



Date: October 19, 2017
To: Residents of Cabri and surrounding areas
Subject: **Proposal to Implement Primary Health Care Model in Cabri**

In June Dr. Fanie de Nysschen advised our Region of his retirement effective July 31, 2017. The Clinic and Health Centre have been continuing to operate with locum (visiting) physicians, however this does not provide the community with long term, sustainable medical services.

On September 27 an information evening was held at the Community Hall to discuss a proposal to implement Primary Health Care for the delivery of basic, every day healthcare in Cabri. There was great participation during the evening with more than 170 in attendance. Several local community members shared their positive experiences with Primary Health Care in other communities. Thank you to those who were able to attend.

WHAT IS PRIMARY HEALTH CARE?

Primary Health Care (PHC) refers to basic, everyday health care. It is usually your first encounter with a health care provider when you need care or advice and could be visiting the family doctor or nurse practitioner, talking to a dietitian or a pharmacist, or calling a toll-free health advice line to talk to a health professional.

PHC is the foundation of the health care system and involves providing services, through a team of health professionals, to individuals, families, and communities.

We currently have 8 Primary Health Care sites in our Region: Leader, Maple Creek, Shaunavon, Ponteix, Mankota, Eastend, Vanguard, and Hodgeville.

WHAT IS A NURSE PRACTITIONER (NP)?

With advanced nursing degrees and extra training and experience, NPs provide communities with more access to quality health care. In community clinics, health-care centres, doctors' offices, nursing homes, and others, nurse practitioners diagnose and manage illnesses like diabetes, order and interpret tests, write prescriptions, and more.

NPs work together with, rather than replace, physicians and other providers. They are health-care professionals who treat the whole person: addressing needs relating to their physical and mental health, gathering their medical history, focusing on how their illness affects their lives and their family, and offering ways for people to lead a healthy life and teach them how to manage chronic illness. NPs are educators and researchers who can be consulted by other health-care team members.

An informal vote was taken at the Information Evening and asked those in attendance 'Can you see the Primary Health Care model being a sustainable option for health service delivery in the community?' The overwhelming response, by a show of hands, was yes (approximately 80%) and the decision was made to proceed with a proposal to the Ministry of Health requesting that the Primary Health Care model be adopted in Cabri.

We will submit the finished proposal to the Ministry of Health. A specific timeline for a decision is not known, however our goal is a new model for Cabri and area in 2018. In the interim we will continue to recruit and utilize locum physicians to operate the Clinic/Health Centre as they are available.

For more information on Primary Health Care please view the questions and answers on the next page, visit www.cypresshealth.ca or www.saskatchewan.ca, or call our toll-free number at 1-877-401-8071.

COMMON QUESTIONS AND ANSWERS, PRIMARY HEALTH CARE IN CABRI

Q: What role does a physician play in Primary Health Care (PHC)?

A: Physicians are an important member of the team. Many physicians enjoy working in a PHC setting because of the support that a team-based approach provides; there is a collegial working relationship with other experts that's not as readily available in a non-PHC setting.

Q: Why not just recruit another full time family physician and not use the PHC model?

A: Today, few physicians seek to find a rural practice where they are the sole provider. Rather, physicians in today's health care setting tend to prefer a more balanced and supportive work environment such as what the Primary Health Care setting provides. Recruitment for a physician within the PHC model is more likely to succeed and may be attractive to physicians already working within the Region.

Q: What's the difference between a physician and nurse practitioner?

A: Nurse practitioners do not replace physicians. Rather, they are independent practitioners who provide care in a collaborative working relationship with physicians as well as other health care providers such as pharmacists, mental health care providers, home care workers, public health nurses, etc. Nurse practitioners are able to provide patients with many of the same services that physicians can provide such as prescribing medications, ordering lab and x-ray exams, refer patients to other services, and others. NPs also provide presentation and awareness programs to the community such as moms and tots programs, end of life/palliative care, and others.

In this model, you will be able to receive care from either a physician or a nurse practitioner.

Q: How would the PHC model affect existing programs/services like EMS, x-ray, administration, etc?

A: There would not be significant changes to existing programs under the PHC model. EMS and lab/x-ray are essential elements of a PHC site. EMS would continue to provide service in the community, lab and x-ray staff would continue to provide service at the Health Centre, and administration staff would continue to be utilized. Community members would actually notice enhanced programs and services under the PHC model delivered by a larger team of providers including health educators and dietitians. Group classes are offered to communities with a PHC site including cardiac education, Live Well with Chronic Conditions, pulmonary rehab, Craving Change™ and others.

Q: What's the status of pharmacy services and future plans? How does pharmacy fit into PHC?

A: Since Dr. de Nysschen's retirement, Dirk's Pharmacy has purchased and taken over the pharmacy practice including the Clinic's equipment and information. Dirk's Pharmacy is looking to set up a satellite site in Cabri with two days per week coverage and have negotiated with the Town to have the same pharmacy distribution at the Clinic as what has been provided in the past. Dirk's Pharmacy indicates that the establishment of a satellite site will provide more services than what was previously available. In Leader, many successes have been seen thanks to the team of pharmacy, nursing, and physician staff collaborating and working together.

Q: If the Primary Health Care proposal is approved, what happens to the new health clinic that's built?

A: We are working in close partnership with the Town of Cabri to determine this. Ideally both the Clinic and Health Centre will be used to function in the best way possible. We are very appreciative of the effort put forth by residents of the Town and surrounding areas to fund and construct your new Clinic.

Q: How many days of the week would services be available in Cabri under the PHC model?

A: We are hopeful that we will be able to maintain a similar level of coverage as the community has had in the past, utilizing both physician and nurse practitioner services.