

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*)

Health Care Services in Central Butte

**New Horizons
Primary Health
Care Clinic
306-796-2180**

**Regency Manor
306-796-2190**



**Five Hills
Health Region**

Healthy People – Healthy Communities

**Central Butte
Regency**
601 Canada Street

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 education and skills which equips them to be primary care providers. Nurse Practitioners work closely with other team members involved in your care, manage acute illnesses, care for clients with chronic illness, order and interpret diagnostic tests and prescribe medications. Central Butte has a permanent part-time NP as well as visiting NP services. NPs are available Monday through Thursday.

Physician

A physician will be onsite Tuesdays and Wednesdays.

Outpatient Nursing Services

An LPN is available Monday through Friday for services such as, but limited to, suture removal and dressing changes.

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. Appointment required.

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.

Therapies

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

Long Term Care

There are 27 long term care beds. Five Hills Access Centre (FHAC) provides a single point of entry for accessing these services. For more information on service provision, please contact FHAC by calling 1-866-211-5696.

Adult Day Program

The Adult Day Program provides numerous services and supports for community members as well as social interaction for seniors. For more information, please call the facility at 306-796-2190.

OTHER SERVICES

Mental Health and Addictions (MHAS)

Entry to all outpatient programs and services at MHAS is through the Centralized Intake program. Centralized Intake responds to all initial requests for mental health and addictions information or services from individuals, family physicians, family members, or community agency members in the Region. Program staff will briefly discuss concerns with the referring person and determine the appropriate response to the service request. Referrals may be assigned to a program area at MHAS or to one offered by another community agency. Priority for service is determined by the intensity of service required. In addition, the staff provides crisis intervention services.

- 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.

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)).
- For further information on EMS Services, please visit www.moosejawems.ca

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

