



## Public Health Update – February 2019

Please circulate this notice to your staff

### SWPH Forms Now Available for your EMR

- Good news. There are 4 forms (Lyme Disease, Reportable Disease, Stop Smoking Workshop, TB Notification) and 1 checklist (Hep C Screening) from SW Public Health available for your EMR (Practice Solutions (PS) and Accuro)
- There are also interactive .pdf versions for those on a different EMR or paper-based
- To import the forms from the SW Primary Care Alliance website, see <http://swpca.ca/EMRResource/>
- For questions about loading or using the forms, contact Wendi Jerrett ([Wendi.Jerrett@lhins.on.ca](mailto:Wendi.Jerrett@lhins.on.ca))

### Canada has a new food guide!

- Phase 1 of the new Canada's Food Guide was released in mid January.
- The new food guide uses up to date scientific research between food, nutrients and health.
- There has been a complete removal of the food guide portions and the four food groups.
- Focuses on the "Eat Well" plate that emphasizes more plant-based, whole and unprocessed food.
- Takes a firm stand against sugary drinks (including juice) and moderating alcohol.
- There is an emphasis on mindful eating as well as cooking, eating and enjoying food together.
- It reminds Canadians to use food labels to make better food purchasing decisions and to be more in tune with how food marketing strategies can manipulate their purchases.
- It leads Canadians towards a diet that is more moderate in sodium, sugars and saturated fat for chronic disease prevention.
- Phase 2 of the food guide is expected later this year. It will deal with healthy eating patterns for individual needs and specific nutrient issues (e.g. calcium).
- Go to [www.canada.ca/foodguide](http://www.canada.ca/foodguide) for more information.

## Training Opportunities

### 1. CAMH Training Course - Buprenorphine-Naloxone Treatment for Opioid Use Disorder

- Self-paced, online
- Presents a framework for providing maintenance treatment for opioid use disorder with buprenorphine/naloxone, including its use in primary care settings.
- Registration is open to **all Ontario-based practitioners**.
- For learning objectives and more information about this course, please click [here](#).
- To **register for this course at no fee**, please click [here](#).
- The last date to register is March 11, 2019.
- For questions, contact [opioid.project@camh.ca](mailto:opioid.project@camh.ca).

### 2. Infection Prevention and Control (IPAC) 101 Workshop for Clinical Office Staff

- Learn about:
  - Occupational Health & Safety (e.g., immunization, sharps, specimen handling)
  - Safe Medication Practices
  - IPAC Policies and Procedures
  - Environmental Cleaning
  - Reprocessing of Medical Equipment & Devices
  - Resource Review
- **Location:** [Elm Hurst Inn & Spa](#) – 415 Harris St. Ingersoll ON N5C 3J8
- **Tuesday, March 26, 2019 5:30 PM – 8:30 PM**
- **Cost:** \$50.00/person (dinner provided)
- **To register, visit:** [www.eventbrite.ca/e/ipac-101-in-community-health-settings-oxford-county-tickets-55219615356](http://www.eventbrite.ca/e/ipac-101-in-community-health-settings-oxford-county-tickets-55219615356)

## Health Canada Alert regarding products sold at A1 Herbal Ayurvedic Clinic Ltd.

- Health Canada recently issued an alert regarding products sold at A1 Herbal Ayurvedic Clinic Ltd. in Surrey BC, with an affiliated clinic in Brampton, Ontario.
- There was one case of heavy metal toxicity in BC; none reported in Ontario.
- Health Canada inspectors have seized products, ingredients and equipment from these clinics and laboratory testing has confirmed the presence of lead and mercury.
- The seized products were unauthorized health products and illegal to sell in Canada.
- For the full Health Canada alert, please visit: <https://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2019/68940a-eng.php>