

College of New Caledonia



NEWS RELEASE

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Health and Wellness Centre expands to new space

CNC's Health and Wellness Centre is now bigger, brighter and more functional. That's thanks to a move to a new facility that looks like a standard doctor's office and is located adjacent to the dental studies wing.

Unlike the previous location, the new space on the ground floor has two exam rooms and a large waiting room, where college students and employees can either see Nurse Practitioner Sherry Preston or Dr. Heather Smith 2.5 days per week.

"We have 200 patient files, some are returning and others are new patients," Preston said. "We love the space – there is better access, and it's on the main floor. It's an ideal location."

The clinic provides primary care to students who do not have a family doctor or for those who require non-urgent walk-in services.

Patients can access the clinic either through the west entrance of the college or through the dental studies department.

Preston is available to see patients Wednesdays, 9 to 11 a.m. on a walk-in basis and by appointment, between 1:30 – 3:30 p.m.; Thursdays on a walk-in basis between 9 – 11 a.m. and Friday mornings by appointment, 1:30 – 3:30 p.m.

Dr. Heather Smith is available Thursday afternoons by appointment, 1 – 3:30 p.m.

Since Preston and the clinic began in August 2009, the demand for health care services has grown. Preston can diagnose and treat common health problems, including prescribing medications and ordering tests.

Smith joined the fold in April 2011, and provides everything from one-off visits, to management of chronic conditions and preventative care.

"The hospital (UHNBC) and walk-in clinic on Spruceland now know about us and they send CNC patients to us," said Smith. "It gets the students somewhere where they can get the follow-up, referral, management, and treatment that they need."

Medical office assistant Eunice Kortegaard has also joined the staff and is taking care of the administrative duties of the clinic.

Patients need to fill out a brief medical history available in the Health and Wellness Centre. To book an appointment, patients can call 250-561-2131 ext. 5377 on Wednesdays to Fridays. They can call 250-562-2131 ext. 5301 on Mondays and Tuesdays.

The Health and Wellness Centre is a partnership between CNC and Northern Health Authority.

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