

# People Accessing Care Teams - PACT

**EMAIL: aahs@bcchc.com      FAX: 416 249 7708      PHONE: 416 246 2390**

Services provided	Description	
<b>Harm Reduction</b>	<ul style="list-style-type: none"> <li>Drop in services</li> <li>Case management and support for withdrawal management</li> <li>Distribution of harm reduction kits</li> </ul>	<ul style="list-style-type: none"> <li>Assistance in food support, Substance abuse treatment, clothing and housing</li> <li>Community health and social service referrals</li> </ul>
<b>Chiropody/Assessment &amp; Screening</b>	<ul style="list-style-type: none"> <li>Diabetic Foot Assessments</li> <li>Sport Injuries</li> <li>Rheumatology</li> <li>Biomechanical Assessment and Gait Analysis</li> </ul>	<ul style="list-style-type: none"> <li>Podiatric Soft Tissue Surgery</li> <li>Dermatological Issues (Warts/Corns/Callus) and Wound care</li> </ul>
<b>Foot Care</b>	<ul style="list-style-type: none"> <li>Corns , calluses, fungal nails, cracked and dry heels</li> </ul>	<ul style="list-style-type: none"> <li>Involuted nails, ingrown nails, clipping and filing</li> </ul>
<b>Community Support &amp; Social Services</b>	<ul style="list-style-type: none"> <li>Forms and documents: Passport, OTD Program, Housing Connections/Housing, Citizenship/Immigration, CAS File Removal, Social Insurance, Birth Certificates</li> </ul>	<ul style="list-style-type: none"> <li>Forms and documents: OHIP Card, OW, ODSP, Pension Benefits, Social Service appointments, Pardons, Police Complaints, and Legal referrals</li> </ul>
<b>COPD Education &amp; Smoking Cessation</b>	<ul style="list-style-type: none"> <li>Diagnostic screening: pulmonary function tests</li> <li>COPD Program and Smoking Cessation</li> <li>Respiratory Medication and Inhaler Training</li> </ul>	<ul style="list-style-type: none"> <li>Counseling for parents of children with asthma</li> <li>Self-management Support</li> </ul>
<b>Diabetes Education &amp; Management</b>	<ul style="list-style-type: none"> <li>Adults with Type II diabetes</li> <li>Adults with pre-diabetes (i.e. impaired fasting glucose, impaired glucose intolerance)</li> </ul>	<ul style="list-style-type: none"> <li>Adults with insulin/GLP-1 Analog</li> </ul>
<b>International Board Certified Lactation Consultant</b>	<ul style="list-style-type: none"> <li>Support for new and expectant families</li> <li>Care and counseling for clients wishing to breastfeed their babies</li> </ul>	<ul style="list-style-type: none"> <li>Individual appointments as well as Breastfeeding support group</li> <li>Breastfeeding clinic (Walk –in)</li> </ul>
<b>Midwife</b>	<ul style="list-style-type: none"> <li>Prenatal and Post-Partum Care</li> <li>Well woman Care and Well baby Care</li> </ul>	<ul style="list-style-type: none"> <li>Home visits</li> <li>Prenatal education programs and classes supporting healthy pregnancy, labor and birth</li> </ul>
<b>Registered Kinesiologist (Exercise)</b>	<ul style="list-style-type: none"> <li>Functional and fitness assessments</li> <li>Exercise prescription; cardiovascular and muscular strengthening</li> <li>Postural and balance evaluation and education</li> </ul>	<ul style="list-style-type: none"> <li>Post - rehabilitation maintenance</li> <li>Pain and chronic disease management</li> </ul>
<b>Registered Dietitian</b>	<ul style="list-style-type: none"> <li>High cholesterol and /or HTN, Food allergies</li> <li>Weight management (i.e. weight loss, weight gain). Meal Planning</li> <li>Digestive issues (e.g. heart burn, reflux, constipation, diarrhea, irritable bowel syndrome, diverticulitis, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Prenatal nutrition (i.e. healthy eating during pregnancy)</li> <li>Infant toddler, child nutrition (e.g. failure to thrive, low weight gain, overweight, picky eater)</li> </ul>
<b>Sexual Health Clinic (Walk-in)</b>	<ul style="list-style-type: none"> <li>Birth control, Sexuality and relationship counseling</li> <li>HIV/ STD testing and treatment, pregnancy testing</li> </ul>	<ul style="list-style-type: none"> <li>Low cost birth control, free condoms, and emergency contraceptive pills</li> </ul>
<b>Social Worker/Therapist</b>	<ul style="list-style-type: none"> <li>Confidential counselling sessions for individuals, couples and family therapy for clients 13 years and above, seeking help with managing emotions, chronic mental &amp; physical health issues</li> <li>Group counselling, case management and advocacy services</li> </ul>	<ul style="list-style-type: none"> <li>Psychoeducational workshops, self-management groups, therapy and community-based groups</li> <li>Eclectic approach using components of: CBT, narrative therapy, DBT, mindfulness based stress reduction, solution-focussed therapy, emotional-focused therapy, and harm reduction</li> </ul>
<b>Health System Navigation</b>	<ul style="list-style-type: none"> <li>Coordinating patients' health care services to ensure continuity of care and ease of movement across the health care system when more specialized services are needed</li> <li>Building therapeutic relationships with clients and helping them self-manage their health care;</li> <li>Communicating with patients and their support systems in effective ways that maintain dignity, autonomy and confidentiality.</li> </ul>	<ul style="list-style-type: none"> <li>Effective liaison between patients and health care professionals, thus assisting everyday Canadians and residents, particularly vulnerable populations, to overcome barriers to health care access and bridge gaps in transition of care, thus contributing towards an effective, equitable and patient-centred health care;</li> </ul>
<b>Physiotherapy</b>	<ul style="list-style-type: none"> <li>Musculoskeletal injuries: arthritis, fracture management</li> <li>Obesity Management- low back pain, shoulder pain, repetitive injuries</li> <li>Fall prevention, Stroke Rehabilitation</li> </ul>	<ul style="list-style-type: none"> <li>Pelvic Health Rehabilitation , Ergonomic Education</li> <li>Pre-, post-natal/pre-post operative rehabilitation management</li> <li>Workplace injury and Gait training and mobility aids training</li> </ul>
<b>Teleophthalmology (TOP)</b>	<ul style="list-style-type: none"> <li>Diabetic Eye Screening for Retinopathy</li> </ul>	<ul style="list-style-type: none"> <li>Screenings include; Visual Acuity Test, Ocular Pressure measured, Photograph of pupil</li> </ul>