

Summer 2024

Primary Health Care

Nipawin, Carrot River, Arborfield, Cumberland House and surrounding areas residing on Treaty 5 and 6 Territory.



Prenatal Care



Most parents try hard to provide good care to the child after birth with the material, essential things in life like a nutritious diet, a safe environment, clean clothes, and scheduled pediatric visits. However, this essential care needs to start even before the birth of the child with prenatal care in the first trimester.

Prenatal care is the medical care a woman gets during pregnancy and is an important part of staying healthy. The primary goal of prenatal care is not only to provide the best care for the pregnant woman but to observe baby's development and to identify, prevent and/or manage complications or problems as they arise. It also prepares the mother-to-be for the delivery of a healthy baby.

Through this form of preventive health care, women can learn from skilled health professionals about healthy behaviors during pregnancy, better understand warning signs during pregnancy and childbirth and receive social, emotional and psychological support at this critical time in their lives.

The deprivation of prenatal care can lead to premature pregnancy, intrauterine growth retardation, low weight at birth and maternal and child mortality because of infections in the perinatal and postnatal periods. Babies of mothers who do not get prenatal care are three times more likely to have a low birth weight. Health care providers can spot health problems early when they see mothers regularly.

Prenatal visits are not identical for every woman. Health care providers usually try to individualize and tailor prenatal visits to each woman to identify and solve potential health issues. A personalized pregnancy plan of care needs to be able to address a multitude of interventions with specific goals and approaches needed to reach these goals to keep the woman healthy and safe during pregnancy and assure safe full-term delivery.

Regular prenatal visits are very important during any pregnancy. These quick office visits may seem simple and routine, but they can help a safe and healthy pregnancy. Please consult your health care provider as soon as you find out about your pregnancy.

- Dr. Mohammad Khan, Medical Health Officer

WORLD
SUICIDE
PREVENTION
DAY



September 10, 2024

Today in Canada, 12 people will end their lives by suicide. For each death by suicide, the World Health Organization estimates 10 people are deeply affected and left in a state of bereavement. Suicide is a critical public health issue in Canada as it is the second leading cause of death among youth and young adults (15-34 yrs old). If you are in crisis or are concerned for someone else **call or text 988** for immediate mental health support. If you are in imminent danger call 911 or go to your emergency department.

For local support, contact the Mental Health & Addictions Intake line at 1-833-274-4060.





Nipawin hosted a network Maturity Assessment event in March to celebrate the successes in network development and assess the current state of our progress towards a mature network.

We were fortunate to have 36 participants attend including physicians, nurse practitioners, primary health care leaders, front line employees and community partners.

Creating Space
Engaging

Improving our Understanding

Establishing Connections

New Ideas

Building Relationships

Networking

Sharing Perspectives

Respectful Interactions

SUCCESS ACROSS THE BOARD!

- Chronic Disease Exercise Program
- Incentives to education such as bursaries
- Emergency Medical Services sharing of information between private and SHA
- Input from Patients and Family Advocates
- Palliative transitions to Continuing Care
- Group appointments taking place where patients are seen by different care providers in one sitting
- Physician and Nurse Practitioner availability
- Family Resource Centre Integration

“The highlight of the session was building connections and relationships across teams, sectors, organizations and communities.”

Session Participant



Celebrating Long Service

Congratulations to the following employees who have provided dedicated years of service to the Nipawin Therapies program:

Maureen Blandin **35 years (retirement as of June 1, 2024)**

Sheryl Johns **30 years**

Nicole Moore **20 years**



Thank you for your outstanding commitment to health care in your community!

