SUDBURY DISTRICT NURSE PRACTITIONER CLINICS
ANNUAL REPORT
October 01 2009 – September 30 2010

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Message from Nina Hoyt, NP-PHC  
Clinic Director  
This report covers the period October 1, 2009 to September 30, 2010. During this time, the Sudbury District Nurse Practitioner Clinics has opened our Lively site on July 24, 2010. We are accepting patients from the Sudbury and Walden areas to attend our Lively site. Currently, we have a total of 3600 patients. We continue to work with Health Care Connect to target unattached patients in our communities. We have met with Lively physicians, Drs Koop, Bailey and Cox in an effort to promote a professional relationship between our agencies and to explore ways we can collaborate on specific programs or services in the future. We have also been in contact with the City of Lakes Family Health Team in anticipation of the opening of their future Lively location.

Our main barrier has been the continued underfunding of physicians at our clinics. The lack of a sustainable funding model adversely affects our ability to increase the numbers of patients for chronic disease management. We continue to work with the NPAO and the Steering Committee via the Nursing Secretariat to address the issue of physician compensation. We recognize this issue will also have an impact on all Nurse Practitioner led clinics in Ontario and we hope our experience and leadership will have a positive impact on the delivery of patient care in Ontario.

Message from Roger Pilon, NP-PHC  
President, Board of Directors  
I would like to begin by acknowledging my predecessor and founding Board President Roberta Heale for all of her dedication, commitment and hard work over the last few years. Roberta has led our Board from the beginning through some challenging times. We are fortunate that she will continue to serve on the Board in the capacity of Treasurer.

It is also fitting that I take this opportunity to thank Marilyn Butcher co-founder of the SDNPC and to congratulate her on her much deserved retirement. Marilyn’s contributions to the clinic have also been invaluable. I would also like to congratulate Marilyn for being granted an Honorary Lifetime Membership with the Nurse Practitioner’s Association of Ontario. We are very pleased that Marilyn has accepted a seat on the Board of Directors, a role which she assumed shortly after her retirement.

With Marilyn’s retirement as Clinic Director we were tasked with finding her replacement. We did not have to search very far. Nina Hoyt, one of the original Nurse Practitioners assumed the role of Clinic Director in July of this year. Given Nina’s involvement in the clinic from the beginning and her experience as a clinician she was an obvious choice and excellent fit for the organization.

This year was once again marked with major achievements. In January of 2010 we officially announced that funding for the Lively site of the SDNPC had been approved by the MOH-LTC. The
Lively site opened its doors to new patients in July and the official grand opening took place in October.

With the distinction of being Canada’s first NP led clinic we continue to be viewed as leaders and mentors to the newly funded NP led clinics in Ontario. Our co-founders Marilyn Butcher and Roberta Heale are often called upon for their expertise and advice. This is a role that we are quite proud of and will continue to promote.

The NP led clinic model is something we believe in. In order to promote this new and innovative model of health care delivery the SDNPC seeks out opportunities for promotion of this approach. Several interviews have been provided by clinic staff and board members over the last year in both print and on radio at the local, provincial as well as national levels. We are very proud of the recent publication by Marilyn Butcher and Roberta Heale entitled: Canada’s First Nurse Practitioner-Led Clinic: A Case Study in Healthcare Innovation which was published this fall in the peer reviewed Journal of Nursing Leadership (Appendix A). Most recently the SDNPC was featured on the cover of the Canadian Nurse Journal, a publication of the Canadian Nurses Association. The title of this cover issue was: The rise of NP-led clinics which featured Nina Hoyt our newly appointed Clinic Director (Appendix B). This feature highlighted the clinic’s accomplishments since we opened our doors in 2007.

I would like to acknowledge and thank the very dedicated team that makes up the SDNPC because without them none of this would be possible. The staff’s passion and enthusiasm for what they do is palpable and might I say contagious. I am very proud to be a part of this dynamic and outstanding group of individuals. I would also like to thank my fellow Board Members for their devotion and commitment to the SDNPC. It is both an honor and a privilege to serve alongside them. I look forward to the challenges and rewards that this next year will bring.

*SUDBURY TEAM  LIVELY TEAM

* Photos provided by Teckles Photography Inc.
Acknowledgements

The success of our clinic would not have been possible without our many partners. Above all, we would like to thank the people of the City of Greater Sudbury, including Walden for their continued support of our clinics. We would also like to acknowledge the ongoing support of the Ministry of Health and Long Term Care and the Nursing Secretariat. We are also grateful to our nursing associations, the NPAO and RNAO for championing our clinics at both the local and provincial levels.

We are thankful for the continued support from the City of Greater Sudbury for providing us with the building that houses our Lively site. We would like to take the opportunity to extend a special thank you to the Chapleau Health Services and to their community volunteer, Rita Pilon who are instrumental in facilitating our outreach clinics in Chapleau.

Patient Visits

During this period, there were a total of 8200 patient visits to see nurse practitioners (NP), pharmacists and the registered nurse (RN) as well as 1356 patient visits with a physician at the clinics. A large proportion of the patient care provided focused on the management of chronic diseases which reflects our aging northern population and the clinics' demographic profile.

For our younger patient population:
- Over 73 visits for routine prenatal care
- Over 235 vaccines given to children under the age of 4
- Over 313 well child visits using standardized screening tools

Chronic Disease Screening

- Over 4000 of the visits to nurse practitioners focused on the management of chronic diseases:
  - 502 visits to nurse practitioners (NPs) regarding colon cancer screening
  - 767 visits to NPs for cervical screening
  - 721 visits to NPs for breast cancer screening
  - 436 visits to NPs for osteoporosis screening
  - 1623 visits to NPs focused on cardiovascular disease screening
  - 1243 visits to NPs focused on diabetes screening
  - 77 visits for dementia screening using validated assessment tools
  - A further 494 appointments for mental health assessments related to issues such as depression and dementia
Chronic Disease Screening

SDNPC Age Distribution by Gender
October 2009 - September 2010

SDNPC Patients Screened for Colon Cancer

SDNPC Patients Screened for Osteoporosis

SDNPC Patients Screened for Cardiovascular Disease
Supportive Care

Clinic staff continues to focus on health promotion and disease prevention. We recognize that the management of chronic diseases is comprised of a partnership with patients. This includes supportive education, counseling as well as the development of a treatment plan. A total of 79% of clinic visits included activities to assist patients in taking action to improve their health.

Our program for the prevention and early identification of cervical cancer continues with over 14 doses of HPV vaccine given at the clinic over the past year. We continue to offer the vaccine at cost to our patients and provide this service to patients not registered with our clinics. We have sent a mass mail out to our male patients in the target age range to ensure they are aware of the new indication for immunizing males against HPV with the Gardasil vaccine. We had a smaller number of patients agreeing to the vaccine over the past year. We have increased our efforts to promote HPV immunization both during individual appointments with the target population and with signage and brochures. We also continue to promote regular cervical screening tests in an effort to screen for cervical cancer.
Students

We continue our close relationship with Laurentian University and the Northern Ontario School of Medicine. Mentoring Northern Ontario students through placements in our clinics continues to be a key component of the SDNPC’s plan to promote inter-professional practice and to foster the education and development of health professionals who will be delivering health care in the North.

Physical Space

The Riverside Drive clinic is in need of updates to the physical space to accommodate the addition of a Social Worker and Dietitian. Our newly renovated Lively site houses two nurse practitioners, two part-time physicians, a pharmacist and registered nurse; the pharmacist and registered nurse are shared among the 2 clinic sites. The previously vacant municipal building has been transformed into a vibrant health care facility which is in the hub of the Lively business district.
**Staffing**

The year 2010 saw changes to our Nurse Practitioner staffing at the clinics. The retirement of the *foundling* Clinic Director, Marilyn Butcher saw the appointment of a new Clinic Director when Nina Hoyt accepted the position in May 2010. Additionally, one of our Nurse Practitioners left the SDNPC to start a new nurse practitioner-led clinic in Capreol, Ontario. We hired a new graduate nurse practitioner in September 2010, and are also recruiting for a temporary nurse practitioner to fill a maternity leave position until October 5, 2011. It should be noted, we are operating with 4.5 FTE nurse practitioners instead of our full complement of 5.5 FTE since May, 2010.

Our staff now includes a registered nurse funded by the Ministry of Health and Long Term Care. The clinic RN provides clinic services such as immunizations, well baby visits and counseling for diabetes and weight management.

**Chapleau**

We continue to provide outreach clinics to the community of Chapleau. Due to our shortage of NPs since May, the SDNPC could only provide five, instead of six Well Women Clinics between October 1, 2009 and September 30, 2010.

**Clinic Promotion**

Clinic staff and Board members have been busy promoting the NP-Led Clinic model of care in many professional venues and in the media. Our official web site attracts traffic from across the country and beyond. It is also a major communication vehicle for informing existing patients of our programs and targeting potential patients.

The SDNPC have been featured in the following news reports and professional journals:

Sudbury Star: (May 12, 2010) Take Your MPP to Work; article featuring MPP France Gelinas’s visit to SDNPC.

Northern Life: (May 13, 2010) Nursing Week; article featuring clinic RN Arro Barry.

Le Voyageur: (May 12, 2010) Nursing Week; article featuring NP Nina Hoyt.

Registered Nurses Journal: (May 2010) Nursing Week 2010; photo featuring MPP France Gelinas’ visit to SDNPC including Marilyn Butcher and RNAP Region 11 Board of Directors Representative Paul-Andre Gauthier.

Sudbury Star: (August 8, 2010) Nurse Practitioner Clinic Opens for Lively, Copper Cliff Patients; article featuring the opening of our Lively site.

Northern Life: (August, 2010); article featuring the opening of the Lively site.
MCTV News: (August 2010) story featuring the opening of the Lively site.

The Sudbury District Nurse Practitioner Clinic model of care continues to attract national attention.

Northern Life: (October 14, 2010). Lively Clinic grand opening.

Sudbury Star: (October 14, 2010). Lively Clinic grand opening.


**Future Plans**

The Ministry of Health and Long Term Care have extended funding for the positions of a Social Worker and Dietician who will be shared between the two sites. We hope to have our complete team of health care professionals during the next year.
Appendix A

Appendix B