

Referral	Additional Information Requested	Contact
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Updated sections indicated in red

Access 365 Clinic

After-hours care

You may refer to the Access 365 Clinic if your patient needs to be seen urgently within 4 - 24 hours and your clinic cannot accommodate them that day.

Operates from 1 p.m. to 9 p.m., Monday to Friday, and from 10 a.m. to 4 p.m. Saturday, Sunday and holidays. Note: hours subject to change over Christmas holidays.

For WinRho injection:

- Provide current lab results (ABO and Rh), patient's LMP & EDD, and complete Agreement: WinRho form ([Physician website->Member Information->Forms](#)).

FAX:
403-210-1382

If Critical/STAT Lab is anticipated:

Please identify on referral with pertinent Hx including Rx and include recommendations should result remain critical.

Continuity of care

Access 365 Clinic also supports continuity and coordination of care while physicians are ill or on vacation by providing their patients with access to a primary care team at Riley Park Primary Care Centre.

Operates Monday to Friday from 1 p.m. to 5 p.m.

Physicians sign up by completing the [Access 365 Clinic Service Request form](#) for each planned absence.

Once registered, an information package will be faxed to your office to assist your staff with triaging and validating your patients' medical needs. Staff will then fax referrals directly to the clinic using the Calgary Foothills PCN referral form.

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Ask a Dietitian

Small group appointments (eight-person max) with a registered dietitian. Patients can register for one of three group appointments designed for patients who need support with diabetes or pre-diabetes, weight concerns or heart health.

Referral criteria:

Suitable for:

- Patients with Type 2 diabetes/pre-diabetes
- Patients who are overweight
- Patients with heart health concerns, including risk factors

Not suitable for:

- Patients with gestational or Type 1 diabetes, eating disorders, unintentional weight loss, post-bariatric surgery or congestive heart failure

Ask a Dietitian is open to patients of PCN physicians and local residents who are aged 18+. Patients may also self-refer.

Please indicate:

- Patient’s daytime contact info

View the [workshop schedule](#).

Download our [detailed referral guide](#) for physicians.

FAX:

403-284-9518

PHONE:

Patients can self-register by calling 1-855-79-CFPCN (23726) or register online www.cfpcn.ca

Chronic Pain

Please refer to the [Extended Health Team](#) section.

Cochrane: Pediatric Behavioural Assessment Service (PBAS)

Please refer to the [Health Home Community section](#).

Cochrane: Low-Back Care Management

Please refer to the [Health Home Community section](#).

Community Social Worker

Please refer to the [Health Home Community section](#).

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COMPASS for the Caregiver

Free, eight-class workshops for adults who assist a family member or friend living with challenges resulting from disability, illness or aging. This workshop teaches caregivers how to care for and empower themselves, so they can better care for others.

COMPASS for the Caregiver is open to patients of PCN physicians and local residents who are aged 18 or older. Patients may also self-refer.

Please indicate:

- Patient’s daytime contact info

View the [workshop schedule](#).

FAX:
403-284-9518

PHONE:
Patients can register online www.cfpcn.ca or by calling 1-855-79-CFPCN (23726)

Craving Change

Free, four-class workshop for adults who struggle with problematic eating. The workshop focuses on helping patients determine why they eat the way they do, and what they can do to make healthier choices.

Craving Change is open to patients of PCN physicians and local residents who are aged 18+. Patients may also self-refer.

Please indicate:

- Patient’s daytime contact info

View the [workshop schedule](#).

FAX:
403-284-9518

PHONE:
Patients can register online www.cfpcn.ca or by calling 1-855-79-CFPCN (23726)

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Diabetes Outreach

Diabetes Outreach Educator (RN) provides:

- Intensive short-term management, education and support for complex diabetes patients in joint appointments with health team members in clinic
- Consultative support through patient case reviews/problem solving with health team in clinic
- Linkage to diabetes specialty care as appropriate with family physician consent
- Collaboration with family physician and health team to increase capacity of diabetes care in medical home

Referral criteria

- Patients aged 18 or older with stable Type 1 or Type 2 diabetes
- Cognitively capable of participating in assessment and treatment
- Stable medical/mental health

Refer to the Calgary Foothills PCN [Diabetes Care Algorithm](#) for additional information on path of care for diabetes patients.

- Indicate the **clinical question**: how can we help with the management of your patient?
- Indicate the name of the health team member working most closely with your patient, so path of care can be coordinated within the medical home
- Provide specific orders for OHA and/or insulin adjustments, **including individualized patient target blood sugars and A1c**
- Current/previous treatments for diabetes
- Provide record of prescribed and OTC medication
- Concurrent medical and/or mental health conditions

FAX:
403-374-0354

All referrals are triaged by the Diabetes Outreach Educator and patients are contacted directly to set appointment time and location

Dietitian

Please refer to the [Health Home Community section](#).

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Extended Health Team		
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The Extended Health Team treats patients with a broad range of chronic health issues. The team collaborates with Calgary Foothills physicians and their clinic’s health team to support these complex patients. Please use the Extended Health Team when your patient requires more intensive support than existing services in your clinic or community can provide.

Inclusion guidelines

The team is supported by specialty partnerships and provides services for adult patients aged 18 or older who have multiple, chronic health concerns, require an interdisciplinary team approach AND:

- Acute concerns have been ruled out
- Struggle with self-management
- Have poor coping skills
- View health concerns as out of their control
- Have had comprehensive medical workup and treatment and seen limited improvement

We have expertise in:

- Non-cancer musculoskeletal chronic pain;
- Geriatric assessment (including home visit if applicable);
- Functional bowel disorders (irritable bowel syndrome);
- Behaviour change and resource navigation

The team can assist with:

- Confirming a diagnosis
- Managing medications, nutrition and exercise
- Developing resilience and coping skills
- Helping to accept and understand chronic health issues
- Finding ways to adapt at work and home
- Learning to cope with transition
- Linking patients with community resources

Indicate the clinical question, including:

- What are your concerns? e.g., biopsychosocial factors
- What have you tried? e.g., diagnostic imaging, consults
- How can we help?

Please include relevant information, such as:

- Contact person. If not patient, name and phone number of legal guardian or activated personal directive
- Allergies and medications (prescription, OTC and herbal)
- Language barriers
- Health team members seen in the health home
- Risks associated with home visit, if applicable
- Past MMSE and MoCA results, if applicable

FAX:

403-374-0354

For urgent questions consider contacting the specialist on call.

Note: We cannot accept referrals for:

- Specific health care providers/specialists only (for example, physiotherapy)
- Medical marijuana
- Ongoing supportive counselling
- Medico-legal purposes (including WCB)
- Standalone psychological services. Mental health treatment is one part of the Extended Health Team’s service but is not the primary focus for the team

[Learn more about the Extended Health Team](#)

Note: As of January 2017, referrals to the Extended Health Team are streamless (previously, referrals were broken down by stream). Select “Extended Health Team” on the Calgary Foothills PCN referral form.

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Gastrointestinal (GI)

Please refer to the [Extended Health Team](#) section.

Happiness Basics

Happiness Basics is a free, four-part workshop that teaches patients the practical skills they need to create more happiness in all aspects of their lives. The skills taught are evidence-based, from the field of positive psychology. It is not suitable for people who suffer from severe anxiety, depression or suicidal thoughts or are in the midst of a personal crisis.

This workshop is open to patients of PCN physicians and local residents who are aged 18+. Patients may also self-refer.

Please indicate:

- Patient's daytime contact information

View the [workshop schedule](#).

FAX:
403-284-9518

PHONE:
Patients can self-register online at www.cfpcn.ca or by calling 1-855-79-CFPCN (23726)

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Health Home Community

The Health Home Community initiative builds on what PCNs do best – which is working alongside physicians, health professionals and other organizations to provide local solutions to local problems.

By improving access to care, strengthening links between providers, identifying gaps in services and creating programs to help fill them, Health Home Community brings services patients need into the heart of the communities in which they live or work.

All patients of PCN physicians are eligible to use Health Home Community team members (which currently includes community social workers and dietitians). Patients can attend appointments in whichever community location is most convenient for them — regardless of where they live or the location of the physician’s office.

Some projects are also developed that are aimed at the local community (based on local need and/or local partnerships). These may not be available in multiple locations throughout the network. Services developed to date are listed below, by community.

See next page for a full list of Health Home Community services. . .

There are seven Health Home Community communities within our network. [View our online map](#) of our seven communities, which are listed below:

- Centre North
- Cochrane
- North Hills
- Nose Hill
- Lower Northwest
- Upper Northwest
- West Bow

Originally launched as a pilot in the community of Cochrane in 2014, Health Home Community expanded to West Bow (Bowness/Montgomery) and North Hills in the summer of 2016. Further expansion in June 2017 opened up access to community social workers and dietitians throughout the whole network. Local projects are also being developed.

FAX:
Physicians can request a Health Home Community service or appointment by faxing a referral form to 403-284-9518.

PHONE:
Patients can self-register for a Health Home Community service by calling 1-855-79-CFPCN (23726).

MORE INFORMATION:
Visit our Health Home Community page on the [physician website](#).

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Health Home Community services:

Community Social Worker

Community social workers are available to help patients with the following:

- Access to benefits, financial resources
- Disability support
- Community resources and advocacy
- Family support
- Housing and transportation
- Older adult and caregiver support
- Mental health resources
- Support for newcomers or immigrants

Download our [detailed referral guide](#) for physicians.

The patient’s physician will be informed after the patient is seen, or as appropriate.

Community social worker appointments are available to all patients of PCN physicians.

Appointments are available at the following locations (subject to change). Patients can choose which location is most convenient for them, regardless of where their physician’s clinic is located.

- Bowness Community Association: 7904 43 Avenue NW
- Vivo for Healthier Generations: 11950 Country Village Link NE
- Wild Rose United Church: 1317 1 Street NW
- Foothills Primary Care Centre: Suite 310, 1620 29 Street NW
- Crowfoot Primary Care Centre, Suite 201, 60 Crowfoot Crescent NW
- Riley Park Primary Care Centre, Suite 171, 1402 8 Avenue NW

[Download our guide](#) on how to contact our community social workers (physicians only). Please note that the contact information is confidential. The same guide shows which team members work on which days at our different locations.

PHYSICIAN REFERRAL:
Fax a PCN referral form to 403-284-9518.

PATIENT SELF-REFERRAL:
Patients can call the PCN program coordinator at 1-855-79-CFPCN (23726) to request an appointment.

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Dietitian		
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Appointments with a dietitian are available to patients who need one-on-one nutrition advice or support to help manage their conditions or learn about healthy eating. Please note that group workshops are also available at multiple locations for diabetes/pre-diabetes, weight issues and heart health.

Registered dietitians help set personal goals for healthy eating. They can also help patients to:

- Access practical nutrition advice related to diabetes, liver, heart or kidney conditions
- Manage digestive issues, celiac disease and food allergies
- Receive support during and after pregnancy
- Learn about healthy eating and nutrition for all ages

Download our [detailed referral guide for nutrition services](#), which details which patients are better suited to group workshops or one-on-ones.

The patient’s physician will be informed after the patient is seen, or as appropriate.

One-on-one dietitian appointments are available to all patients of PCN physicians.

Appointments are available at the following locations (subject to change). Patients can choose which location is most convenient for them, regardless of where their physician’s clinic is located.

- Bowness Community Association: 7904 43 Avenue NW
- Vivo for Healthier Generations: 11950 Country Village Link NE
- Wild Rose United Church: 1317 1 Street NW
- Foothills Primary Care Centre: Suite 310, 1620 29 Street NW
- Crowfoot Primary Care Centre, Suite 201, 60 Crowfoot Crescent NW
- Riley Park Primary Care Centre, Suite 171, 1402 8 Avenue NW

[Download our guide](#) on how to contact our dietitians (physicians only). Please note that the contact information is confidential. The same guide shows which team members work on which days at our different locations.

PHYSICIAN REFERRAL:
Fax a PCN referral form to 403-284-9518.

PATIENT SELF-REFERRAL:
Patients can call the PCN program coordinator at 1-855-79-CFPCN (23726) to request an appointment.

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. . . Health Home Community services, continued:

Cochrane: Cochrane Low-Back Care Management

This initiative provides patients who suffer from low-back pain immediate care and education, with the goal of reducing instances of chronic pain.

Through this program, patients are referred, assessed, treated and managed by primary care clinicians (family physicians, physiotherapists and chiropractors).

The patient's physician will be informed after patient is seen or as appropriate.

The team of clinicians offers:

- Assessment
- Low-back pain management and care planning
- Patient education
- Administration of standardized screening tools
- Updated care plan reports shared between primary care professionals
- Patient/family coaching
- Referrals for additional supports, as required

This service is for:

- Adult patients who have new onset of acute low-back pain
- Have no pending diagnostic screening
- Need advice about back care management, or need to find out if they require the help of a specialist
- Note: WCB claimants or patients involved in litigation relating to their back pain are not eligible to participate

REFERRALS:

Referrals are accepted from family physicians, Cochrane Urgent Care, or by fax, phone or letter from a community health care provider. To refer, [click here](#) to contact the participating clinic.

PATIENT SELF-REFERRAL:

Patients can self-refer by contacting one of the participating clinics. [Click here](#) for a patient-friendly information sheet.

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... Health Home Community services, continued:

Cochrane: Cochrane Pediatric Behavioural Assessment (PBAS)

PBAS is an extension of the health home. It is a service that supports family physicians to care for children, adolescents and their families who have behaviours that somewhat interfere with their day-to-day functioning.

This service is available to Cochrane residents and patients of Cochrane physicians.

A registered nurse with mental health experience provides in-depth assessment of children, aged two to 19, who show behavioural issues that may be indicative of mood, attention and other mental health disorders that are mild to moderate in nature. Evidence-based screening tools are completed as indicated.

Additional services:

- Family assessment, care planning, education, goal-setting and case management
- Facilitating communication between school, family, therapists and physician
- Linking to community resources
- Navigating health system resources
- Mental health clinician from AHS' Healthy Minds/Healthy Children Outreach Services provides advice or participates in appointments with patient, registered nurse (mental health) and physician
- Tele-consultations on a case-by-case basis

The PBAS registered nurse) will make recommendations to the attending physician, but will not assume care of the patient.

Please include relevant information, such as:

- Names of parent(s) or guardian(s)
- Patient history (social, medical, developmental and behavioural)
- Diagnosis, if known
- Description and duration of current problem
- Relevant lab results
- Grade level, educational setting, grades and teacher's feedback
- Medication summary (past, current and responses)
- Family's medical and psychiatric history
- Screening tools that have been completed
- Whether the patient or family has been engaged in mental health services

PBAS is not suitable for crisis/emergent cases, nor for those with behaviours that substantially impact day-to-day functioning.

FAX:
403-932-0292

PHONE:
Check the status of a referral by calling the Cochrane Health Home Community Intake Staff at 403-932-2089

IMPORTANT NOTICE:
This service is available for families who are attached to Cochrane member physicians. Patients who live in Cochrane but are attached to Calgary member physicians are also eligible.

[FAQ: Pediatric Behavioural Assessment Service](#)

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Hip and Knee

Two clinics offer joint replacement: **Alberta Hip & Knee Clinic**, located in Gulf Canada Square, and **Bone and Joint Clinic**, located in South Health Campus.

Patient and physician will receive a letter indicating appointment.

Refer using AHS Hip & Knee Replacement Referral form found on the [Member Website->Member Information->Forms](#).

FAX:
Fax AHS Hip & Knee Replacement Referral to 403-221-4387 (Alberta Hip & Knee Clinic) or 403-956-3275 (Bone and Joint Clinic)

Lactation Consultant

Physician lactation consultants at [Riley Park Maternity Clinic](#) offer help with breastfeeding issues. Any Calgary Foothills PCN physician can access this service for their patients.

- Date of baby's birth
- Birth weight and current weight
- Brief description of problem
- Mother's contact information

FAX:
403-284-7977

Frenotomy/tongue tie services are available.

Medical MSK

Please refer to the [Extended Health Team](#) section.

Navigation

Please refer to the [Extended Health Team](#) section.

PaedLink

Paediatric telephone advice is available through [SpecialistLINK](#).

Pediatric Behavioural Assessment Service (PBAS)

Please refer to the [Health Home Community section](#).

Pediatric Weight Clinic

To refer to this program, use the [AHS Provincial Pediatric Weight Management Referral](#).

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Perinatal Mental Health

Nurse (MN) support (C. Rucich, A. Marshall, D. Cully):

- At least 24 weeks pregnant or less than nine months postpartum.
- Pregnancy or postpartum depression (not bipolar) or anxiety must be the primary mental health concern
- Clients must have custody of their children
- There are no active substance abuse problems
- The family physician must be prepared to remain involved with the client throughout the Perinatal Mental Health contact. (The family physician will be contacted to ensure collaboration/support)
- The client is not involved in another mental health program

- Number weeks gestation/baby's age
- Has client been notified of consultation request?
- Reason for consultation request (are other services involved?)
- Goals for consultation
- Family physician information

FAX:
403-955-1013

Pharmacist Outreach

The outreach pharmacist assists member physicians and staff who do not have a clinical pharmacist. Services include:

- Reviewing medication and alternative medicines, medicine reconciliation and answering drug-related questions
- Handling Seamless Care Program referrals (when hospital pharmacists connect directly with PCN pharmacists to address outstanding concerns at discharge)
- Providing education and support

- Specify how we can help with the management of your patient
- Referrer's clinic fax and phone number
- Expected date referral should be addressed (not for urgent problems)

FAX:
403-284-9518

Referral criteria

Patients who:

- Do not have access to a PCN pharmacist in their health home
- Do not need ongoing intervention and follow-up or urgent care
- Are not a candidate for the Diabetes Outreach Educator or Extended Health Team

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Psychiatric Assessment — Geriatric

Dr. Robert Granger offers geriatric psychiatry assessments at the Crowfoot Primary Care Centre on Mondays and Wednesdays.

- Please include:**
- Brief history
 - Reason for referral

FAX:
403-374-0354

PHONE:
403-374-0244 ext. 202

Referral criteria

Patients who:

- Live at home and are able to come to the Crowfoot Primary Care Centre
- Are 65 years or older
- Have a mental health concern

Note: Referrals for basic cognitive testing should be directed to the Extended Health Team.

Dr. Robert Granger also offers geriatric psychiatrist tele-consult services to Calgary Foothills PCN physicians every Monday and Wednesday by appointment. See [tele-geriatric psychiatry](#) for more.

Rapid Access Chest Pain Clinic (RACPC) at Cardiology Consultants

Offers rapid assessment of patients with chest pain syndromes who do not require hospitalization but would benefit from early outpatient evaluation.

- Include:**
- Chest pain description
 - Relevant past medical history
 - Vascular risk factors
 - Current medications
 - Patient demographics
 - Patient contact information

FAX:
403-215-2213

PHONE:
403-781-4732

Suitable patients:

- Adult patients with suspected cardiac chest pain
- When the cause of chest pain is unclear
- When the patient has had repeat visits to ER with chest pain NYD

Patients NOT suitable for referral:

- Already seen/under investigation by cardiologist
- Presence of intermediate or high risk ACS
- Primary CHF, arrhythmia, valvular problem

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Riley Park Maternity Clinic		
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Riley Park Maternity Clinic consists of four low-risk maternity clinics.

All clinics are located at:
Suite 130, 1402-8th Ave. NW
Calgary AB T2N 1B9

Riley Park Maternity Clinic's services include:

- [Lactation consultant](#)
- Frenotomy/tongue tie
- Prenatal care
- Labour and delivery
- Circumcision
- Mental health support
- Postpartum care

Any Calgary Foothills PCN physician can access these services for their patients.

Include:
All prenatal records

- Verify:**
- Patient understands all deliveries occur at the Foothills Medical Centre
 - Patient is planning vaginal birth

- Indicate:**
1. Expected date of delivery
 2. Patient's pre-pregnancy BMI
 3. Preferred clinic
 - No Preference
 - Sunnyside Maternity Clinic (formerly Goldie/Zwiers)
 - Low Risk Maternity Clinic
 - Grace Maternal Child Clinic
 - Northwest Maternity Clinic

Send referral as soon as patient's pregnancy is confirmed and specify which option patient requires:

- Immediate transfer of care: as early as 10 weeks;
- Delayed transfer of care (indicate at what gestational age, in weeks, you would like to transfer care to Riley Park Maternity Clinic); or
- Shared Care: meet and greet is arranged at 20 weeks at Riley Park Maternity Clinic with transfer of care occurring at 36 weeks

Patients who are more than 36 weeks pregnant are considered on a case-by-case basis.

FAX:
403-284-7977

PHONE:
Central referral coordinator
403-284-3711 ext. 1

Northwest Maternity Clinic
403-284-3711 ext. 2

Grace Maternal Child Clinic
403-284-3711 ext. 3

Low Risk Maternity Clinic
403-284-3711 ext. 4

Sunnyside Maternity Clinic
403-284-3711 ext.5

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Specialist LINK (UPDATED)

Specialist *LINK* is a telephone advice line for family physicians in the Calgary area can use to contact a specialist in real time for advice about a patient.

Specialty groups that offer services through Specialist *LINK* are frequently added. Visit specialistlink.ca for the most up-to-date list. Specialities currently available include:

- Chronic pain
- Congestive heart failure
- Endocrinology
- Gastroenterology
- Hepatology
- Nephrology
- Neurology
- Paediatrics
- Podiatric surgery
- Psychiatry
- Respiriology
- Rheumatology
- Vascular surgery

This service is for non-urgent cases. For urgent cases, continue to contact the specialist on call or RAAPID South at 403-944-4488.

- Specialists provide a quick response by returning a physician’s call **within one hour**. Patients can wait in the physician’s office and receive timely advice
- Consults available Monday to Friday 8 a.m. - 5 p.m., excluding statutory holidays (**chronic pain is 8 a.m. – 4 p.m.**)
- Specialist can provide guidance and advice and a plan of care

Please provide the following:

- Physician’s direct phone number (i.e. cell or clinic back door number)
- Patient name, age (aged 18 or older)
- Patient health care number
- Your practice ID number

LOCAL:
403-910-2551

TOLL FREE:
1-844-962-LINK
(5465)

WEBSITE:
specialistlink.ca

**PRIMARY CARE
CLINICAL
PATHWAYS:**
[Click here](#)

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Tele-Cardiology

Cardiology Consultants of Calgary offers 15-minute phone consults with a cardiologist.

Advice can include:

- How to triage/diagnose/treat your patient’s potential cardiac symptoms
- Choice of cardio diagnostic test
- Discussing results of cardiac tests
- Obtaining a more urgent clinical appointment or cardio diagnostic test than the offered timeline

A completed tele-consult document will be sent to you for your patient’s medical chart.

Specialty-organized by Total Cardiology.

- Offering tele-consults from Monday to Friday
- Your specific question(s) with any pertinent clinical history, medications
- Physician’s DIRECT phone number

FAX:
403-571-6990

PHONE:
403-571-8641

totalcardiology.ca

Tele-ENT

Dr. Doug Bosch offers Tele-Otolaryngology consult service to Calgary Foothills PCN members.

Specialty-organized, coordinated by Dr. Doug Bosch

Book the 10-minute Tele-ENT consult appointment by phone.

*No referral form necessary

PHONE:
403-282-0054
Ext. 21

Tele-Geriatric Psychiatry

Dr. Robert Granger offers geriatric psychiatrist tele-consult services to Calgary Foothills PCN physicians every Monday and Wednesday by appointment.

Calgary Foothills PCN-managed.

Calgary Foothills PCN member physicians can consult the geriatric psychiatrist about their geriatric patients with one or two issues during the session. These issues can include the following:

- New or recurring mental illness
- Cognitive or functional decline
- Medical co-morbidities
- Medications and diagnosis

Note: Psychiatrist will not confirm a diagnosis but will discuss ‘best-fit’ diagnoses and recommendations.

Please indicate:

- Physician’s DIRECT phone number
- Brief description of question or reason for tele-consult

FAX:
403-374-0354
You will receive a fax confirming your tele-consult time.

PHONE:
403-374-0244 ext. 202

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Tele-Hematology		
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30-minute phone consult with a hematologist.

Specialty-organized, offered to Calgary Zone area.

- Appointments booked, as per specialist availability, which could be any time from 8 a.m. to 5 p.m., Monday to Friday
- Use the Calgary Foothills PCN referral form or AHS Path to Care Referral Form ([Member Website->Member Information->Forms](#))

Non-urgent referrals including (but not limited to):

- Mild chronic pancytopenia
- Moderate pancytopenia
- Personal or family history of venous thrombosis or inherited thrombophilia
- Duration of anticoagulation for venous thromboembolic disease
- Mild splenomegaly
- Suspected bleeding disorder, with no current bleeding
- Chronic moderate cytopenia
- Chronic mild elevations in Hgb, PLt and WBC
- Mild macrocytosis
- Thalassemia Trait counsel
- Sickle Cell Trait Counsel
- Chronic neutrophils > 1.0
- Chronic platelets > 100
- Lymphocytosis < 5

FAX:
403-944-3001

PHONE:
403-944-8050
(Hematology Central Access Triage)

Acknowledgement of faxed referral will be sent back to family physician's office within 24 to 48 hours.

Hematology administration will contact the family physician's office to schedule and confirm the tele-consult.

For urgent requests, please call hematologist on call at either:

Foothills Medical Centre: 403-944-1110
OR
Peter Lougheed Centre: 403-943-4555

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Tele-Ortho (UPDATED)

Telemed Solutions offers phone consultations -- usually the same day -- to help family physicians manage orthopaedic injuries and conditions. Examples include:

- Acute fractures, sprains and strains; torn ligaments; osteo-arthritis, rheumatoid arthritis or other inflammatory conditions; concerns with feet, wrist, shoulders, hips and or knees; suspected septic joints and orthopaedic infections; primary bone and metastatic bone tumors; and acute and chronic low back pain
- Help diagnosing a condition or injury or to discuss issues related to surgical conditions

Specialty-organized, offered to Calgary Zone area

Fill out consultation request forms available on Telemed website (thebonephone.com)

Please include cell # or direct phone # where you can be reached for the consultation.

Telemed aims to respond to faxed consultation requests the same day.

FAX:
1-844-813-3890

Tele-Perinatal Psychiatry

Dr. Heather Scott offers 20-minute perinatal psychiatry phone consults.

Advice on:

Pregnant patients or patients who are in their first post-partum year and who have a psychiatric problem or a history of a psychiatric problems.

Specialty-organized, offered to Calgary Zone area coordinated by Dr. Heather Scott

- Preferred consult date on the first Friday of every month at noon or 12:20 p.m.

Please indicate:

- Physician's DIRECT phone number
- Brief description of question or reason for tele-consult

FAX:
403-944-9787

PHONE:
403-944-9750

Tele-Psychiatry

Specialty-organized, co-ordinated by Dr. Hussam Bawa

- Preferred consult date on Thursday at noon, 12:20 or 12:40 p.m.
- Physician's DIRECT phone number
- Limit of three issues per consult
- Family and past psychiatric Hx (depression, bipolar, schizo)
- Medical Hx (thyroid, seizures, neurology, etc.)
- Habits (caffeine, alcohol/drugs, gambling, internet, etc.)
- Current disability/legal/forensic issues

FAX:
403-944-9787

PHONE:
403-944-9750

Referral	Additional Information Requested	Contact
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Tobacco Cessation

Group education sessions consist of four classes one week apart.

Physician approval (see [Referral and Patient Prescription Form: Tobacco Cessation](#))

FAX:
403-284-9518

Note: patient must have physician's referral due to integration of medication

Workshops

Calgary Foothills PCN offers free workshops to help patients better manage their physical and mental health. These workshops focus on health promotion, preventing injury and illness and improving screening rates.

Please indicate:

- Patient's daytime contact info

REGISTER:
Patients can register online at cfpcn.ca or by phoning 1-855-79-CFPCN (23726).

Workshops are open to patients of PCN physicians and local residents who are aged 18 or older.

PHONE:
1-855-79-CFPCN
(23726)

Patients can self-refer to the following workshops:

- [Happiness Basics](#) (learn skills to promote happiness)
- [Ask a Dietitian](#) (group nutrition classes for patients with either diabetes/pre-diabetes, high blood pressure, or weight concerns)
- [Craving Change](#) (developing healthier relationship with food)
- [COMPASS for the Caregiver](#) (empowering caregivers)

Physician referral is required for:

- [Tobacco Cessation](#) (support to quit tobacco)