

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.

Chronic Pain

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

Referral	Additional Information Requested	Contact
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Cochrane: Behavioural Health Consultant (NEW)

In Cochrane, behavioural health consultant (BHC) services are now available as part of the [Health Home Community initiative](#).

Behavioural health consultants offer short-term support (usually one to four sessions) to help patients with mild to moderate concerns, such as:

- Enhancing overall emotional and mental wellbeing
- Adjusting to family or lifestyle changes or transitions
- Coping with stress, anxiety or depression
- Discussing relationships, spiritual or personal concerns

More chronic and complex difficulties will likely require longer-term or specialized services. The BHC service is not suitable for patients experiencing active suicidal ideation, active psychotic symptoms, or impaired mental state.

Find out more on our [Cochrane Health Home Community page](#) under team services.

This Cochrane service is by physician referral ONLY.

Indicate the clinical question, including:

- What are your concerns?
- What have you tried?
- How can we help?

If the patient is a minor (i.e., under 18 years of age) the BHC requests meeting with the parent(s) or legal guardian(s) before meeting the minor.

FAX:

Fax a PCN referral form to 403-284-9518.

Note: We cannot accept referrals for:

- psychological assessments/reports
- medico-legal assessments for court
- completing AISH, WCB or other forms
- Giving medical or pharmaceutical advice

Cochrane: Pediatric Behavioural Assessment Service (PBAS)

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

Referral	Additional Information Requested	Contact
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Cochrane: Low Back-Care Management

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

Extended Health Team

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.

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)

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

Gastrointestinal (GI)

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

Referral	Additional Information Requested	Contact
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Health Home Community		
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The Health Home Community initiative improves access to care, strengthens links between providers, identifies gaps in services and creates programs to help fill them.

All patients of PCN physicians are eligible to use Health Home Community team members. Patients can attend appointments in whichever community location is most convenient for them.

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. Community-specific services developed to date are listed by community.

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

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

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](#).

Health Home Community services:
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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
- Crowfoot Primary Care Centre, Suite 201, 60 Crowfoot Crescent NW
- Riley Park Maternity Clinic, Suite 130, 1402 8 Ave NW
- Riley Park Primary Care Centre, Suite 171, 1402 8 Avenue NW

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.

Health Home Community services continues, next page . . .

Referral	Additional Information Requested	Contact
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Clinical Pharmacist (UPDATED)

Calgary Foothills PCN’s Health Home Community service includes one-on-one appointments clinical pharmacists in community locations.

Clinical pharmacists are available to help patients with:

- Understanding prescribed and natural medications and supplements
- Managing medications for diabetes, high blood pressure and cholesterol, asthma, COPD and other conditions
- Understanding your health conditions
- Quitting smoking
- Connecting patients to supports in the community

Download our [detailed referral guide](#) for physicians. The patient’s physician will be informed after the patient is seen, or as appropriate.

One-on-one appointments with clinical pharmacists 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
- **Cochrane Primary Care Centre: Suite 103, 100 Grande Boulevard**
- Vivo for Healthier Generations: 11950 Country Village Link NE
- Wild Rose United Church: 1317 1 Street NW
- Crowfoot Primary Care Centre, Suite 201, 60 Crowfoot Crescent NW
- Riley Park Maternity Clinic, Suite 130, 1402 8 Ave NW
- Riley Park Primary Care Centre, Suite 171, 1402 8 Avenue NW

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.

Referral	Additional Information Requested	Contact
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Dietitian

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
- Crowfoot Primary Care Centre: Suite 201, 60 Crowfoot Crescent NW
- Foothills Primary Care Centre: Suite 310, 1620 29 Street NW
- Riley Park Primary Care Centre: Suite 171, 1402 8 Avenue NW
- Riley Park Maternity Clinic: Suite 130, 1402 8 Ave NW
- Vivo for Healthier Generations: 11950 Country Village Link NE
- Wild Rose United Church: 1317 1 Street NW

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.

Referral	Additional Information Requested	Contact
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... Health Home Community services, continued:

Health Management Nurse (UPDATED)

Calgary Foothills PCN’s Health Home Community service has expanded to include one-on-one appointments with health management nurses in community locations.

Health management nurses are available to help patients with the following:

- Making healthy lifestyle choices
- Accessing support for diabetes, high blood pressure, high cholesterol and other conditions
- Providing weight management support
- Quitting smoking and increasing physical activity
- Understanding health conditions
- Connecting patients to supports in the community

Download our [detailed referral guide](#) for physicians. The patient’s physician will be informed after the patient is seen, or as appropriate.

One-on-one appointments with health management nurses 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
- **Cochrane Primary Care Centre: Suite 103, 100 Grande Boulevard**
- Crowfoot Primary Care Centre, Suite 201, 60 Crowfoot Crescent NW
- Riley Park Primary Care Centre, Suite 171, 1402 8 Avenue NW
- Vivo for Healthier Generations: 11950 Country Village Link NE
- Wild Rose United Church: 1317 1 Street NW

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.

Referral	Additional Information Requested	Contact
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Cochrane: Cochrane Case Collaborative

The Cochrane Case Collaboration (CCC) is an interprofessional group of health and community professionals who work collectively to address the needs of children and youth ages five to 20 with complex addiction, mental health and related psychosocial needs in the Cochrane area.

The case collaboration aims to:

- Provide professionals with a central place to discuss complex cases;
- Support families with an efficient, comprehensive community health approach;
- Bring together health, social and educational partners to support the coordination of care planning.

Any child or youth whose needs have become very complex and requires enhanced coordination of care may be appropriate for referral to the collaboration.

Referral requires:

- Name of referring professional
- Your profession and organization
- Name of family physician and or specialist involved
- Preferred date and time (first or third Thursday of the month at 11 or 11:45 a.m.)
- Age and gender for case to be discussed
- Reason for review
- Requested individual(s)/ professionals to invite (if known)
- Your preference to attend in person or by phone

REFERRALS:

Contact the case collaboration’s administrative support:

PHONE: 403-932-2089
Ext. 601

FAX: 403-932-1820

EMAIL:

cochranehhc@cfpcn.ca
(Please do not share identified patient information over e-mail)

IMPORTANT NOTICE:

Parents/guardian of the child or youth [must give consent](#) and patient must reside, or be accessing a school or service, in the Cochrane area.

Learn more about the [Cochrane Case Collaboration](#), or read [frequently asked questions](#).

Referral	Additional Information Requested	Contact
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Cochrane: Cochrane Low-Back Care Management (UPDATED)

This initiative provides patients who suffer from low-back pain with immediate care and education to improve clinical outcomes including prevention 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.

Note: Partnerships have been fostered with additional community physiotherapy and chiropractic clinics to enhance coordination of care.

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 adults who:

- 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 directly by three participating clinics in Cochrane. Patients will be seen Monday through Friday, by appointment.

Bow River Chiropractic

Dr. Andrew Janzen
#6, 214 Grande Blvd,
Cochrane, AB
Phone: (403) 932-1060
Fax: (403) 932-1062

Sunshine Physio

Denise Brochu, Linda Belanger & Izabella Dzikowski
Rustic Market Square
Bay #8, 123 - 2nd Ave.
West, Cochrane, AB
Phone: (403) 981-1991
Fax: (403) 981-7776

West Valley Chiropractic Center

Dr. Aaron Todd & Dr. Amanda Tulk
#6, 57 West Aarsby Rd
Cochrane, AB
Phone: (403) 851-8868
Fax (403) 855-1033

PATIENT SELF-REFERRAL:

Patients can self-refer by contacting one of the participating clinics.

Referral	Additional Information Requested	Contact
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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.

Health Home Community services continued, next page . . .

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 Primary Care Centre 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.

Referral	Additional Information Requested	Contact
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West Bow: West Bow Case Collaborative		
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The West Bow Older Adult Complex Case Collaborative is an interprofessional group of health and community partners who work collectively to address the needs of older adults (65+ or functionally geriatric) with complex health and social needs in the West Bow Health Home Community.

The overarching goal is to support the individual and their support networks with an efficient, comprehensive community health approach.

The case collaborative comes together in a case discussion format with the following aims:

- Bring together health and social partners to support the coordination of care planning;
- Create a central place to discuss complex cases;
- Allow the service providers to draw on expertise outside of their typical scope to enhance care of the individual and their support networks.
- Any older adult whose needs have become very complex and requires enhanced coordination of care may be appropriate for referral to the collaboration.

End of Health Home Community section

Referral requires:

- Name of referring professional
- Your profession and organization
- Name of family physician and or specialist involved
- Preferred date and time (Third Thursday of the month at 10:30, 11 or 11:30 a.m.)
- Age and gender for case to be discussed
- Reason for review
- Requested individual(s)/ professionals to invite (if known)
- Your preference to attend in person or by phone

REFERRALS:

Contact the case collaborative’s administrative support:

FAX: 403-284-9518

EMAIL:

westbowcc@cfpcn.ca
(Please do not share identified patient information over email)

IMPORTANT NOTICE:

Older adults must give consent.

Learn more about the [West Bow Case Collaborative](#) or [read frequently asked questions](#) about the initiative.

Lactation Consultant		
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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.

Frenotomy/tongue tie services are available.

- [Please complete Breastfeeding Assessment Referral Form](#)

FAX:
403-284-7977

Referral	Additional Information Requested	Contact
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One-Step-at-a-Time Counselling

[One-Step-at-a-Time](#) is a free, single session counselling service for adults, couples and families. It is designed to help in one session, and may be the first step towards better mental wellness for a patient.

Clinicians address top-of-mind mental health concerns during a one hour appointment (for individuals) or a 90 minute appointment (for couples and families).

Patients can book additional appointments if needed approximately four weeks after previous session but may not see the same clinician.

- Consent of the custodial parent or guardian is required if a child is part of the family appointment
- Patients are required to complete a pre-session questionnaire before the appointment

PATIENT SELF-REFERRAL:
Physician referral is NOT required for this service.

Patients can call the program coordinator at 1-855-79-CFPCN (23726) to book an appointment.

PHYSICIAN REFERRAL:
If physicians would like to refer a patient, fax a PCN referral form to 403-284-9518. Please note: although patients' whose physician have faxed in a referral will be contacted by the program, they can also call 1-855-79-CFPCN (23726) to book their appointment.

Perinatal Mental Health

Nurse (MN) support:

- 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

Referral	Additional Information Requested	Contact
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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

Referral	Additional Information Requested	Contact
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Riley Park Maternity Clinic (UPDATED)		
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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 and (or last menstrual period if expected date of delivery has not yet been confirmed by first trimester ultrasound)**
 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

Seniors/Navigation

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

Referral	Additional Information Requested	Contact
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Specialist LINK

Specialist *LINK* is a tele-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.

This service is for non-urgent cases. For urgent cases, continue to contact the specialist on call or RAAPID South at 403-944-4486.

- Support can now be requested online at www.specialistlink.ca as well as by phone
- Specialists provide a quick response by returning a physician’s request within one hour.
- 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

WEBSITE:
specialistlink.ca

LOCAL:
403-910-2551

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

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

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

Referral	Additional Information Requested	Contact
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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

Tele-Hematology

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

Referral	Additional Information Requested	Contact
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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

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.

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

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)

- Patients can self-refer for all workshops EXCEPT Tobacco Cessation.
- To refer for Tobacco Cessation, please complete [Referral and Patient Prescription Form: Tobacco Cessation](#)

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

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

FAX:
403-284-9518