

# EAST GTA INTERPROFESSIONAL HEALTHCARE PROVIDERS (IHP) REFERRAL FORM

TEL: 647-693-7401 FAX: 647-826-3706

520 ELLESMERE ROAD, 6<sup>TH</sup> FLOOR, SCARBOROUGH ONTARIO, M1R 0B1



NAME:	SEX:
ADDRESS:	D.O.B.:
HOME PHONE:	OHIP:
CELL PHONE:	EMAIL:

## 1. Which program or group would you like the above patient to enrol in?

### HEALTHY LIVING

- ☐ Smoking Cessation
- ☐ Weight Management
- ☐ Sleep Program
- ☐ Chronic Disease Self-Management Group
- ☐ Chronic Pain Self-Management Group
- ☐ Diabetes Self-Management Group
- ☐ Powerful Tools for Caregivers

### SENIOR'S PROGRAM

- ☐ Geriatric Assessment (Seniors Wellness Program)
- ☐ Falls Prevention Workshop
- ☐ Older Adult Exercise Group
- ☐ Health Living and Memory Group

### DIABETES PROGRAM

- ☐ Diabetes Group Session
- ☐ Diabetes Counselling 1:1  
(medication list, A1C, LDL, eGFR, ACR required)
- ☐ Pre-Diabetes Counselling 1:1

### KIDNEY HEALTH PROGRAM

- ☐ Kidney Wellness Group
- ☐ Kidney Counselling 1:1  
(medication list, A1C, eGFR, ACR required)

### LUNG HEALTH PROGRAM

- ☐ Asthma Counselling 1:1
- ☐ COPD Counselling 1:1

### HEART HEALTH PROGRAM

- ☐ Heart Health Group Session
- ☐ Hypertension Counselling 1:1
- ☐ Dyslipidemia Counselling 1:1

### MENTAL HEALTH PROGRAM

- ☐ Group/Individual Counselling – Short term
- All mental health services exclude MVA/WSIB/Legal Cases.  
Physician or MRP referral required.*

### WOMEN & CHILDREN'S HEALTH PROGRAM

- ☐ Pediatric Nutrition
- ☐ Adolescence Nutrition
- ☐ First Year With Your Baby
- ☐ Pelvic Floor Exercise
- ☐ Cervical Cancer Screening (must be rostered FHT patient)

## 2. Brief description of the reason(s) for referral:

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## 3. Which IHP would you like the patient to see for individual services?

- |   |   |
|---|---|
| <input type="checkbox"/> Registered Nurse     | <input type="checkbox"/> Occupational Therapist |
| <input type="checkbox"/> Registered Dietitian | <input type="checkbox"/> Physiotherapist        |
| <input type="checkbox"/> Pharmacist           | <input type="checkbox"/> Social Worker          |

Referring Physician/IHP Name Printed: \_\_\_\_\_  
Referring Physician CPSO Number: \_\_\_\_\_  
Referring Physician Telephone/Fax: \_\_\_\_\_  
Referring Physician/IHP Signature: \_\_\_\_\_  
Date of Referral: \_\_\_\_\_

STAMP HERE

**All referrals are valid for 3 months from the date of referral.**

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## **HEALTHY LIVING**

- **Smoking Cessation 1:1 Counselling** – Smokers who would like to quit and those who wish to remain smoke free.
- **Weight Management (1:1 and/or Group Session)** – At the discretion of referring physicians
- **Sleep Program** – Individuals with chronic insomnia (excludes MVA cases)
- **Chronic Disease Self-Management Group** – Individuals living with chronic diseases interested in increasing self-reliance\*
- **Chronic Pain Self-Management Group** – Individuals living with chronic pain interested to learn and implement skills for improving daily functioning\*
- **Diabetes Self-Management Group** – Support individuals in managing diabetes effectively\*
- **Powerful Tools for Caregivers** – Support caregivers to address issues contributing to caregiver stress in a peer setting

*\*Caregivers welcome to attend*

## **SENIOR'S PROGRAM (1:1 AND/OR GROUP SESSIONS)**

- Seniors ≥ 65 years old with 1 or more comorbidities (comprehensive geriatric assessment completed by Nurse Practitioner)
- Seniors at risk
  - Seniors with co-morbidities, dementia, falls, isolated seniors, living alone, recent immigrants, osteoporosis, weight loss, recurrent infection
  - Mental health and/or psychosocial issues, crisis or any major events that affects individual's ability to manage their activities at home
  - Recent repeated ED or hospital admission (<30 days) that may benefit from specialized out-patient follow up

## **DIABETES PROGRAM**

- **Diabetes Group** – Newly diagnosed individuals or those interested in learning more about diabetes and how to optimally manage the disease.
- **Diabetes 1:1 Counselling** – RD for diet counselling, RPh for insulin titration/medication review, and/or RN for additional support with annual foot exams, BP, and blood work review/counselling.
- **Pre-Diabetes 1:1 Counselling** – Individuals not yet diagnosed with diabetes but would benefit from diet counselling from RD.

## **KIDNEY HEALTH PROGRAM**

- **Kidney Wellness Group** – Individuals interested in learning about their kidneys and how to keep them well.
- **CKD 1:1 Counselling** – RPh or RN for medication review/Sick Day Management, and/or RD for diet counselling  
→ Target population: CKD stage 1-3, and at-risk population (DM, HTN, age 60+ with CVD)

## **LUNG HEALTH PROGRAM**

- Individuals diagnosed with Asthma or COPD with spirometry completed requiring an Action Plan, self-management tools to help manage exacerbations and review/optimization of medications/inhaler technique.

## **HEART HEALTH PROGRAM**

- **Heart Health Group** – Individuals interested in learning about hypertension, cholesterol, lifestyle changes, and medications to prevent and manage heart disease.
- **1:1 Counselling** – RD for diet counselling, RPh for medication review, and/or RN for individuals with uncontrolled HTN/CHOL requiring additional support.

## **MENTAL HEALTH PROGRAM**

- Mild to Moderate mental health conditions.
- Multi-faceted approach including intake assessment, Psycho-educational workshops, DBT Skills group, CBT, Mindfulness, Self-esteem, Assertiveness, Body Positive, Self-Care, Stress Management and/or 1:1 counselling if needed.
- System Navigation to find community or government resources and community services.
- Group therapy is contraindicated for patients with active suicide ideation or psychosis, active substance abuse, and individuals with discomfort in a group setting.
- Shared care case review with psychiatrist and social workers

## **WOMEN & CHILDREN'S HEALTH PROGRAM**

- **Pediatric & Adolescence Nutrition** – Promotion of healthy nutrition and body weight, growth and development
- **First Year with Your Baby** – Prenatal or parents of infants 0-12months
- **Pelvic Floor Exercise** – Education/exercise to increase awareness of posture, core muscle and pelvic floor muscle
- **Cervical Cancer Screening** – must be rostered with a FHT physician