shovelled, and cleaned the house.

After I started exercising with purpose, though, I felt so much stronger and flexible, with fewer aches and pains. It was a revelation.

For me, exercising with purpose means targeting postural muscles to maintain my posture, and doing leg and arm work to improve my balance, strength, and range of motion of my joints. I'm hoping to be able to curl into my 80s, and I want to be safe on the ice.

A friend introduced me to Pilates. I loved it, and I found exercising with my friends was fun. But practising Pilates was a real eye opener at first. I wasn't as strong as I thought I was, and I had to work hard to do all the exercises. Still, it paid off. I felt better, I stood straighter, my knees were less achy, and I felt stronger when I tackled any physical project.

From there I joined the Y, as I needed to get more cardiovascular work to prepare me for a biking trip to Italy my husband and I had planned. The Y provides classes for all levels, so I did some classes and received help to develop a routine with weight machines, a bike, and elliptical trainer. I tried to go two or three times a week, both to train for the cycling trip and because I feel better when I work out.

We just returned from Italy, having biked 300 km in five days. I kept up with the group and enjoyed it immensely. I proved to myself that I can do much more than I ever believed possible at my age.

Don't ever think of your age as a barrier. Just find an exercise routine you enjoy and keep at it. Staying healthy while growing older, and aging gracefully, takes work, but you are worth it.

Philippa Fugler

RESIDENT PHYSICIANS AND YOU

Medicine is an ever-changing field and as physicians, we are life-long learners.



What's wonderful about you, our Queen's Family Health Team (QFHT) patients, is that you're kind and understanding of this. You know that, as new residents, we are eager but also sometimes nervous about our new role.

As we try to navigate through your health concerns, most patients want to know who we are as people. During my last rotation at QFHT, I found myself wishing I could maintain that continuity with the patients I had built such positive relationships with over the year.

One particular patient who surprised me the most was the first person I diagnosed with cancer. I ordered a test and, unfortunately, it came back positive. I was shocked, and I played out all night how I was going to deliver the news. My staff and I were able to speed up additional testing, and I could not stop thinking that this must be so difficult for the patient.

To my surprise, the patient sent me an email thanking my co-resident and me for our medical care, and acknowledging what a challenging situation it must have been for us. This reminded me of how selfless patients can be and, even if we are nervous, they see our compassion.

Learning medicine is easier when you have such thoughtful patients.

Dr. Christine Prudhoe
Co-Chief Resident Physician



Dr. Meg Gemmill examines baby William during his visit to the Queen's Family Health Team.

Rob Whelan Photography

CLINIC CONVERSATION

The summer of 2018 will be noted as the season of many changes at QFHT.

As a patient, your family physician may have retired, and you now have a new family physician; you may be seeing your new physician in a different building than you're used to visiting; and you may have a new nurse and receptionist. In July, we also welcomed our 50 new family medicine residents to your care team.

Thank you for your patience! We recognize that change is difficult, particularly when you have developed a relationship with your family physician and his/her team over the years. Please be assured that when a QFHT physician retires or leaves our clinical group to pursue other opportunities, your access to care will continue, usually with a replacement physician joining the academic team and stepping in to be your new primary-care provider.

As part of the summer transition, we welcomed new faculty physicians Dr. Alenia Kysela, who relocated from Halifax, and Dr. Anthony Train, who came to us from Calgary. Dr. Erin Beattie and Dr. Tara MacGregor, who have been working at QFHT for some time, also officially joined our academic physician group this year.

Thank you again for your understanding of the complexities of our many changes over the past few months.

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

220 BAGOT ST. • 115 CLARENCE ST. • KINGSTON, ON • 613-533-9303

Please [click here](#) to fill out our anonymous QFHT Patient Experience Survey!

INFO@QFHT.CA [QFHT.CA](#)