

North Simcoe Muskoka Integrated Regional Falls Program Bulletin

Summer 2012



Keeping you Updated

Did you know? Meds Check at Home is a service provided to patients taking 3 or more chronic prescription meds who are unable to attend their community pharmacy due to their condition. It involves a visit from the pharmacist to conduct an assessment summary that includes a medicine cabinet clean-up. This service promotes healthier patient outcomes and quality of life by optimizing treatment through safe, effective, and appropriate use of medications and medication devices.
INFOline 1866 255 6701

Upcoming Events

End Falls This Fall

Presented by
Staying Independent Falls Prevention Coalition
Tues Sept 11/12 at a New Location
Liberty North 1-100 Caplan Ave Barrie

Further Information to follow!

IRFP Activities

Members of our IRFP Team have been busy with a large volume of referrals but we have also had opportunities to share our expertise with others as well as to increase our own knowledge.

- Our two physiotherapists presented details of the IRFP Program to both their provincial and national colleagues at recent conferences.
- Six of our RNs received their Gerontological Nursing Certification.
- The team participated in a recent LHIN wide event to address a regional fall strategy.
- And some of us are enjoying the chance to keep active with Nordic Walking!

Physio Corner

Nordic Walking: Not Just Another Fitness Fad! Nordic walking has been around since the 1920s when Finnish cross-country skiers developed it as a training tool for non-snowy months. The recent explosion of research on this type of exercise shows the benefits:

- Improved walking distance in those with intermittent claudication (peripheral vascular disease) while increasing workload versus regular walking
- Improved functional capacity in seniors versus regular walking
- Reduced medication use for those with diabetes versus regular walking
- Improved posture in those with vertebral fracture (osteoporosis)
- Improved motor performance in those with Parkinson's Disease
- Reduced depression
- Improved functional capacity and level of activity for those with fibromyalgia

You can check your local outdoor sport store for these, and ask for help to measure them while wearing the footwear you will be using. Enjoy your Nordic Walk!

Contact us through Central Intake and Triage 1 877 665 6065
Orillia Soldiers' Memorial Hospital 705 325 2201 ext 3851