

Clinical Services



Breastfeeding

One-on-one with Registered Nurse to assess and support feeding

NEW



CHF/COPD Integrated Care Pathway

Personalized care plan addressing all aspects of chronic disease management (diagnosis, investigations, consults to specialists, lifestyle modifications, medication optimization, education, support and guidance) for:

- Known COPD or CHF
- Suspected COPD or CHF (or other cardiac/respiratory illnesses)
- Unexplained shortness of breath or breathlessness (undiagnosed)



Chiropody*

- Foot ulcers/open wounds
- Ingrown toenails
- Plantar warts
- Foot pain
- Foot deformities and misalignments



Diabetes Management

- Preconception counselling
- Prediabetes
- Type 2 diabetes
- Interdisciplinary support with no medical management



Health Promotion Groups

- Type 2 Diabetes Management – Diabetes & Prediabetes groups offered through Diabetes Management Pathway
- Advanced Care Planning
- Bone Health Program
- Pelvic Floor Group



Memory Clinic

- Support to maintain independent living and quality of life
- Recommendations for memory function, available treatments and driving safety

MENTAL HEALTH



Mental Health Counselling & Social Services* *Individual & Group*

- System navigation, coordination, and advocacy for a variety of services to address the comprehensive needs of the patient
- Short-term individual counselling to resolve or mitigate challenging thoughts, emotions, or behaviours, and to improve relationships and overall functioning



Psychiatry

Short-term consultations for:

- Adults (19–64)
- Geriatrics (65+)



Ontario Structured Psychotherapy Program (OSP)

Short-term cognitive behaviour therapy and related services for adults (18+) experiencing:

- Depression & low mood
- Generalized anxiety
- Posttraumatic stress
- Social anxiety
- Health anxiety
- Panic attacks & agoraphobic fears
- Obsessive compulsive concerns
- Stress and coping

Visit www.ospcarepointthealth.ca for referral options



Nutritional Counselling*

Individual & Group

- Assessments, behaviour modification, motivational interviewing
- Disease prevention
- Chronic disease management – diabetes, cardiovascular, gastrointestinal disorders, weight management, etc.
- Health education and management strategies



Physiotherapy*

- Treatment for MSK/Orthopaedic conditions
- Individualized active-based rehabilitation program
- Patient education for lifestyle and pain management
- Specialized services: vestibular rehab, and non-internal pelvic floor rehab



Primary Care Nursing Services

- Nurse Practitioner
- Registered Nurse
- Registered Practical Nurse

Chronic Disease Management

- Complex case support specializing in the elderly population

Nurse Practitioner Home Visits

- One-time visit to support functionally homebound individuals with episodic care needs

Preventative Health

- Well baby and child visits
- Prenatal/postnatal
- Vaccination/immunization
- Health screening and vaccination for newcomers

Same-Day Access Clinic

- Episodic care

Women's Health (*culturally sensitive*)

- Contraception counselling
- IUDs
- Cancer screening
- Menopause management



Primary Care Pharmacist Services

- Medication reconciliation or review, recommendations to optimize therapy/resolve drug therapy problems (including discharge medication reconciliation)
- Assistance with medication access and compliance
- Education or instruction on use of medications or devices including OTC, supplements and natural health products



Smoking Cessation

- Full smoking assessment, education and support
- COPD screening and education
- Review of treatment options:
 - free nicotine replacement therapy (NRT)
 - prescribing for cessation agents to coincide with a 'quit plan',
 - follow-up support for one year,
 - re-engagement for relapse cases



Supportive Care Program

Ongoing support and care coordination for progressive and life-limiting illnesses:

- Advanced lung disease
- Advanced cardiac disease
- Advanced chronic kidney disease
- Cancer

* These services are not available for patients with WSIB, MVA coverage or ODSP

**PROGRAMS & SERVICES ARE UPDATED REGULARLY
PLEASE CHECK OCEAN CONNECTION FORM
FOR THE MOST UP TO DATE SERVICE OFFERINGS**

www.carepointhealth.ca