

EAST GTA INTERPROFESSIONAL HEALTHCARE PROVIDERS (IHP) REFERRAL FORM

Tel: 647-693-7401 Fax: 647-826-3706



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

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

Healthy Living

- Smoking Cessation
- Pre-Diabetes Program
- Weight Management
- Insomnia Program
- Mindful Eating Group
- Chronic Disease Self-Management Group
- Chronic Pain Self-Management Group

Senior's Program

- General Program Intake/Assessment (1:1)
- Falls Prevention Workshop
- Older Adult Exercise Group
- Memory & Aging Group
- Mild Cognitive Impairment Memory Group

Diabetes Education Program

- Diabetes Clinic
(A1C, LDL, HDL, TC, eGFR, ACR required)
- Diabetes Group
 - 6-Week Educational Workshop
 - Discussion Group

Lung Health Program

- Asthma
- COPD

Cardiovascular Program

- Hypertension Individual Counselling
- High Blood Pressure Workshop
- High Cholesterol Workshop

Mental Health Program

- Counselling/ General Program Intake (1:1)
- Community Services Navigation
- Depression Management Group
- Anxiety Management Group
- Mindfulness Based Stress Reduction Group
- Mindfulness Based Cognitive Therapy Group

Maternal Health Program

- Low-Risk Prenatal Care (< 20 week gestation)
- Prenatal Class
- Postpartum Care
- Nutrition and Pregnancy Info

2. Brief Description of the Reason(s) for Referral:

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

- Registered Nurse
- Social Worker
- Registered Dietician
- Pharmacist
- Occupational Therapist
- Physiotherapist

Referring Physician/IHP Name Printed: _____
Referring Physician OHIP Number: _____
Referring Physician Telephone/Fax: _____
Referring Physician/IHP Signature: _____
Date of Referral: _____

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Office Follow-up (Ellesmere): 647-693-7401

Patient Called: _____ Left Message _____ Declined Service _____ Appt. Booked for _____

Program Criteria For Referral

Healthy Living

- ***Pre-Diabetes(One to One and/or Group Session)***
 - Fasting Plasma Glucose (FPG)= 6.1 mmol/L – 6.9 mmol/L
 - 2hPG in a 75 OGTT results at 7.8 mmol/L – 11.0 mmol/L
 - A1C 6.0 – 6.4 %
- ***Smoking Cessation (One to One Session)***
 - Smokers who would like to quit and those who wish to remain smoke free
- ***Weight Management (One to One and/or Group Session)***
 - BMI \geq 25; Except Asians: BMI \geq 23
 - At the discretion of referring physicians
- ***Insomnia***
 - Moderate to severe insomnia

Diabetes Education Program (One to One and/or Group Session)

- **Please attach all lab results (A1C, FPG, Lipids, eGFR etc) in the referral for all one to one referrals**
- ***FPG \geq 7.0 mmol/L***
 - Fasting = no caloric intake for at least 8 hours
- ***A1C \geq 6.5% or Casual PG \geq 11.1 mmol/L + symptoms of diabetes***
 - Casual = any time of the day, without regard to the interval since the last meal
 - Classic symptoms of diabetes = polyuria, polydipsia and unexplained weight loss
- ***2hPG in a 75-g OGTT \geq 11.1 mmol/L***

Mental Health (One to One, Group Session, and/or Case Review with Psychiatrist)

- Mild to Moderate mental health conditions.
- Help to find community or government resources and service navigation.
- Groups offered may require attendance at an Orientation meeting and completion of an Intake Assessment.
- 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

Senior's Program (One to One and/or Group Session)

- ***Seniors \geq 65 years old***
- ***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

Cardiovascular/CHF

- ***Group information sessions about High Blood Pressure and High Cholesterol.***

Lung Health Program

- Diagnosis of asthma: reversible airflow obstruction FEV1/FVC <0.75-0.8 (LLN) AND increase in FEV1 after a bronchodilator \geq 12% (and a minimum \geq 200mL increase). See CTS guidelines for diagnosis in children.
- Diagnosis of COPD: airflow obstruction as evidenced by post-bronchodilator FEV1/FVC <0.70.
- Spirometry should be completed before referral. Can be performed in clinic by RNs/RPh.

Maternal Health Program (One to One and/or Group session)

- ***Prenatal care for low-risk pregnancies up to 20 weeks gestation and classes***