

NON - URGENT HEALTH NEEDS

**Make an appointment with the
provider you usually see
(Physician or Nurse Practitioner)**

- Prescription renewals
- Chronic disease management (e.g. Diabetes, COPD, Depression, Asthma, Heart Failure, Coronary Artery Disease)
- Hay fever or allergies
- Warts, existing skin conditions (e.g. eczema or mild acne) or cold sores
- Chronic pain
- Ear wax
- Chronic management of diarrhea, constipation, or hemorrhoids
- Chronic abdominal pain
- Chronic dizziness
- General health maintenance or SGI physicals
- Contraceptive needs
- Referrals to other healthcare providers for procedures

ACUTE EPISODIC NEEDS (Minor Emergencies)

Call for same-day appointment

- Earache
- New onset back pain
- New onset diarrhea, constipation or hemorrhoids
- Fevers, coughs, colds, sore throats
- Minor cuts or infected wounds
- New onset abdominal pain
- Urinary infections
- Muscle and joint minor sprains and strains
- Persistent vomiting
- New onset dizziness



A licensed health care professional is available 24 hours to assess your symptoms and help you decide whether to treat your own symptoms, go to a clinic, see your primary health care provider or access emergency medical care.

You will be able to discuss your concerns in a safe, caring and confidential manner.

EMERGENCY CALL 9-1-1

- Chest pain
- Difficulty breathing
- Head injuries with loss of consciousness
- Obvious broken bones
- Foreign body in eye
- Blood sugar very high or very low
- Significant trauma
- Heavy blood loss
- Stroke symptoms (*numbness, weakness, slurred speech, blurred vision, headache, confusion*)
- Poisoning
- Severe abdominal trauma
- Suicidal thoughts
- Persistent headache
- Persistent vomiting or diarrhea (*more than 4 hours*)



**Five Hills
Health Region**

Healthy People – Healthy Communities

Health Care Services in Central Butte

**New Horizons
Primary Health
Care Team
&
Regency Manor**

located at
**Central Butte
Regency**

601 Canada Street
New Horizons 306-796-2180
Regency Manor 306-796-2190

SERVICES

Refer to monthly Calendar of Services for specific hours of operations at <http://www.fhhr.ca/CentralButte.htm>



Please call before travelling for unscheduled services.

Nurse Practitioner (NP)

Nurse Practitioners (NPs) are Registered Nurses with advanced knowledge, skills and education which equips them to be primary care providers. Nurse Practitioners work closely with other health professionals to address complex health needs and manage acute and chronic illnesses. They diagnose and manage illnesses, order and interpret diagnostic tests and write prescriptions as needed. Central Butte has both a permanent part-time NP and visiting NP services. Days of operation are Monday through Thursday.

Physician

A physician will be onsite Tuesdays and Wednesdays.

Licensed Practical Nurse (LPN)

An LPN is available Monday through Friday for B12 shots, dressing changes and removal of stitches, among other services.

Laboratory & X-ray Services

Drop-in services are available Monday through Thursday from 9:00am to 4:30pm. Appointments are not required. Please call before travelling to confirm services are available.

Diabetes Clinic

Clinics are offered the 4th Tuesday of each month by Telehealth.

Public Health Nurse

A Public Health Nurse will be available the 2nd Wednesday of each month. To schedule your appointment, please call 1-877-557-4687 or 306-691-1500.

SERVICES CONT'D

Therapies

Appointments for physiotherapy are made by referral. Please call 306-694-0201 for more information.

Long Term Care and Adult Day Programs

Five Hills Access Centre (FHAC) provides a single point of entry for accessing these services. There are 22 long term care beds and 5 alternate level of care beds at Central Butte Regency. For more information on service provision, please contact FHAC by calling 1-866-211-5696.

OTHER SERVICES

Mental Health and Addictions

The Well Being Course—Mental Health and Addictions counsellors provide Online Cognitive Behaviour Therapy (Online-CBT) to residents of Saskatchewan who have difficulties with depression, anxiety, and/or panic. Therapist-guided Online-CBT occurs when clients review educational material online and correspond with their therapist over a secure messaging system. Please contact the unit by email Online.Therapy.User@uregina.ca or by phone at 306-337-3331.

- To access a telephone session with a mental health and addictions counsellor, please call 306-691-6464 and ask to speak with an intake worker.
- Individual and/or group services are available at the Mental Health and Addictions Clinic, as well as Crescent View Clinic in Moose Jaw.

First Responders Program

Local volunteers are trained and equipped with an Automated External Defibrillator, oxygen, selected medications and other items to respond in an emergency when an ambulance may be delayed or is not located in a community. First Responders are activated at the same time an ambulance is through 9-1-1 systems. Trained in emergency care for medical and trauma situations, these individuals bring immediate care to someone in need. There are First Responders located in and around the Central Butte area.

OTHER SERVICES CONT'D

Emergency Medical Services (EMS)

EMS (or Paramedic Service) is available to Central Butte and surrounding communities 24-hours a day, 365 days a year with a base location directly in the town of Central Butte. Each with a nationally recognized level of certification, these highly trained Primary Care Paramedics (PCP) can provide a critical service in both emergency and non-emergency situations.

In an emergency...

- Paramedics can provide basic and/or advanced life support in both trauma and medical emergencies outside of hospital settings.
- Paramedics can start the patient assessment, treatment and diagnosis process as soon as you call EMS in your home...when TIME MATTERS, help starts when the paramedics arrive!
- Coordinate with local and regional health resources to access specialized services best suited to meet the patient's needs such as involvement of a higher level paramedic (Advanced Care Paramedics or air transport services (STARS)).

Galloway's Pharmacy

199 Main Street, 306-796-2040

Iver Main Personal Care Home

52 - 3rd Avenue, 306-796-2117



For further information please visit
Five Hills Health Region website

www.fhhr.ca

