



*Northumberland*  
**Family Health Team**



## NEWS RELEASE – FOR IMMEDIATE RELEASE

**Can one really plan ahead for a trip to the Emergency Department (ED)?  
Join Dr. Peter Barnett on Wednesday, November 21<sup>st</sup> to learn how,  
and share your thoughts on ED service, access and flow**

**NORTHUMBERLAND COUNTY, Wednesday, November 7, 2018**—Free, public education sessions on a broad range of health and wellness topics, the Northumberland PACE talks are attracting a growing community of regular attendees, in part because topic ideas are “crowdsourced” from patients and others looking for information on the subjects they want to explore.

Lasting an hour in length, each PACE event consists of a 30-minute talk, a 20-minute question-and-answer period with the speaker and a 10-minute moderator summary. PACE talks start at 5:30 PM on the third Wednesday of each month, from September through June, and rotate between Cobourg (at NHH, 1000 DePalma Drive) and Port Hope (at the Community Health Centres of Northumberland, 99 Toronto Road).

This month’s PACE talk will take place on Wednesday, November 21<sup>st</sup> with speaker **Dr. Peter Barnett**, Department Chief of the Northumberland Hills Hospital Emergency Department. Dr. Barnett’s topic—“How to Prepare for your trip to the Emergency Department”—is appropriate for any time of the year, but it’s especially relevant as we head into the busy flu and holiday season.

Learn what you and your family should bring with you *if* you have the opportunity to prepare for your trip to the Emergency, the triage process used to prioritize who needs to be seen first and more. Bring your questions, your suggestions and your experience and join in what is expected to be a lively discussion about Emergency services in your community.

All PACE talks are free, but pre-registration is required to manage room capacity. Registration for the November 2018 session is now open at [www.pacetalks.com](http://www.pacetalks.com), where you’ll also find a listing of

the full 2018/19 speaker and topic line-up and—coming soon—video highlights from recent talks. Highlights on upcoming talks and the Northumberland PACE partnership are also provided below.

Date	Topic	Speaker	Location
November 21, 2018	<b>How to Prepare for your Trip to the Emergency Department</b>	Dr. Peter Barnett	NHH
December 19, 2018	<b>Chronic Pain and the Symptom Cycle</b>	Dr. Francesco Mule	CHCN
January 16, 2019	<b>Science of Happiness</b>	Dr. Mukesh Bhargava	NHH
February 20, 2019	<b>Ancient Wisdom with Today's Food</b>	Dr. Deepa Bhargava	CHCN
March 20, 2019	<b>TBD</b>	TBD	NHH
April 17, 2019	<b>Science of Mindfulness</b>	Dr. Jackie Gardner-Nix	CHCN
May 22, 2019	<b>Caring for your Skin</b>	Dr. Anuja Sharma	NHH

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**About Northumberland PACE** – A collaborative between community health-care providers and local residents interested in learning more and promoting health and wellness, PACE (which stands for Personalized Assessment and Change Education) is a TED Talks-inspired speakers' series hosted (on a rotating basis) at Northumberland Hills Hospital in Cobourg and the Community Health Centres of Northumberland in Port Hope. Northumberland Hills Hospital, the Northumberland Family Health Team, The Community Health Centres of Northumberland, internal medicine specialists IMCare and local patients and caregivers are all represented on the 2018/19 planning table, as is the Interactive Media Development – Film and Television Production program at Loyalist College, which has partnered with the team to support audio and visual recording and distribution. Talks are held monthly at 5:30 PM, September through June, on the third Wednesday of the month. One hour in total, each talk consists of a 30-minute presentation followed by a 20-minute, interactive question and answer speaker/audience discussion and a short moderator summary to conclude. Seats are available free of charge, on a first-come, first-reserved basis. Preregistration is required, to manage room occupancy limits. For information on upcoming sessions, please visit [www.pacetalks.com](http://www.pacetalks.com).

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