

Patient Referral to Burnaby Primary Care Networks (PCN) Services

Please complete first and/or second page and fax to Burnaby PCN Central Intake: **604-398-8257**

For patients attached to Burnaby FPs/NPs

SERVICES OFFERED:

Page 1: Clinical Pharmacist Services, B Well Health Coaching, Dietitian Services, Physiotherapy, Foot Care Nurse Services

Page 2: Social Work, Mental Health Counselling, Child & Youth Mental Health Counselling

REFERRING FP/NP DETAILS

Referral Date (dd/mmm/yyyy):

Is the referred patient attached to your patient panel? Yes No

If No, the Burnaby FP/NP is:

Referring FP/NP Name:

Referring FP/NP MSP#:

Clinic Name:

Clinic Address:

Office Phone Number:

Office Fax Number:

PATIENT REFERRAL DETAILS

Last Name:

First Name:

Middle Name:

DOB (dd/mmm/yyyy):

PHN:

Gender: M F Other:

Preferred Phone Number:

Pronouns Patient Identifies With:

Secondary Phone Number:

Email Address:

Patient Address:

City:

Postal Code:

Does the patient require services in another language? Yes No

Language:

Does the patient identify themselves as First Nations or Indigenous? Yes No

If yes, does the person identify as status? Yes No

Select PCN Service(s) and Reason(s) for referral. See Page 3 for additional referral guidance.

CLINICAL PHARMACIST SERVICES
COMPLEX/HIGH NEEDS

- Age: 19+

Initial Consult Request:

- Pharmacist + Patient
- Pharmacist + FP/NP
- Other:

Reason(s) for referral:

- Medication review
- Polypharmacy
- Drug therapy optimization
- Sub-optimal med outcomes/side effects
- Hx of falls/syncope
- Start/stopping med(s)
- Costly/complex meds
- Complexities from self-tx
- Education/Adherence
- Other:

**Please provide additional context/meds of concern below.*

B WELL HEALTH COACHING
AT-RISK/EARLY CHRONIC DISEASE

- Age: 19+
- Will benefit from lifestyle changes

Reason(s) for referral:

- Obesity/Overweight
- Pre-diabetes
- Diabetes
- Hypertension
- High cholesterol
- Risk for cardiovascular disease
- Sedentary lifestyle
- Other:

Most recent blood pressure reading:

Date taken:

Height:

Most recent weight:

lbs kg

Date taken:

DIETITIAN SERVICES
MILD TO MODERATE NEEDS

- Age: 19+
- Cannot access services through other means
- Disease prevention or management for which another program does not exist
- Cannot benefit from targeted, short-term medical nutrition therapy

Reason(s) for referral:

- Weight care & support (unintentional wt loss/gain/cycling, poor oral intake, food insecure/justice issues)
- Chronic disease/co-morbidity support (e.g. early stage CVD)
- Gastro-intestinal needs (e.g. Celiac, IBS, IBD, unresolved GERD/food intolerances/diverticulosis)
- Maternal health (e.g. prenatal and/or postpartum nutrition)
- Prelim support for disordered eating patterns (e.g. pt does not qualify for eating disorder programs)
- Other:

PHYSIOTHERAPY
MILD TO MODERATE NEEDS

- Age: 19+
- Brief intervention
- Suspected mild to moderate MSK condition or injury, or mobility concern
- Cannot access services through other means (e.g. private pay, extended health benefits, Home Health, WSBC, ICBC)

Reason(s) for referral:

- MSK condition or injury:
- Education and connection to community resources as related to MSK management
- Mobility concern:
- Other:

**Please indicate relevant medical hx/conditions below.*

FOOT CARE NURSE SERVICES
MILD TO MODERATE NEEDS

- Age: 19+
- No access to private options

Reason(s) for referral:

- Corns
- Lengthy nails
- Thickened nails
- Fungal nails
- Callous removal
- Educational support relating to foot care (e.g. bunions)
- Pre-diabetes/diabetes related foot care
- Other:

Additional details related to referral (please indicate and attach relevant medical history and current medications):

Labs/other tests Pertinent medical notes Current medications list # of pages attached:

PATIENT CONSENT: By submitting this form, I confirm I have discussed with my patient (or their legal guardian) and they understand and agree their personal information being collected and used by, and disclosed to the Burnaby Primary Care Networks, which consists of employees and agents of Fraser Health, and Burnaby Division of Family Practice, for the purposes of providing patient care.

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Gender: M F Other:

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SOCIAL WORK

- All ages
- Not active w/ other Social Worker

Reason(s) for referral:

- Connection to supports for abuse, neglect or self-neglect
- Unsafe environments
- Financial hardship
- Housing crisis
- Stress/bereavement
- Difficulty navigating systems
- Health care planning inquiries
- Social isolation/lack of support
- History of aggressive behaviour
- Other:

MENTAL HEALTH COUNSELLING MILD TO MODERATE NEEDS

- Age: 19+
- Brief intervention
- Suspected mild to moderate mental health and/or substance use condition
- **Cannot access services through other means (e.g. private pay, extended health benefits, WSBC, ICBC)**

Reason(s) for referral:

- Depression Anxiety
- Substance use
- Psychosocial issues
- Trauma Suicidal ideation
- Postpartum
- History of aggressive behaviour
- Other:

*PHQ-9 Score:
*GAD-7 Score:
*CAGE-AID Score:
**Please attach PHQ-9, GAD-7, CAGE-AID forms, if available.*

CHILD & YOUTH MENTAL HEALTH COUNSELLING MILD TO MODERATE NEEDS

- Age: 10 – 24yrs
- Not already connected to other community resources
- No access to private services

Reason(s) for referral:

- Depression Anxiety
- Stigma Substance use
- Psychosocial issues (e.g. bullying, body image, family stressors, immigration, school adjustment):
- Gender and sexuality exploration
- Behavioural issues
- Parenting/family support and education
- Gaming/gambling
- Other:

*PHQ-9 Score:
*GAD-7 Score:
*CAGE-AID Score:
**Please attach PHQ-9, GAD-7, CAGE-AID forms, if available.*

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Detailed Referral Guidance

BURNABY PCN ACCEPTS REFERRALS FROM BURNABY FPS/NPS FOR THEIR ATTACHED PATIENTS

- Patient must be attached to FP/NP
- FP/NP must refer eligible patients seen at their **Burnaby** medical practice

*Unattached patients can be referred to Edmonds UPCC for Social Work and Mild to Moderate Mental Health Counselling Services

CLINICAL PHARMACIST SERVICES

COMPLEX/HIGH NEEDS

- Comprehensive medication management services focused on the ongoing care of adult patients with complex conditions to prevent and resolve medication-related problems
- Education to patients about their medications and address barriers to adherence
- Collaborates with the patient (over as many visits as required) and healthcare team to implement treatment plans

Out of scope:

- Dispensing medications; Patients in LTC facilities covered by Pharmacare Plan B; Home Visits

B WELL HEALTH COACHING

AT-RISK/EARLY CHRONIC DISEASE

- Offers **lifestyle and behavioral health coaching** using evidence-based approaches to support adults in making small, manageable, and self-directed steps to improve **mental and physical wellbeing** and reduce onset or progression of **chronic disease**
- Core Service is ~6-9 months, followed by maintenance check-ins and monthly email communications for up to an additional 12 months

Out of scope:

- Mental health concerns in need of targeted intervention first (e.g. personality disorder, moderate/severe depression)
- Physical health concerns in need of targeted intervention first (e.g. chronic pain - please refer to pain clinics and self-help pain resources (PainBC); **For BMIs over 45, please direct your referral to the PCN Dietitian for targeted treatment.** An Intra-PCN referral to B Well can be completed by PCN Dietitian once targeted treatment is complete.)

DIETITIAN SERVICES

MILD TO MODERATE NEEDS

- Offers comprehensive nutritional assessment ; Culturally-informed medical nutrition therapies (MNT); Education; Connection to community supports/resources
- Dosage: 1-5 sessions per client (over the course of ~3-6 months); 30-60 minute sessions
- Collaborate with PCN SW, MH for holistic support and B Well for ongoing lifestyle & behavioural change support

Out of scope:

- Already attached to (or patient has access to) dietitian services such as private, community, Home Health, outpatient, diabetes or renal services
- Complex conditions requiring stabilization & long-term follow-up (e.g. new tube feeds, post-op GI surgeries, advanced kidney disease, eating disorders)

PHYSIOTHERAPY

MILD TO MODERATE NEEDS

- In-person and virtual, individualized services for adults 19+ with mild to moderate MSK conditions or injuries or mobility concerns requiring assessment and brief intervention (1-6 sessions)

Out of scope:

- Patient has access to PT through other means (e.g. private pay, extended health benefits, WSBC, ICBC)
- Home Health PT patients
- Complex conditions requiring targeted or more intensive interventions (e.g. CVA rehab, ABI rehab)

FOOT CARE NURSE SERVICES

MILD TO MODERATE NEEDS

- Conducts thorough foot assessments, footwear review, mobility review, assessment of nails, skin, and circulation
- Provides medical pedicures (trimming, filing and cleaning of toenails thinning of thickened toenails), basic wound care, foot care education
- Acts as connector to specialists, community supports, resources
- Can give ongoing support every 6-8 weeks as needed, depending on service demands

Out of scope:

- Patient has access to foot care nursing through private options

SOCIAL WORK

- Supports individuals of all ages to manage a variety of emotional and social concerns that impact their health and wellbeing

Out of scope:

- Already attached to a community / Home Health Social Worker
- Patient referred solely for mental health concerns (re-direct to PCN MH or MHSU)
- Urgent needs (with the exception of allegations of abuse, neglect, or self-neglect)

MENTAL HEALTH COUNSELLING

MILD TO MODERATE NEEDS

- For adults 19+ with mild to moderate mental health or substance use needs, requiring brief intervention (~6 sessions)

Out of scope:

- Patient is at imminent risk of harm to self/others
- Moderate to severe mental health needs (re-direct to MHSU)
- Patient has access to counselling services through other means (e.g. private pay, extended health benefits, WSBC, ICBC)

CHILD & YOUTH MENTAL HEALTH COUNSELLING

MILD TO MODERATE NEEDS

- Suggested case conference with PCN Child and Youth Mental Health Clinician and the referring provider
- For youth 10-24yrs, offering a variety of services including counselling coping skills, system navigation and resource linking for mild to moderate Mental Health needs among young people (6-10 sessions)
- "Family Centred Approach" whereby parents/caregivers can join sessions (with consideration to child/youth age, comfort, preference)

Out of scope:

- Patient is at imminent risk of harm to self/others
- Patient has access to services through private options

REFERRAL NEXT STEPS: A Burnaby PCN Clinician will connect with the patient and **may** share the treatment plan with the referring FP/NP after their first visit together. Ongoing communications related to patient care can be directed to the PCN Clinician.

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PLEASE FAX COMPLETED FIRST AND/OR SECOND PAGE OF THIS REFERRAL AND ANY ATTACHMENTS TO BURNABY PRIMARY CARE NETWORKS CENTRAL INTAKE. PHONE: 604-315-4430 | FAX: 604-398-8257