

BOARD OF HEALTH *Quarterly Report*

ACTIVITIES OF THE LEEDS, GRENVILLE & LANARK DISTRICT HEALTH UNIT



March - May 2006

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WORLD TB DAY

Submitted by Bonnie Erwin, RN, BScN

World TB day is held each year on March 24 and is intended to promote awareness, knowledge and motivation for action against TB.

The Global Plan to Stop TB 2006 – 2015

Actions for life: Towards a world free of tuberculosis

Think about these numbers...

The Disease

- 6 million people die every year due to HIV/AIDS, TB and malaria; 2 million of these deaths are due to TB.
- TB is curable – drugs are available – but this disease continues to kill 5,000 people a day.
- 98% of TB deaths are in the developing world affecting mostly young adults in their most productive years.
- Globally TB is still growing at 1% a year – due to the rapid increase in Africa. Intense control efforts are helping the number to decrease or stabilize in other regions.

The Infection

- 2 billion people are infected with the TB bacillus. They have the infection but are not sick with active TB disease.
- Drugs to treat the infection are available so that it does not become active and cause a person to become sick with the disease.
- 1 in 10 infected people will become sick with active TB disease if they are not treated.

The Good News

- The World Health Organization has developed a global STOP TB strategy.
- The G8 world leaders in 2005 committed themselves to fighting TB in Africa.
- On January 27, 2006 the Global plan to stop TB received a \$600 million boost from Bill Gates through the Gates Foundation. This was in addition to the \$300 million already committed making a total pledge of \$900 million over the next 10 years. Other funding to fight this epidemic will come from



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Postpartum Depression (PPD)

Submitted by Erin McLean, R.N., B.N.Sc., Child Health Program and Denise Kall, R.N., B.N., Reproductive Health Program

A survey was sent to all physicians and primary care practitioners on Postpartum Depression (PPD) in the summer of 2005.

What they told us:

- Physicians and nurse practitioners that provide care for pregnant and postpartum women are screening for PPD.
- Screening is happening more than once with most women
- No consistent tool is being used by primary care health care providers
- Many feel knowledgeable about resources, but would welcome more information
- Most preferred to have an education opportunity offered at a local venue

The Leeds, Grenville & Lanark District Health Unit, **Family Health Department** has reviewed PPD using an evidenced based approach. The evidence indicatives that the burden of illness is sufficient to warrant action to improve outcomes for affected families and their children in our community.

The evidence:

- 23% of mothers reported feeling that they had had postpartum depression during their first year postpartum.
- 7% of mothers were diagnosed with postpartum depression
- 6% were treated.¹
- the Edinburgh Postnatal Depression Scale is a valid, reliable tool to screen women for PPD.

- Two of the three identified Center for Addiction and Mental Health (CAMH) criteria have been met for our area:
 - ✓ That the condition exists in approximately 13% of our clients
 - ✓ An effective screening tool is available to identify those women.²

Family Health Public Health Nurses:

- Will inform families in prenatal classes, during postpartum contacts and drop ins, that their primary health care providers are screening for PPD
- Will distribute a new resource on PPD from **Best Start: Ontario's Maternal Newborn and Early Child Development Resource Centre**³
- In **March 2006**, Public Health Nurses will start to screen women with identified risk factors for PPD during postpartum contacts.
- Will use the Edinburgh Postnatal Depression Scale
- Will refer women to their family physician when they score 13 or higher on the Edinburgh⁴
- Will contact their family physician when they score 13 or higher on the Edinburgh (with consent)
- Will evaluate the screening process and results.
- Will continue to visit appropriate clients in the HBHC home visiting program



- Will continue to co-facilitate **Post Partum Depression support groups** in **Carleton Place** with Lanark County Mental Health and in **Brockville** with Child and Youth Wellness of Leeds and Grenville. (Transportation available for women in other communities)
- Will offer an educational opportunity for health professionals in multiple locations in Leeds, Grenville & Lanark.

¹ A Perinatal and Child Health Survey conducted for Leeds, Grenville & Lanark in 2002 and 2003

² Postpartum Depression: A Guide for Front Line Health and Social Service Providers, Centre for Addiction and Mental Health, Draft July 2004

³ Post Partum Depression, A New Parent's Emotions, Best Start, http://www.beststart.org/resources/rep_health/index.html

⁴ Interventions for Post Partum Depression, Nursing Best Practice Guidelines, Registered Nurses Association of Ontario, April 2005 http://www.rnao.org/bestpractices/completed_guidelines/BPG_Guide_C5_Post_Partum_Depression.asp

Make Wise Food Choices Wherever You Go!

Submitted by Dianne Oickle, MSc, RD, Registered Dietitian/Public Health Nutritionist

The theme for Nutrition Month 2006 encourages, educates, and supports people in making wise food choices at point of purchase, such as grocery stores, restaurants, cafeterias, and vending machines.

A number of activities were planned for March to promote the Nutrition Month theme.

Media

Four newspaper articles were written and printed in several newspapers throughout the tri-county. Radio and television interviews helped promote the nutrition month messages to various audiences. Joint media appearances were done with registered dietitians at Kingston, Frontenac, Lennox, and Addington Public Health to promote consistent messages across both closely related geographical areas.

Staff Education

A variety of communication methods were used to raise staff awareness about the theme of Nutrition Month. A paycheque stuffer, weekly e-mails of nutrition month articles, and poster and fact sheet promotion were sent to each office to increase staff awareness of the nutrition month theme and support them with information to make their own healthy food choices.



Newsletters

Articles highlighting the theme of Nutrition Month were distributed in several newsletters, including the Parent-Child Guidebook and the Health Unit's Health Professionals Newsletter.

Website

The Health Unit website featured an announcement on the main page indicating that March is Nutrition Month, with a link to the nutrition section of the website. Viewers were able to read information on various nutrition topics and link to the Dietitians of Canada website.

Health Unit Office Displays

Each office featured a Nutrition Month display with posters and fact sheets promoting various nutrition topics.

There has been considerable interest from the community in the Nutrition Month theme, as well as requests from various groups for Health Unit resources to promote Nutrition Month within their organization.

The Global Plan to Stop TB:

The Good News

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governments and will add up to \$56 billion over the next decade. The plan has a two-track approach to Stop TB: Maximize the benefits of applying the existing tools for TB control and developing new tools (diagnostics, drugs and vaccine).

Locally

- The Leeds, Grenville and Lanark District Health Unit provides free drugs for the treatment of the disease and the infection. We also provide mantoux testing, a skin test to detect exposure to TB and infection. In 2005, 229 mantoux tests were performed and read. The majority of these tests were required as a pre-employment test and were negative. The people who tested positive were referred to their family doctor for further testing to rule out active tuberculosis disease. The family doctor would also assess whether the person should be on drugs to treat latent tuberculosis.

You can read more about tuberculosis on the Leeds, Grenville & Lanark District Health Unit website www.health.unit.org

As with all diseases we must think globally and act locally.

Source: World Health Organization