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HPCN Updates

Questions and concerns from members

When do the Health Improvement Program (HIP) classes begin in 2019?

HIP program classes resume Thursday, January 10, 2019.

If you have any questions, please email communications@hpcn.ca.

Our question to you

We are always looking for ways to improve our communications with our physician, clinician and staff members. With this in mind, we would like to ask you a question:

Which day of the week would you prefer to receive the Highland PCN Newsletter?

Please send your answers, comments, questions and ideas to communications@hpcn.ca.

Studies and Workshops



Brain Story Certification

The Alberta Family Wellness Institute [Brain Story Certification](#) is designed for those seeking a deeper understanding of brain development and its consequences for lifelong health. The course is also designed for professionals seeking certification in a wide range of fields.

Accreditation:

The Alberta Family Wellness Initiative has sought the following accreditation provisions for the Brain Story Certification course:

- The Royal College Of Physicians And Surgeons Of Canada

- Psychologists' Association Of Alberta
- Alberta College Of Social Workers
- Alberta College Of Family Physicians
- Alberta College Of Pharmacists

Please note: This course may apply to other professional continuing education organizations worldwide. You are encouraged to seek credits from your respective organization. In some cases you are required to apply directly to your professional organization to receive credits. Instructions will be provided at the end of the course.

The course outline is available [here](#). It is FREE and online and can be completed at your own pace.



Mental Health First Aid Workshop

You are invited to the 2 Day Mental Health First Aid Workshop!

Mental Health First Aid Basic is intended for adults interacting with adults (18 years and older). This course focuses on the four most common mental health disorders including substance related, mood related, anxiety and trauma related, and psychotic disorders. Participants who take this course are well prepared to interact confidently about mental health with their family, friends, communities, and workplaces.

Tuesday, January 22, 2019 and Wednesday, January 23, 2019

8:30 am to 4:30 pm

Bow Valley College Airdrie Campus

#121, 104-1st Avenue NW, Airdrie, Alberta, T4B 0R2, Canada

Cost: \$190 +GST

Please [RSVP](#) by **Monday, January 21, 2019.**

Save the Date: Accredited Eating Disorder CME

Thursday, February 7, 2019 marks the day that Dr. Rick Ward and the Mental Health Pan PCN Working Group are offering the **Accredited Eating Disorder CME** for Calgary Zone Primary Care physicians and multi-disciplinary team members. Topics include: Anorexia Nervosa, Binge Eating Disorder and Bulimia Nervosa.

More information is available on the [poster](#). Further information, including a registration link, will be coming in the next couple of weeks.

Calgary Zone Initiatives



Calgary Zone Opioid response

The Calgary Zone Opioid response team has created a monthly newsletter for physicians to help share information, advice line and other supports that are available.

View the "Responding to the opioid crisis" newsletter [here](#).

Partner News



Malnutrition in the Community

In recent years, the Canadian Malnutrition Task Force (CMFT) has been raising awareness about malnutrition both in the hospital setting and in the community.

Malnutrition often begins in the community and contributing factors include individuals who have 3+ diagnoses, those who rely on adult children for grocery shopping, and those who live alone. Malnutrition affects muscle mass, functional activity such as mobility and balance, and overall health. Malnutrition can be a result of either acute conditions (e.g. illnesses, infections) or chronic conditions (e.g. COPD, obesity, heart failure).

Physicians can screen for malnutrition by asking 2 questions that appear on the [Canadian Nutrition Screening Tool](#) (CNST):

- 1) *“Have you lost weight without trying?”*;
- 2) *“Do you have a poor appetite?”*.

If a patient answers “yes” to both of these questions, he or she may benefit from seeing a dietitian. Registered Dietitians can help assess and treat your patients’ risk and/or presence of malnutrition.

Patients can be referred to the [Alberta Healthy Living Program](#) to see a dietitian free of charge. Certain Primary Care Networks also have dietitian services available.

For more information about malnutrition visit [Healthy Eating Starts Here](#).

Additional Resources

PCN resources for physicians

We have created this section in our bi-weekly Thursday newsletter and on our website under hpcn.ca/resources for physician members as a tool to access frequently used Highland PCN forms.

Community Care (Home Care) Referral Form

Health Improvement Program (HIP) - Online Referral Form

Health Improvement Program (HIP) - Print Referral Form

Chronic Pain Referral Form

Specialty Health Team Referral Form

Physician Service Invoice

Connect with us

Feedback regarding our Thursday newsletter can be directed to our communications team at communications@hpcn.ca.



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