

LUNG HEALTH

ASTHMA & COPD

Respiratory Program

This program is delivered in partnership with Best Care and is led by a Registered Nurse specially trained in Asthma and COPD care.

Our respiratory clinician can help you with:

- Inhaler use and technique
- Developing a personalized asthma action plan to help you manage your condition
- Strategies to better control your symptoms
- Identifying and avoiding triggers that can make your breathing worse
- Lung cancer screening



QUIT SMOKING

Ready to quit?
We're here
to help!



Regardless of whether you are just thinking about quitting or ready to stop tomorrow, our Stop Smoking Team offers:

- Individualized treatment plans
- Practical advice and support
- NO COST nicotine replacement therapy (patches, gum, lozenges) Via the STOP Program in partnership with the Centre for Addiction and Mental Health and the Ministry of Health and Long Term Care

Register for our programs online!

niagaranorthfht.ca/programs/program-registration

DIABETES

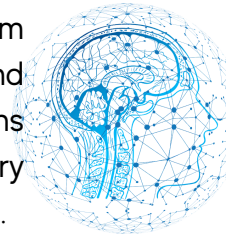
If you have type 2 diabetes or are at risk for developing diabetes, our educators are here to help. We offer services to help you improve your blood sugar and better manage your health. Not only will you meet one on one with a Registered Nurse or Registered Dietitian, but you can also attend group classes:

- Pre-diabetes group
- Type 2 Diabetes
- Insulin Diabetes
- Continuous Glucose Monitoring



MEMORY CLINIC

Our multidisciplinary team provides assessments and makes recommendations for patients with memory issues. Referral is required.



HEALTH EQUITY

Niagara North is committed to providing quality health care to all our clients. In order to provide the best possible care, we need some data about you. The Health Equity Questionnaire will help us to identify people from certain groups who often don't fare very well in the healthcare system. Your response to these questions is completely confidential.



NIAGARA NORTH FAMILY HEALTH TEAM



PROGRAMS & SERVICES

145 Carlton St.
St. Catharines

905.988.9617 x226

1338 Fourth Ave. Suite s100
St. Catharines

905.682.5555

101 Garrison Village Drive
Niagara-On-The-Lake

289.272.0180

318 Ontario St.

St. Catharines

343.213.0360

SERVICES

FOOT CARE

We provide one-on-one comprehensive foot care assessments, health teaching and personalized care plans. These services are provided by a Registered Chiropodist and our Registered Practical Nurses.

A big focus of our foot care services is on diabetic patients, who are at higher risk for foot complications such as loss of feeling and increased risk of ulcers.



WOUND CARE

Our wound care specialists (Registered Practical Nurse) provides comprehensive care for all wounds. We offer personalized treatment plans and health teaching with a focus on prevention.

OCCUPATIONAL THERAPY

Our Occupational Therapist helps to solve problems that interfere with a person's ability to do everyday activities. They can help with things such as self care, being productive and leisure activities. We also offer programs such as:

- Urban Pole Walking

OUTREACH COORDINATOR

Our outreach coordinator connects patients with resources within and outside of the family health team, particularly if they have been discharged from hospital. e.g. Osteoporosis, Hypertension, 24 hr Blood Pressure Monitor, Ostomy Support

MENTAL HEALTH

Support and counseling is provided to people experiencing challenges in daily living. Patients are seen either individually or in a group setting by our Mental Health Team. Referral required.

MENTAL HEALTH GROUPS

- Coping with Anxiety
- Living Life to the Fullest
- Living Well with Irritable Bowel Syndrome (IBS)

SINGLE SESSIONS

Once a week we offer single session appointments with our social workers who can provide solution-focused strategies to tackle one solvable issue.

St. Catharines :

Wed. from 9:00am – 12:00pm

Must call to register starting at 8:30am.

905.988.9617 x 226

Niagara on the Lake (NOTL):

Friday from 9:00am – 12:00 pm & 1pm – 2:00pm

Must call to register starting at 8:30am

289.272.0180

*Please note this service is only open to patients of the Niagara North Family Health Team, who may attend up to six times per year

PSYCHIATRISTS

Our consulting Psychiatrists are available to assess patients with complex mental or emotional problems. Referral required.

facebook.com/niagaranorthfht

NUTRITION

REGISTERED DIETITIANS

Registered Dietitians play an essential role in disease prevention and management. Our nutrition team offers medical nutrition therapy for a variety of health concerns. We offer individual nutritional counselling for all ages.



NUTRITION GROUPS

Our Registered Dietitians work alongside other healthcare providers to offer group programs such as:

- Heart Healthy Eating Class
- Eat Well, Live Better
- Let's Cook Together
- Living Well with Irritable Bowel Syndrome (IBS)

Please note, certain programs and services may only be available at one site, **St. Catharines** or **NOTL**.

Please call us to register or for more information about any of our programs and services.

Check our website for the most up-to-date information about upcoming program dates, times and locations.
www.niagaranorthfht.ca/programs