

# Port Hope Community Health Centre



Port Hope Community Health Centre  
Serving Port Hope & Area

**Presentation to  
NHH Citizens' Advisory  
Panel  
Saturday November 28, 2009**



## Port Hope Community Health Centre

**What is a CHC?**

**Update on Port Hope CHC**

**Focus on some typical & unique  
activities, programs & services**

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Community Health Centre

**CHCs play a unique role  
in completing Tommy Douglas' vision  
The Second Stage of Medicare**

***“not just patching people up when  
they get sick, but keeping them well in  
the 1st place”***

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**CHCs have existed in Canada since the  
1920s and in Ontario since  
the mid-1970s.**

**In November 2005, there was a major  
expansion of CHCs in Ontario –  
including the establishment of the  
Port Hope CHC.**

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**A CHC is NOT**  
  
**a hospital,**  
  
**a medical center,**  
  
**nor a walk-in clinic**

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**It operates on a model of care that has  
three pillars**

- **Primary health care**
- **Health promotion and illness prevention**
- **Community development and service integration**

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## Port Hope Community Health Centre

- **It is a not-for-profit, community governed, health and social service agency**
- **It is funded by the MOHLTC and the CE LHIN**
- **It provides a variety of health care and social services under one roof and is designed to improve access to care**

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## Port Hope Community Health Centre

- **It is staffed by a multidisciplinary team including nurse practitioners, family physicians, a social worker, health promoter, dietitian, & a community development worker, to name a few**

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## Port Hope Community Health Centre

- **It shapes its programs and services to meet the specific needs of its communities**
- **It partners and builds strong relationships with other health care providers and social service agencies**

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## Port Hope Community Health Centre

- **It empowers individuals and groups to work together to improve their health**
- **It raises awareness of and addresses such key determinants of health as housing, poverty, isolation and unemployment**

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## Port Hope Community Health Centre

### Funding

**CE LHIN** **\$2,411,423**

**MOHLTC Community  
Diabetes Program** **\$194,604**

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## Port Hope Community Health Centre

### Priority Populations

**Those without a practitioner and in  
need of primary health care with an  
emphasis on:**

- **low income and working poor**
- **seniors with chronic conditions**
- **youth at risk**
- **those with mental health and  
substance abuse problems**

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## Port Hope Community Health Centre

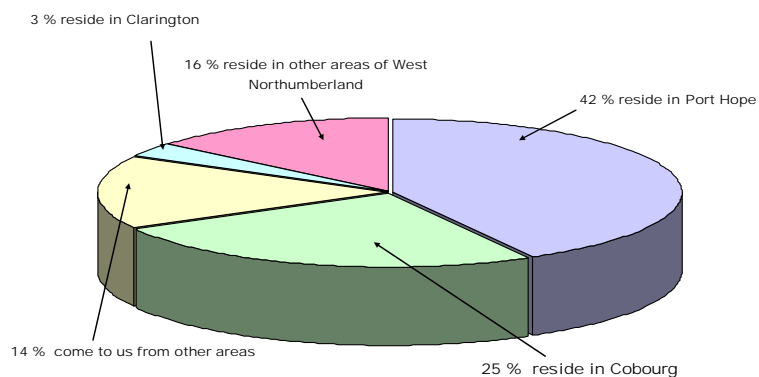
**Currently we have**

**1,442 clients registered**  
**354 clients waiting to be seen**

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## Port Hope Community Health Centre

### Where Our Clients Come From

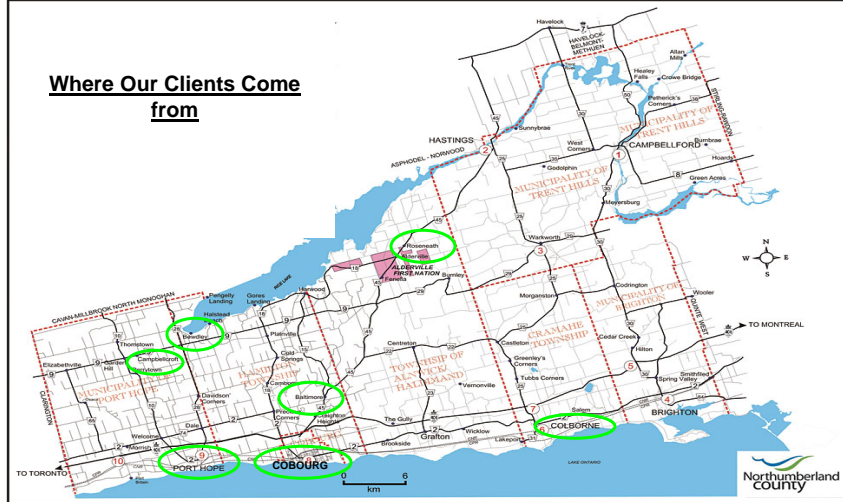


Of clients living in "other areas of West Northumberland" the top 5 locations include;  
Baltimore, Bewdley, Campbellcroft, Colborne and Roseneath

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## Port Hope Community Health Centre

### Where Our Clients Come from



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## Port Hope Community Health Centre

### Top 5 Clinical Issues Addressed

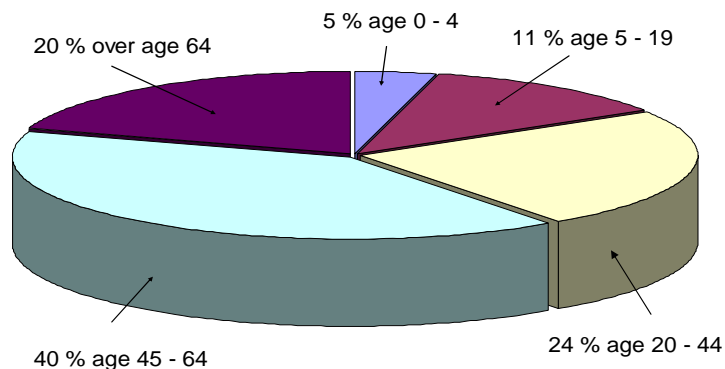
1. Diabetes
2. Mental Health/Addiction
3. Hypertension
4. Hyperlipidemia
5. Obesity

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## Port Hope Community Health Centre

### Age Breakdown PHCHC Clients



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## Port Hope Community Health Centre

### Partnerships

- VON Footcare
- HKPR District Health Unit
- Northumberland United Way
- Northumberland Child Development Center
- Northumberland County
  - Community and Social Services
- Food For All Warehouse
- Northumberland Hills Hospital
- Central East CCAC
- Poverty Reduction Committee
- Affordable Housing Committee
- Port Hope for Youth

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## Port Hope Community Health Centre

### **Activities, Programs & Services**

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## Port Hope Community Health Centre

### **Health Promotion Activities**

- **Good Food Box/Cooking from the Good Food Box**
- **Living with Stroke**
- **Walk this Way walking program**
- **HEART (Helping Everyone Access Recreation Together)**
- **Living a Healthy Life with Diabetes**

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## Port Hope Community Health Centre

### **FOOD CUPBOARD**

- **Started in June 2009**
- **Run by volunteers**

#### **Clients served**

<b>June</b>	<b>14</b>	<b>1 child, 13 adults</b>
<b>July</b>	<b>67</b>	<b>21 children, 46 adults</b>
<b>August</b>	<b>93</b>	<b>31 children, 62 adults</b>
<b>Sept.</b>	<b>120</b>	<b>83 children, 37 adults</b>
<b>Oct.</b>	<b>164</b>	<b>101 children, 63 adults</b>

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## Port Hope Community Health Centre

### **Lab**

- **On-site blood work & other diagnostic tests**
- **Electro-cardiograms**
- **1 stop service**

\* formal linkage with a national community medical laboratory which allows receipt of results electronically

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## Port Hope Community Health Centre

### Orono

- **Healthy Eating**  
–Presented by Aruna Peri, Dietitian
- **Women's Health**  
–Presented by Jane Spencer, Nurse Practitioner
- **Diabetes**  
–Presented by Marsha Rivers, Diabetes Educator

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## Port Hope Community Health Centre

### Electronic Health Records

- **Full Electronic Health Record**
- **Receipt of E-labs (lab results come via computer directly to the provider)**
- **Ability to scan documents i.e. Specialist Reports, ECG graphs etc.**
- **Use of E-forms (Ontario Lab Requisition, Antenatal Records, etc.)**

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## Port Hope Community Health Centre

### **Physician Led Group Visits**

**Targeted those with chronic conditions;**

- **Physician sees several patients in a group**
- **Patients learn from each other how to manage their chronic illness**
- **Appointment times are freed up for the physician to see new patients**

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## Port Hope Community Health Centre

### **H1N1**

- **Provided out reach and vaccination services to residents of local area group homes**
- **Convened a small working group of local doctors, medical officer of health, and a representative from NHH to discuss the establishment of a new assessment clinic**
- **Offered Port Hope CHC as a site for a vaccination centre**

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**Enhanced Caregiver Support Group**

- Aging at Home Strategy
- Partnership with CE LHIN & Northumberland Community Care
- Respite, education & support

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**Diabetes Education Program**

- Provides basic to intermediate level diabetes education and management
- Serves clients that are at risk, or have been diagnosed with diabetes
- Supports clients to enhance quality of life
- Prevents or delays complications related to diabetes
- Accepts self referrals

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**Linkages with NHH**

- **Diabetes Program**
- **Emergency Room Visits**
- **Pandemic Planning**
- **Mental Health & Addictions**

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