



HALDIMAND-NORFOLK HEALTH UNIT

# PHYSICIANS' NEWSLETTER

## DIETITIANS RELEASE PRESCHOOL NUTRITION VIDEOS

Dietitians at the Haldimand-Norfolk Health Unit have created a series of short, informative and fun YouTube videos called 'Dietitians Dish on Preschool Nutrition'. The videos are connected to the NutriSTEP® screening tool for children aged 3-5 that was disseminated across Haldimand and Norfolk counties in spring 2012. They cover key messages related to each of the 17 questions outlined in the nutrition screen.

If a child scores high risk on the NutriSTEP® screen they are advised to make an appointment with an appropriate health care provider (physician, paediatrician, dietitian or nurse practitioner) for further investigation. As a result, your office may receive inquiries about NutriSTEP® or requests for appointments. With more and more patients accessing health information online, these videos represent a reliable referral source for such patients in your practice.

If you have any questions about the NutriSTEP® screening tool or would like to obtain copies to use in your practice, please contact the Haldimand-Norfolk Public Health Dietitian, Michelle Saraiva, at 519-426-6170 x3237.



## NutriSTEP® Toddler Nutrition Tool Now Available!

The NutriSTEP® questionnaire for toddlers, 18 month to 35 months, is a valid and reliable nutrition-screening questionnaire for parents. In the March Physician Newsletter, you heard about NutriSTEP® for preschoolers, 3 to 5 years. Both parent-administered questionnaires are a fast and simple way for parents to assess their child's eating habits and identify nutrition problems

early. Questionnaires include topics such as children's food and nutrient intake, physical growth, developmental and physical capabilities, physical activity, food security and the feeding environment.

The 18-month well baby visit would be an ideal time to share this tool with parents. Starting early 2013, free copies of the toddler questionnaire, as well as accompanying resources for parents, will be available to you (see sample enclosed). To get you started we will be sending 20 copies of the NutriSTEP® Toddler package for you to hand out. A referral map and key nutrition messages will also be included for you to use as a reference. This will be helpful if a parent expresses concern or you feel they would benefit from additional support.

The Physician's Order for Antigen order sheet will include the preschooler and toddler NutriSTEP tool for you to place future orders. If you have any questions about the NutriSTEP® screening tool please contact 519-426-6170 Ext. 3237 or visit our website at [www.hnhu.org/nutristep](http://www.hnhu.org/nutristep).

## NEW REGIONAL HIV/AIDS WORKER

Residents of Haldimand-Norfolk diagnosed with HIV are used to the travelling needed to access services outside of our area. There has not been a presence in the Haldimand-Norfolk area from the AIDS Network which is located in Hamilton. **That has now changed.** There is now a Regional HIV/AIDS worker available to HIV positive clients within Haldimand-Norfolk. Natalie Lazier has been hired by the Hamilton AIDS Network as the Regional HIV/AIDS worker for Brant, Haldimand-Norfolk.

Natalie is the resource person that clients/patients can be referred to. She can provide the following services and support for people living with HIV/AIDS:

- Counselling

- Support for people living with and affected by HIV
- Training and education
- Linking to community agencies and resources
- Volunteer training for PHA's
- Training and education provided to community agencies and groups

Natalie can also meet the client/patient where they are if needed. This could be at home, hospital, or office locations throughout Haldimand-Norfolk. All services are free, confidential and available by appointment.

Natalie can be reached at:  
226-388-3559 or Toll free: 1-866-563-0563  
Fax: 905-528-6311 or [nlazier@aidsnetwork.ca](mailto:nlazier@aidsnetwork.ca)

## New Alcohol Screening, Brief Intervention & Referral Resource

The College of Family Physicians of Canada and the Canadian Centre on Substance Abuse have recently released a new clinical guide to assist physicians and other health professionals in alcohol screening, brief intervention and referral (see sample enclosed). Brief intervention has been shown to help reduce high risk drinking (Giesbrecht et al., 2011).

This resource will help facilitate your interactions with patients who consume alcohol. Fifty two percent of Haldimand-Norfolk residents who are current drinkers are at high risk for alcohol related problems because they exceed low-risk drinking guidelines (Morris, 2009). Acute and

chronic disease (e.g. cirrhosis of the liver, breast, mouth, throat, larynx, oesophagus, liver and colorectal cancers, cardiovascular disease, etc.), trauma and social problems are common issues in which alcohol is a substantial contributing factor (Canadian Public Health Association, 2011).

The screening and assessment portion of the guide incorporates the updated pan-Canadian Low-Risk Drinking Guidelines. These guidelines recommend:

- Women consume no more than 2 drinks\* per day and no more than 10 drinks per week
- Men consume no more than 3 drinks per day and no more than 15 drinks per week

\*One drink is equal to 12 oz. beer, 5 oz. wine or 1.5 oz. liquor such as rye, rum or vodka

A risk level is then assigned based on DSM-IV alcohol abuse and alcohol dependence criteria, followed by intervention and follow-up processes.

Visit <http://www.sbir-diba.ca/> for more information on incorporating this clinical guide into your practice as well as a link to download and print your own copies of the guide.

### References:

Canadian Public Health Association. (2011). *Too High a Cost: A Public Health Approach to Alcohol Policy in Canada*. Retrieved from [http://www.cpha.ca/uploads/positions/position-paper-alcohol\\_e.pdf](http://www.cpha.ca/uploads/positions/position-paper-alcohol_e.pdf)

Giesbrecht, N., Stockwell, T., Kendall P., Strang, R., and Thomas, G. (2011). *Alcohol in Canada: reducing the toll through focused interventions and public health policies*. *Canadian Medical Association Journal*, DOI 10.1503. Retrieved from <http://www.cmaj.ca/content/early/2011/02/07/cmaj.100825.full.pdf>

Morris, Deanna. (2009). *Haldimand-Norfolk Health Stats: Chronic Disease Prevention Health Status Report 2009*. Retrieved from [http://www.hnhu.org/images/stories/reports/Chronic\\_Disease\\_Prevention09.pdf](http://www.hnhu.org/images/stories/reports/Chronic_Disease_Prevention09.pdf)

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## Influenza Season 2012-13

This year's influenza season has definitely arrived in Ontario as well as in Haldimand-Norfolk. Currently, we have had five Influenza A confirmed outbreaks within our long term care facilities, retirement homes as well as an acute care facility. Community cases are also in abundance this year, so far we have had 23 confirmed cases of Influenza throughout Haldimand-Norfolk.; primarily the cases have been Influenza A (H3N2) virus (96%).

The Ministry of Health and Long Term Care has reported that, "while it is still early in the Influenza season, initial reports indicate that the Influenza vaccine is a good match to the main circulating H3N2 subtype". Influenza vaccinations

are still recommended for those who have not yet received their annual shot.

A recent meeting with the Medical Officers of Health discussed the Provincial outbreak of Influenza, the participating hospitals across the province including Hamilton and Niagara. Their findings state that the outbreak has peaked as of December 2012 and they're under the impression that the outbreak is now going to slow down. They state that they will continue to update and keep Healthcare Professionals informed.

The Ministry website has a section "About the Flu", <http://www.health.gov.on.ca/en/pro/programs/publichealth/flu/> where updates are frequently placed, therefore healthcare professionals are encouraged to routinely check this site. There currently is a letter to healthcare professionals regarding the current flu season.

## Physician Newsletter Survey Winners

Congrats to Sara Redecop and Andrea Vanbenthen,

they each won a

**\$25 Tims card!**

*Thanks to all who completed and returned the survey.*



**HealthUnit**  
Haldimand-Norfolk

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