
TO: BRAMEAST FHO PHYSICIANS

FROM: CENTRAL BRAMPTON FAMILY HEALTH TEAM

SUBJECT: HEALTH & LIFESTYLE EDUCATION SERVICES UPDATE

Dear physicians,

We would like to provide you with an update about the Health & Lifestyle Education Services offered by CBFHT.

Based on the physicians' feedback, we have implemented the following changes to simplify the process of referring patients to the above service:

1. We have updated the BramEast Referral Form to include:

- Health & Lifestyle Education Services (select one or both)**
 - Registered Dietitian (RD) – Nutrition Counselling
 - Health Educator (RKin/OT) – Physical Activity Support

To access the revised Referral Form, please click here:

https://cbfht.ca/wp-content/uploads/2022/04/Referral-Form_April-2022.pdf

2. In addition, our providers have put together a short summary to elaborate on this service and answer any questions you may have about what is offered and which patients will benefit the most:

The Health & Lifestyle Education Services are ideal for patients who require support with nutrition, diet, and exercise. Patients can either see the Registered Dietitian (RD), and/or the Health Educator (HE) one-on-one. The RD focuses on improving patients' nutritional status and providing support with goal setting. The HE is either a Registered Kinesiologist or Occupational Therapist who focuses on supporting patients with their physical activity goals. Depending on the referral and patients' needs/goals, they may be seen by either RD or HE, or both. Patients referred to this service will receive a thorough assessment (including medical history, medications, anthropometrics, etc.), an individualized patient care plan, and appropriate education as needed.

If you have any questions about the above information, please contact Kate at kvinokurov@cbfht.ca.

Sincerely,

The CBFHT Team