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# Expand

## Expand: Knowledge, Compassion and Team Spirit

VOLUME 1 ISSUE 10

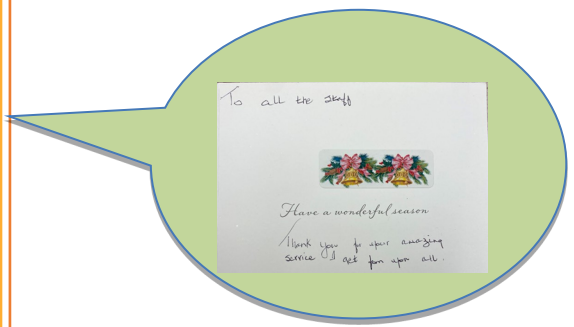
DECEMBER 2020

### A Message from ED

I would like to thank everyone for the hard work and dedication shown in the past year. There were many challenges. Regardless, as a team we have proven our resilience and perseverance. I would like to take this opportunity to reach out to you all with my gratitude. I know everybody is counting the days for the new year like I do. I wish you all the best for the new year



### One Testimony from a Patient



### A Quote for the Month

While COVID needs us to maintain physical distance, it is important not to isolate people, especially older adults and patients who are deemed at risk. A timely quote from Diana.

"I think the biggest disease the world suffers from in this day and age is the disease of people feeling unloved. I know that I can give love for a minute, for half an hour, for a day, for a month, but I can give. I am very happy to do that, I want to do that.....Nothing brings me more happiness than trying to help the most vulnerable people in society"

Princess Diana



### Dietitian's corner



The 3 main pillars of good health are **Healthy eating**, **Physical Activity** and **Mental Health**. Mindful eating is an important part of healthy eating.

What is mindful eating? It is paying attention to an eating experience with all of the senses (seeing, tasting, hearing, smelling, feeling); and witnessing, without judgment, the emotional and physical responses that take place before, during and after the experience.

What are the steps to mindful eating?

**Pay attention to hunger cues:** When it's time to eat, reflect on how you feel. Am I really hungry, stressed, anxious, or bored? Once you assess how you feel, decide if you really are hungry and need to eat.

**Sit down and avoid distractions:** It's always nice to sit down and enjoy your meal. That way you know what you are eating and are able to enjoy your meal better. Are you able to take control of your portions if you are multitasking?

**Turn off your screens** "A key to portion control and enjoying meals"—Think about sitting at the table with family or friends rather than watching TV or plugging in to the internet or phone while eating.

**Make yourself a plate:** It's sometimes easier eating out of a bag. Are you able to control portions this way? Instead, try serving yourself on a plate.

**Put down your utensils:** Often we hardly put down our utensils while we eat. Try this technique, make sure to put down your forks, knives and spoons until you completely chew every morsel in your mouth.

**Take the time to enjoy your meal:** You have worked so hard to make your food, so enjoy it and pay attention to every texture, flavour, and sensation you feel from each bite of food.

Cont.. On Pg 2

## French Connections

### Covid -19 les autres traitements



Nous avons assisté durant les derniers jours à la première distribution des vaccins contre la Covid-19. Le vaccin de Pfizer BioN-

tech est jugé très efficace par contre nous ne connaissons pas encore sont effets sur l'immunité à plus long terme. Mise à part le vaccin pour la Covid-19, lorsque les gens souffrent de cette maladie ils peuvent recevoir d'autres traitements en lien avec la sévérité et leurs types de symptômes.

En premier lieu, Il a été initialement recommandé de ne pas prendre d'anti-inflammatoire non stéroïdiens lorsqu'il y avait présence d'une infection causée par la Covid-19. Par contre, selon les plus récentes études on ne peut conclure que l'utilisation d'AINS, comme l'Advil, est néfaste.

La Dexamethasone semble être bénéfique chez les cas graves de Covid-19. En effet, ce médicament semble réduire la mortalité chez un tiers des cas. Depuis 2013, la Dexamethasone figure sur la liste des médicaments jugés essentiels par l'OMS. Un autre Médicament appelé Regeneron a été approuvé de manière urgente par la FDA. C'est une combinaison de casirivimab et d'imdevimab et semble avoir des effets positifs. Il est indiqué pour les gens non hospitalisés mais qui risque d'avoir des symptômes sévère. Il bloque l'entrée du virus dans les cellules. L'efficacité du Regeneron reste à être évaluée. Ici, Santé Canada à approuver temporairement le médicament biologique Bamlanivimab et le Remdesivir qui est un antiviral. Ce dernier, semble aider les patients à guérir lorsqu'ils ont développé une infection respiratoire liée à la Covid-19.

La présence de certains traitements donnent une certaine lueur d'espoir. Par contre, il est vraiment important de rester sur nos gardes et de suivre les indications de la santé publique afin de réduire les risques de contagions pendant la période des fêtes.

Joyeuses Fête !!!!

Françoise Jacob RN

### Références

- <https://www.canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/authorization/applications.html>
- <https://www.health.harvard.edu/diseases-and-conditions/treatments-for-covid-19>
- <https://bpspubs.onlinelibrary.wiley.com/doi/full/10.1111/bcp.14514>
- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19-dexamethasone>
- <https://www.fda.gov/news-events/press-announcements/coronavirus-covid-19-update-fda-authorizes-monoclonal-antibodies-treatment-covid-19>
- <https://www.nejm.org/doi/full/10.1056/NEJMoa2007764>
- <https://www.nih.gov/news-events/nih-research-matters/final-report-confirms-remdesivir-benefits-covid-19>

## Training & Development



- \* Donning and Doffing -PHO  
[https://www.youtube.com/watch?v=crGIUX3\\_4DA&feature=youtu.be](https://www.youtube.com/watch?v=crGIUX3_4DA&feature=youtu.be)
- \* Family's Mental Health During Holidays- CMHO  
<https://cmho.org/seven-tips-to-get-ready-for-the-holidays/>

### Giving Back to the Community

CVFHT Prides itself in giving back to the community.



### Dietitian's Corner....

**Pay attention to fullness cues:** Use the mindful eating scale to access your hunger and fullness levels. Remember that it takes 20 minutes for your stomach to tell your brain it's full. Using the scale below, the goal is to stop eating when you are satisfied or comfortable (6-7) and not until you are full (9-10). This hunger scale can also be used as a tool to help you identify the normal fluctuations of hunger that you may feel throughout the day. Ideally, we would fluctuate between a 3 and 8 throughout the day, and avoid getting to the extremes on either end.



### Reference-

- <https://www.lmc.ca/patient-resources/>
- <https://www.pennnutrition.com.trillium.proxy.liblynxgateway.com/KnowledgePathway.aspx?kpid=16011&trid=16009&trcatid=38>
- <https://foodinsight.org/learn-how-to-eat-mindfully-with-the-eat-mojis-infographic/>

Radhika Mohan on behalf of the Dietitians

**IPCT DESK Ext 4777**

The year 2020 will go down as a tumultuous time for everyone, but IPCT has remained resilient. We are happy to report that the pandemic did not impede us from connecting to vulnerable patients and liaising with community doctors.



I am happy to share with all you the accomplishments of your IPCT:

- ◇ It has rostered 232 Community Patients
- ◇ Provided 1,100 individual virtual visits
- ◇ Virtual education group classes attended by over 150 community residents
- ◇ Engaged 54 Community Family Doctors in the North West Mississauga Area

# The Year In Review

The future of 2021 is hopefully bright with the vaccine not on the horizon but a reality. Meanwhile, IPCT will continue their outreach efforts while developing innovative programs.

A great deal of gratitude, humility and thank you goes to the CVFHT-FHO/FHT/FMTU/IHPS leaderships and supporting cast.

Adijatukubra ('Adijat') Musa  
Program Manager, IPCT

**CVFHT Keeping up with COVID during Xmas- A New Norm**



**Michelle's Corner**



Season's Greetings! We have reached the end of a wild and unpredictable year filled with new and unprecedented demands-physical distancing, mandatory masking, remote work and home schooling. If we could not necessarily thrive, we certainly persevered and in that sense, we should be proud of our resilience. It is undeniable however, that COVID-19 continues to challenge us with a loss of opportunities to connect with families and friends and the lack of ability to control day-to-day life, in general. As infection rates rise and restrictions become tighter, the mental health impacts of COVID-19 will mount for many, particularly during the difficult winter months ahead.

Instead of material gifts, consider giving the gift of connection this holiday season. Let someone know you are thinking of them- call a friend to see how they are doing, set up a Zoom chat with family members, create a bubble with someone who lives alone. While the pandemic has limited our chances for in-person gatherings with friends and family, modern technology provides us with many ways to connect and show we care while still staying safe. We tend to forget how much a phone call and hearing a loved one's voice can brighten someone's day; often much more than anything we can buy from a store.

The Credit Valley Family Health Team wishes everyone a warm and wonderful holiday with best wishes for a prosperous new year. For those in need of support during the holiday season, we have provided the following resources:

- 24/7 Crisis Support Peel Dufferin 905-451-2123
- Distress Centre of GTA 416-408-4357
- To Find resources in your community 211
- Crisis Services Canada: 1-833-456-4566
- Good2Talk Helpline: 1-866-925-5454 or text GOOD2TALKON to 686868
- Ontario's 24/7 helpline for post-secondary students.
- Kids Help Phone: 1-800-668-6868 or text CONNECT to 686868
- Talk4healing (for Indigenous women): 1-855-554-4325
- Seniors Safety Line: 1-866-299-1011

Stay safe!

**Early Bird Competition (Internal) of Expand 10**

Email the answers to [mantha.kumares@thp.ca](mailto:mantha.kumares@thp.ca).

Please answer the following questions to win a \$15 gift card. Answers are in the previous releases.

Question

Nommé une molécule sécrétée en période de stress chez les mammifères ?

Early bird will catch the worm