

## South East Toronto Family Health Team

A Family Health Team (FHT) is a new way for people in Ontario to get primary health care. Our team approach links your family doctor with other health care providers to give you the best possible care. The focus is on keeping you and your family healthy, not just treating you when you are sick.

Your care team consists of many members:

- Administrative/Clerical Team
- Care Navigator
- Chiropracist
- Family Doctor
- Family Medicine Residents
- Mental Health/Addictions Counsellor
- Nurse Practitioner
- Pharmacist
- Psychologist
- Registered Dietitian
- Registered Nurse
- Social Worker
- Specialists (psychiatry, internal medicine)

Each member plays a different role in your health care needs and you and your family will benefit from a *comprehensive* approach to health care. As a teaching site, we are also privileged to teach students in all health care professions. You may see a student during your visit with us.

## Our Nurse Practitioners

Our nurse practitioners are part of **YOUR** primary health care team.

To learn more about this **free service** at South East Toronto Family Health Team, please speak to your primary care provider or visit our website.



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[www.setfht.on.ca](http://www.setfht.on.ca)

[@SETorontoFHT](https://twitter.com/SETorontoFHT)

### ***Nurse Practitioner:***

An important member of your family's health care team.

# Nurse Practitioner



*A leading academic family health team that improves the health of our community.*



[www.setfht.on.ca](http://www.setfht.on.ca)



[@SETorontoFHT](https://twitter.com/SETorontoFHT)

## What is a Nurse Practitioner?

*A nurse practitioner (NP) is a registered nurse with advanced university education who provides personalized, quality health care to patients.*

Ontario nurse practitioners provide a full range of health care services to individuals, families and communities in a variety of settings including hospitals and community based clinics in cities and smaller towns in Ontario. NPs work in partnership with physicians, nurses and other health care professionals such as social workers, midwives, mental health professionals and pharmacists to keep you, your family and your community well.

NPs have a unique, holistic approach to care that addresses the physical, emotional, mental and social aspects of your health and illness. They spend time with you to listen to your concerns. They work with doctors and other health care professionals to deliver high-quality services and provide preventative health care services.

Nurse practitioners influence policies on health care. For example, when a new vaccine becomes available, they promote public access to it. They also conduct health research studies.

## What does a Nurse Practitioner do?

A nurse practitioner provides care to patients of all ages with a focus on preventing disease, promoting good health and curing illness. They are part of your health care team. They play an important role in helping you to maintain a healthy, active lifestyle, and to understand and/or treat your illness. They also work with your community to promote good health and prevent disease. As a member of your health care team, NPs offer a variety of health care services including the ability to:

- Diagnose and treat illness and/or injuries
- Perform physical check ups
- Order and interpret diagnostic tests
- Write prescriptions
- Provide counselling and education
- Provide supportive care through illness
- Provide treatments and/or procedures
- And make referrals to family physicians, specialists and other health professionals.



## Where do Nurse Practitioners work?

NPs work in both rural and urban areas, in a variety of settings such as:



- Community health centres and family health teams
- Clinics and family practices
- Hospitals
- Long & Short term Rehab facilities
- Workplaces
- Schools and your community
- Long term care homes
- Home health care agencies

## Find out more about Nurse Practitioners!

You can search the NPAO website ([www.npao.org](http://www.npao.org)) for a Nurse Practitioner - Primary Health Care in your community by clicking 'Find an NP in Ontario' at the bottom left of the home page.

To learn more about the NP role from the patient, nursing leadership and NP perspective, view this 11 minute video at:

[www.npao.org/video.aspx](http://www.npao.org/video.aspx)