

Pre-Clinical Toolkit

The following resources provide a wealth of information for both client teaching, as well as for health professionals. These materials focus on health promotion, active living and the reduction of known dementia risks through the promotion of healthy living.

- [Physical, Mental and Social Activity and Brain Health Resources](#)
- [Smoking and Brain Health](#)
- [Alcohol and Brain Health](#)
- [Heart Smart = Brain Smart!](#)

Physical, Mental and Social Activity and Brain Health Resources

The following websites are full of reliable, helpful information for supporting physical, mental and social activity lifestyle changes that promote healthy aging.

- [Heads Up for Healthier Brains!](#)
 - Alzheimer Society of British Columbia
 - Current information on brain health risks associated with dementia.
 - Identifies 6 risk factors and an 8-step action plan for reducing brain health risks.
- [Canada's Physical Activity Guide for Older Adults](#)
 - Explains why physical activity is important for seniors.
 - Offers tips and easy ways to increase level of activity, improve health and prevent and manage chronic diseases.
- [Active Living coalitions for Older Adults](#)
 - Information to help older Canadians to maintain and enhance their well-being and independence through a lifestyle that embraces daily physical activity
- [Canadian Health Network](#)
 - A national, non-profit bilingual web-based health information service for every body.
 - Helps Canadians find the information they are looking for on staying healthy and preventing injury and disease.
- [Canadian Physiotherapy Association](#)

Provides useful information on preventing falls, available in regular or large print.

Smoking and Brain Health Resources

- All health professionals are encouraged to integrate smoking cessation strategies into everyday practice. Do you have the knowledge and skills to do this?
If you are unsure, RNAO's interactive learning package [Helping People Quit Smoking](#) provides educational learning and support for the best practice strategies outlined in the tobacco and brain health model.

- Health Canada has greatly expanded and enhanced its web site to provide Canadians of all ages with access to:
 - interactive, self-help cessation support based on the stages of change;
 - referral to cessation programs across the country;
 - e-quit messages to motivate and support smokers to quit;
 - information on the adverse health impacts of smoking;
 - information on best practices in cessation;
 - statistics on cessation in Canada;
 - resources for service providers.

Federal Support Services:

- Health Canada's free [e-Quit subscription program](#)
 - Clients can sign up for a 30-day series of free e-mail messages to help them through the cessation process.
 - Subscribers have found the e-mail messages to be both supportive and effective.
 - 300 "graduates" surveyed at the end of their 30-day program, 74% had stopped smoking.
- [On the Road to Quitting](#) is an interactive self-help web-based resource that motivates and supports smokers who want to quit.
 - Helps people to deal with temptations, withdrawal symptoms and relapse.
 - It answers questions about nicotine replacement therapies and other stop-smoking strategies.
 - Access to the booklet is available by calling 1 800 O-Canada toll-free phone line and also via [gosmokefree](#) site.
- [B.C. Ministry of Health](#) - tobacco control strategy; links to local Health Authorities.
- [Interior Health](#) participates in the provincial tobacco strategy and has several tobacco cessation programs and strategies.

Alcohol and Brain Health Resources

The [Low-Risk Drinking Guidelines](#) were developed by a team of medical and social researchers from the University of Toronto and the Centre for Addiction and Mental Health.

They have been endorsed by many Canadian mental health and addictions agencies.

Medication and Alcohol Interaction

Information for Clients and Family

- [Medication and You:](#)
- [Helping Seniors Use Medications Safely](#)
Clear, basic language brochure for client and family teaching

- [Alcohol and Seniors](#)

For a senior friendly pamphlet on the common drugs prescribed for seniors and their potential for interacting with alcohol

Information for Health Professionals

[Helping Patients Who Drink Too Much](#)

A National Institute on Alcohol Abuse and Alcoholism publication, this is an excellent professional resource for learning how to incorporate alcohol screening and intervention into everyday practice.

Heart Smart = Brain Smart

Smoking

- [Integrating smoking cessation into everyday health care practice](#)

An e-learning tool for health professionals to learn brief intervention skills

Alcohol Use

- [Helping patients who drink too much](#)

Easy to read clinical guide from the national Institute on Alcohol Use and Alcoholism

- [Canada's Low Risk Drinking Guidelines](#)

Developed by a team of medical and social researchers from the University of Toronto and the Centre for Addiction and Mental Health.

Endorsed by many Canadian mental health and addictions agencies

Stress

- Mental Health information you can trust: A first aid kit for [stress](#). Patient information page on recognizing stress and finding the right resource, from self-help to professional consultation

Poor Diet

- [Act Now Healthy Seniors Eating Guide](#)
- [Dietitians of Canada](#)

Helpful site with lots of healthy nutrition tips, tools and patient teaching materials

Sedentary Lifestyle

Information for Professionals:

- [Guidelines and Protocols](#) - Overweight, Obesity and Physical Inactivity

Information for Patients and Families

- [Act Now BC Move for Life \(DVD\)](#)
- [Canada's Physical Activity Guide](#) to Healthy Active Living for Older Adults

High Blood Pressure

Information for Professionals

- [2012 Hypertension Guideline Recommendations](#)
- [Hypertension Education Program](#)
- [BCMA/GPAC Guidelines for Hypertension](#)

Information for Patients and Families

- [Hypertension Canada Recommendations](#)
- [Hypertension – Detection, Diagnosis and Management](#) - BC Guidelines

Diabetes

Information for Professionals:

- [2008 Clinical Practice Guidelines](#)
- [Best and Promising Practices in Diabetes Education](#)
- [Clinical Practice Guideline Toolkit](#) for the Prevention and Management of Diabetes in Canada
- BCMA-[Ministry of Health Guidelines](#)

Information for Patients and Families:

- [Cardiovascular Risk Self Assessment](#)
- [Your diabetes-focused visit](#)
- [Diabetes and You](#)
- [A Guide for Patients \(Information Book\)](#) - BCMA/Ministry of Health

Excess Weight

- [Canadian Guidelines for Body Weight Classification](#)
Quick reference tool for health professionals
- [Healthy Weights](#)
Tools and info to assist in making choices that support a healthy weight and reduce risk.
- [Guidelines and Protocols](#)
Overweight, Obesity and Physical Inactivity