

## How to Access our Programs & Services



- Ask your doctor for a referral  
OR
- Call Lakeland PCN at 780-645-1188 to book an appointment  
OR
- Visit the office at St.Paul Wellness Centre #101 4801-39 Street, St.Paul

## Ankle Brachial Index (ABI) Toe Brachial Index (TBI) Testing



A nurse will do a simple, non invasive test to determine presence of peripheral artery disease known as PAD, by checking/comparing blood pressure/ blood flow extremities.

## Foot Care



This service is performed by a nurse for high risk patients who are unable to care for their own feet due to medical conditions,. e.g. artery disease, foot ulcers, foot deformities & diabetes.

## Medical Clinics

- Associated Medical Centre, St.Paul
- Hester A Gordon Clinic, St.Paul
- Living Hope Medical Clinic, St.Paul
- St.Paul Independent Medical Practitioners
- Dr.Abdulsalam Medical Centre, St.Paul
- Florence Womens Clinic, St.Paul
- Ifikar Ahmad MD Prof.Corp, St.Paul
- Saddle Lake Health Centre
- Elk Point & District Medical Clinic
- Dr.Oyebode's Clinic, Elk Point
- Glendon Medical Clinic
- Associate Medical Clinic (Dr.Mannion), Bonnyville
- Two Hills Medical Clinic
- Raubenheimer Medical Clinic, Smoky Lake
- Associated Medical Clinic, Lac La Biche

## Lakeland Primary Care Network

### PCN Hub St.Paul

101-4801 39 Street, St.Paul, AB T0A 3A2

### PCN Hub Smoky Lake

151 White Earth Street, Smoky Lake, AB T0A 3C0

### Contact

Phone: 780 645 1188

Fax: 780 645 1166

## What is a Primary Care Network?

PCNs are made up of groups of family doctors who work with other health care providers such as nurses, dietitians, social workers, kinesiologists and other health professionals. PCNs develop ways to meet the individual patient needs as well as looking at the overall primary health care needs of the local communities".



## LAKELAND PRIMARY CARE NETWORK

## PROGRAMS & SERVICES



**"Primary Care Networks (PCNs) bring doctors and other health care providers together to offer comprehensive health care to Albertans."**



# Dietitian



## WHAT IS A DIETITIAN?

- Expert in food and nutrition
- Translates scientific research into practical nutrition advice
- Non-dieting approach to help you make sustainable and realistic changes
- Works with you to help you feel your best!



## WHY SEE A DIETITIAN?

- Customized meal ideas to help you prevent and manage chronic diseases.
- Advice on managing your weight, food allergies and intolerances or digestive concerns.
- Tips and healthy recipes to help you plan, shop and cook healthy meals.
- Information to help you understand food labels, the latest food trends and diets.
- Individualized counselling on how to feed your baby, a “picky” eater, or an active teenager.

## A DIETITIAN CAN HELP WITH:

- Overall healthy eating & lifestyle changes
- Weight management
- Diabetes / pre-diabetes
- High cholesterol, high blood pressure & heart disease
- Cancer
- Kidney disease
- Disordered eating
- IBS/FODMAP & Crohn's/Colitis
- Celiac disease
- Specialized menu planning for vegetarian or restrictive diets
- Iron (anemia) or other nutrient deficiency
- Gastroesophageal reflux disease (GERD)
- Pediatric concerns with growth & development
- Prenatal & postpartum nutrition
- Sports nutrition

# Kinesiologist



## WHAT IS A KINESIOLOGIST?

- Expert in exercise and movement
- Identifies risk factors, designs, implements and maintains specialized exercise programs
- Helps improve movement through injury management movement assessment & supervision of exercise techniques.
- Helps you set and achieve physical activity goals through goal setting and planning

## A KINESIOLOGIST CAN HELP WITH:

- Weight management
- Lifestyle change
- Getting and staying physically active
- Active rehabilitation
- High blood pressure
- Diabetes
- Osteoporosis
- Osteoarthritis
- Back pain
- High cholesterol



## WHY SEE A KINESIOLOGIST?

- Counselling - one on one assessment with education / advice that is evidence based & tailored to your needs.
- Assessment of health-related physical function.
- Individualized exercise recommendations for prevention or management of chronic diseases or acute condition.
- Supervised exercise training to oversee exercise techniques & provide instructions to prevent injury.
- General education & workshops on specific health conditions and how they relate to exercise as well as use of exercise equipment.

# Social Work



Social Workers are available to assist clients with their multi-faceted needs. Services are client-focused and community-based, meeting where clients are most comfortable – in your home, in your community, or at one of the PCN Hub offices. The social workers provide the following services and much more:

## A SOCIAL WORKER CAN HELP WITH:

- Resource Navigation - helping find and access appropriate programs, funding, or supports to meet the client's unique needs
- Supportive Counselling, including:
  - Referrals to other professionals if required
  - Caregiver support (1-1, family)
  - Parenting Support
  - Life Management
  - Communication Strategies
  - Managing Stress
  - Coping with a New Diagnosis
  - Grief and Loss (not limited to death: loss of stability, job, health, etc...)
- Assessing risk and support needs of various client groups, including housing, finances, medical needs such as medications/equipment, or transportation
- Dementia/Alzheimer's Support (groups, 1-1, family)
- Seniors Supports
- Cancer Navigation Services
- Filling out applications and forms
- Patient advocacy including attending appointments with clients, if needed.
- Information sessions and support groups are also offered

\*\* Services are provided in First Nations and Metis Settlements within Lakeland PCN.

