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## **Whitestone and Area Nursing Station Building Expansion**

### **Information update to Magnetawan Council**

The building expansion project for the WPSHC Rural Nurse Practitioner-Led Clinic in Whitestone has been officially approved by Whitestone Council and the project work is well underway.

We would like to thank your Council and the community of Magnetawan for its support including your commitment to make a financial contribution towards our capital fundraising campaign for the building expansion.

The building design work is substantially complete and a review of the electrical and mechanical components is underway. The call for tenders will be sent out early 2022; the project will begin in the Spring of 2022 and be complete and open by December 2022.

We are currently preparing for the official launch of the fundraising campaign with a variety of activities as outlined in the attached communication plan. We are delighted to announce that an anonymous donor has agreed to match contributions from the general public to a maximum of \$80,000. This will go a long way to helping us reach our goal!

### **Our Asks of Magnetawan Council**

- We are launching a fundraising campaign to help finance the building expansion. As part of our preparation for the launch, we have prepared FAQs about the NPLC, the building expansion, and the potential for service expansions. We are hoping that Magnetawan will provide a link, in a prominent place, on its Municipal website to the Nursing Station webpage on the Whitestone website. Our web page has copies of the three FAQs and a link to CanadaHelps.org to make an online donation.
- We would also appreciate if Magnetawan would post various announcements (e.g., the attached announcement about the project and fundraising campaign launch or announcements about various fundraising activities) on its municipal FaceBook page.

### **Respectfully Submitted by:**

Marcella Sholdice  
Chair, Whitestone and Area Nursing Station  
Community Advisory Committee

Michelle Hendry  
CAO/Clerk, Municipality of Whitestone

### **Attachments:**

NPLC Building Expansion FAQs:

Part 1: The Nurse Practitioner-Led Clinic

Part 2: The Building Expansion

Part 3: Proposed Services Expansion

WPSHC NPLC Building Expansion Fundraising Initiatives

Posters and Social Media materials (6 files)

## NPLC Building Expansion Fundraising Initiatives

<b>Idea</b>	<b>Description</b>	<b>Timing</b>
<b>Business cards</b>	Whitestone branded cards with short description of building expansion on front and instructions for donation on back. Cards can be handed out at NPLC and attached to user surveys	July 2021
<b>Donation display for local businesses</b>	Small poster on a stand with supply of business cards (see above) displayed in local businesses and public places (LCBO, libraries, post office, restaurants, stores, Farmers markets)	July 2021
<b>Facebook</b>	Post information (or link) on municipal websites to donation form	Jun/Jul 2021
<b>Garage Sale</b>	Hold a garage sale August and September long weekends. Leftover items removed by local business. Advertise on FaceBook and local posters for donations and participation.	Summer 2021 and potentially 2022 if well received
<b>On-line auction</b>	Use existing local business (Trader Teds) to ask people to post goods for sale and donate proceeds to the building expansion Advertise on FaceBook and local posters for contributions. Unsold items could be put in the garage sale.	Summer 2021 and potentially ongoing throughout campaign if well received
<b>Cottage Associations (or other direct mail)</b>	Direct appeal to large cottage associations by including a poster (or other information) to be included in (e)mailing to the cottagers and/or opportunity to make a brief presentation at AGM.	Summer 2021 (and 2022) based on timing of their meetings
<b>50/50 Raffle</b>	One time 50/50 draw. Low buy in, cash prizes	Summer 2022
<b>Welcome to Whitestone Directory</b>	Full page ad for next year	February 2022
<b>Virtual tour</b>	Short video tour of the existing NPLC – with luck showing how cramped it is	TBD

# WPSHC Nurse Practitioner-Led Clinic FAQs

## Part 1: Nurse Practitioner-Led Clinic (NPLC)



### ***What is a nurse practitioner?***

A nurse practitioner (NP) is a registered nurse with advanced education, skills and experience. NPs can act as independent primary care practitioners providing most primary care services including, for example:

- Complete a comprehensive health history and assessment.
- Diagnose illnesses and injuries.
- Prescribe medications.
- Set and cast fractures and dislocated joints.
- Order and interpret all laboratory tests and most diagnostic imaging tests.

NPs can register and follow patients.

## ***Why do we have a nursing station in Whitestone?***

Almost 20 years ago, a few residents of Dunchurch embraced the vision of having a nursing station in the community to bring health care closer to home. The Ministry of Health and long-Term Care had started funding nursing stations across Ontario, providing a precedent for this delivery model.

This ad hoc committee lobbied the Ministry for funding to establish a nursing station in Dunchurch. The Ministry did eventually allocate funding for the nursing station to include one full-time nurse practitioner and one administrative support person. A family physician also provided part-time services in the community.

Once permission was received to establish a nursing station in the community, the Municipality allowed the nursing station building to be constructed on land owned by the Municipality. Funding for construction was raised through private foundations and community donations.

## ***What is a nurse practitioner-led clinic?***

The nursing station that was established in 2006 was expanded in 2019 to be a rural nurse practitioner-led clinic (NPLC), which is a multi-disciplinary health care clinic that is managed by a nurse practitioner. NPLCs are funded by the Ministry of Health.

At the Whitestone NPLC, our full-time nurse practitioner leads a team of part-time health professionals including a registered nurse, physiotherapist, social worker, and mental health and addictions counsellor and a visiting family physician.

In addition to these services, the Whitestone NPLC can take lab samples for analysis and arrange for a video consultation with a medical specialist or other health provider using the Ontario Telemedicine Network.

## ***How is the NPLC funded?***

The operations (e.g., professional salaries, supplies) of the NPLC are funded by the Ministry of Health. Funding for the Whitestone NPLC is provided through the West Parry Sound Health Centre, which oversees six of the over 20 NPLCs in Ontario.

The building in which the Whitestone NPLC operates is owned and maintained by the Municipality of Whitestone.

## ***Who can use the NPLC?***

The NPLC's funded mandate is to provide primary care to patients who do not have another primary provider (i.e., patients without a regular nurse practitioner or family physician). However, the NPLC is open to any permanent or seasonal residents and cottagers in Whitestone and its surrounding communities, including McKellar and Magnetawan.

Priority is given to patients who are registered with the NPLC (i.e., patients for whom the nurse practitioner is the primary health care provider). However, the NPLC maintains several same-day or

next-day appointments for non-urgent care, whether or not you are registered with the nurse practitioner or a family physician.

Most of the individuals who visited the NPLC in 2019 gave an address in Whitestone, Magnetawan or McKellar. Others gave an address in Sundridge, McDougall, Parry Sound or the Greater Toronto Area. A few gave an address from out-of-province and out-of-country.

### ***How do I get an appointment with the NPLC?***

To book an appointment with the nurse practitioner, call the NPLC at 705-389-1951.

To access the services of the other health professionals, you will need a referral from the nurse practitioner.

### ***Is there a charge for using the NPLC?***

There is no charge for using the NPLC.

The Ministry of Health pays the salaries of the health professionals, and they are not permitted to accept payment for their services even if the patients are not Ontario or Canadian residents. Patients are welcome to make a donation to show their appreciation for these services, and our out-of-area residents are generous donors to the NPLC.

### ***When is the NPLC open?***

The NPLC is open 8:00 am to 4:00 pm Monday to Friday.

## **Fundraising**

### ***How do I donate to the building expansion?***

For online donations, please visit <https://www.whitestone.ca/p/whitestone-area-nursing-station> or <https://www.canadahelps.org/en/charities/municipality-of-whitestone/>

For donations by cash or cheque, please contact the Municipal Office.

A charitable donation receipt will be issued for all donations.

**And don't forget that your donation will be **matched** –  
making your donation go twice as far!**

# WPSHC Nurse Practitioner-Led Clinic FAQs

## Part 2: Nurse Practitioner-Led Clinic (NPLC) Building Expansion



### NPLC Building Expansion

#### ***Who owns the NPLC building?***

The building is owned and maintained by the Municipality of Whitestone.

#### ***Why do we need to expand the building?***

When the original Nursing Station was opened in 2006, it was built to accommodate one nurse practitioner, one visiting family physician and one administrative assistant.

Since it opened, demand from the community for the nurse practitioner's time has increased significantly. By 2018, the Nursing Station had 2,846 nurse practitioner patient visits, which increased by over 50% to 4,308 in 2019. Final figures are not yet available for 2020; however, initial assessments suggest this strong growth continued into last year.

No detailed analysis has been conducted to definitively tease out the various contributing factors driving this growth. However, it is generally believed to be driven, in part, by:

- Growth in the population of our communities as retirees leave Southern Ontario to live in cottage country.

- Successful efforts to increase awareness of the nursing station and its services, resulting in higher demand for care.
- Insufficient number of family physicians in Parry Sound to meet the needs of the population.

More recently, the COVID-19 pandemic has changed the way we deliver health care. New protocols for infection prevention and control require more space for physical distancing. The health care community believes that many of these protocols are here to stay, creating a need for more space to maintain social distancing for our care providers and patients.

In addition to these factors, the number of services available has increased, as the nursing station grew into a multi-disciplinary health clinic – renamed as a nurse practitioner-led clinic (NPLC). Since 2019, the full-time nurse practitioner has been joined by a team of part-time health professionals including a registered nurse, physiotherapist, social worker, mental health and addictions counsellor and a visiting family physician. With only three patient rooms available – one of which is also the office for the managing nurse practitioner – the number of days each professional can visit Whitestone is severely limited.

***The Nursing Station is now a multi-disciplinary healthcare clinic, as reflected in its new name West Parry Sound Health Centre Rural Nurse Practitioner-Led Clinic (NPLC for short).***

An analysis of emergency department visits and hospital admissions to area hospitals (including West Parry Sound Health Centre) for the five-year period ending March 2020 by residents of Whitestone, McKellar and Magnetawan suggests that there continues to be an unmet demand for primary care. Using a category of conditions identified as being more appropriately managed in the community, we found that 20% of admissions and 10% of emergency department visits for residents aged 65 and older could potentially be avoided with better access to ambulatory care.

### ***What is included in the expansion?***

The proposed building expansion will result in an additional 1,000 square feet of space above ground plus a full basement (with another 1,000 square feet of useable space).

The building expansion will add:

- 3 more patient care rooms (for a total of 6).
- 1 office for the managing nurse practitioner.
- 1 team work room for the health professionals
- A suite for a visiting nurse practitioner (e.g., to cover vacation or illness) or student nurse.
- Expanded area for reception, waiting area, kitchen, and storage.

### ***Who decided how much space is needed?***

The needs assessment to define the space requirements for the NPLC was developed based on:

- Current scheduling pressures in the existing building.
- Expectations of new – and potentially permanent – infection prevention and control protocols for healthcare clinics.



- Advice on long-term planning from other nurse practitioner-led clinics managed by West Parry Sound Health Centre that have expanded recently.
- Input from West Parry Sound Health Centre regarding the potential role of the NPLC within an Ontario Health Team.

### ***Why was the initial space estimate reduced?***

The project team's preliminary concept for the building expansion suggested that 1,500 square feet (at grade) of additional space would provide the requested functionality. This concept was reworked slightly after discussions with the architect to ensure that the proposed expansion used the available space as efficiently as possible.

Accordingly, two changes were made to the original concept:

- 2 rooms that did not need to be accessible by patients (i.e., the nurse practitioner's office and the team work room) were moved to the basement. In the event that the nurse practitioner or a member of the health team is unable to access the basement, the 6 patient care rooms provide sufficient contingency to accommodate any staff access issues.
- The proposed conference/teaching/meeting room was removed from the concept. Since the NPLC is so close to the Whitestone Public Library and Technology Centre and the Community Centre, it was agreed that any need for meeting space could be satisfied within these existing structures.

In addition, the architect was asked to ensure that the proposed building design could be enlarged with minimal effort at a future date should the need for more space be identified.

### ***When will the building expansion be started/finished?***

Whitestone Council has set aside funds for the detailed design and engineering to begin once the space requirements have been confirmed. This work is expected to commence no later than fall 2021.

The final design and construction call for tenders will likely be sent out early 2022, with an expectation that the expansion will begin in the Spring of 2022 and be substantially completed by the end of 2022.

### ***How much will the building expansion cost?***

The architect has provided a very preliminary initial estimate of \$750,000 for the construction cost, which is being used for planning purposes. However, this estimate reflects construction costs in the fall of 2020 – more than a year before the work goes to tender. The exact budget will not be known until the final design work has been completed and the bids are received in 2022.

### ***Who is paying for the building expansion?***

The financing plan for the NPLC building expansion includes a number of sources:

- We are hopeful that a significant portion of the funding will be provided by provincial and federal grants. Grant applications have been submitted to the Investing in Canada Infrastructure Program (ICIP), the Northern Ontario Heritage Fund Corporation (NOHFC) and the FCC AgriSpirit Fund.



- The area municipal councils (Whitestone, McKellar and Magnetawan) have made commitments to support the building expansion.
- The community has already contributed almost \$30,000 from past activities (e.g., bingo). The NPLC Community Advisory Committee has committed to raising up to \$150,000 from the area communities to support the expansion.
- The West Parry Sound Health Centre Foundation has funds earmarked for the NPLC. These funds are sufficient to purchase the furniture and equipment needed for the building expansion.

***We have already received an offer from an anonymous donor to match all donations from the general public to a maximum of \$80,000.***

***Who will pay the operating costs?***

The NPLC's operating budget (from the Ministry of Health) will continue to cover the utility costs of the existing and expanded building.

## **Fundraising**

***How do I donate to the building expansion?***

For online donations, please visit <https://www.whitestone.ca/p/whitestone-area-nursing-station> or <https://www.canadahelps.org/en/charities/municipality-of-whitestone/>

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# WPSHC Nurse Practitioner-Led Clinic FAQs

## Part 3: NPLC Services Expansion



### ***What new services will be offered?***

Initially, no new services will be offered at the NPLC. The purpose of the building expansion is to provide:

- **Safer care:** A larger area at reception and for waiting means that patients will be able to maintain social distancing for greater infection prevention and control. In addition, patients will no longer have to wait in their cars to be called in when the health professional is ready to see them. This is a particular hardship for patients in the winter or other inclement weather.
- **Improved access to care** by providing sufficient space to allow scheduling of the currently available care team:
  - Nurse practitioners.
  - Physiotherapist.
  - Social worker.
  - Mental health and addictions counsellor.
  - Registered nurse.
  - Lab work.
  - Specialist consultations through the Ontario Telehealth Network.

Over time, some increases in service may be possible depending on the interest of the public in having local services, the interest and availability of care providers, and the availability of funding from the Ministry of Health (for publicly funded services).

These service enhancements could include:

- **Increased capacity from Ministry of Health funded health professionals to meet demand for existing services.** West Parry Sound Health Centre (WPSHC) has applied for additional funding to increase the staffing of the above-noted health professionals in all of its NPLCs. If this request for funding is successful, our part-time health professionals will be able to spend more time in Whitestone, improving access to care and reducing wait times for some services.
- **New health care and community support services funded by a local Ontario Health Team.** As our health system is restructured into Ontario Health Teams, NPLCs are likely to remain a significant element of the region's strategy to deliver primary care services close to home.

### ***Will private health care providers be able to use the building?***

With 6 patient rooms, the NPLC will initially have some capacity for health and wellness services beyond what is currently funded by the Ministry of Health. It is entirely possible that private health professionals (e.g., registered massage therapist, occupational therapist, chiropractor, dietitian) might be interested in offering health and wellness services in the NPLC building.

However, the scope of the NPLC building expansion is limited to the construction of sufficient space to meet the current and projected longer-term space needs of the NPLC. The recruitment and management of any additional services (outside of what is or will be provided by the NPLC) is outside the scope of this project.

Once the building expansion is completed and the NPLC operations are established in the expanded space, the Municipality, in consultation with the NPLC and WPSHC, could investigate options for allowing private health professionals to use space in the building.

### ***Can we offer weekend service to meet the demand instead of expanding the building?***

At this time, there is no Ministry of Health funding available for weekend service. Even if funding were available, it is uncertain whether the community could attract a nurse practitioner to work part time on weekends.

### ***Why is the Municipality involved in the delivery of health care?***

When the original nursing station was established, the Municipality supported this initiative because of the expected benefit to our community to have primary health care delivered right in our community. The overwhelming success of the facility – as evidenced by the continuing strong growth in its use by our residents and visitors – suggests that this was a sound investment.

Although health care is not officially within the mandate of a municipality, the Whitestone Strategic Plan (March 2021 Update) has a high-level objective to “Build Community”, which includes a strategic action to “Promote Health and Safety” by providing continued support to the NPLC, including the expansion of the existing building.

## **Fundraising**

### ***How do I donate to the building expansion?***

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WHITESTONE NURSE  
PRACTITIONER-LED CLINIC

*We're  
Growing!*

DONATE TODAY

We have outgrown our building and are planning an expansion of 1,000 square feet at grade with a full basement. An anonymous donor has offered to match donations from the general public up to a total of \$80,000. Your donation will go twice as far!!

SCAN ME



LEARN MORE: [WWW.WHITESTONE.CA](http://WWW.WHITESTONE.CA)