

BCPCLinks

BCPC Practice Bulletin

May 2023

Happy National Doctor Day from the Burlington OHT!

In celebration of National Doctor Day on **May 1st**, the Burlington Ontario Health Team (BOHT) extends a sincere **Thank You** to all Burlington physicians for the outstanding service that you provide to your patients, families and caregivers. The time and care that you dedicate to supporting the health and well-being of the Burlington community means more than we can say!

At the heart of the BOHT is the relationship between a patient and their family doctor. Key to achieving this goal is integration among care providers leading to stronger connections and more co-ordinated care. We value the opportunity to collaborate with you and other primary care physician groups as well as professionals who bring their expertise in acute care, home care, community outreach and support, social services, mental health and addictions, long-term care, hospice care, housing, and police services. Working with more than 30 member and collaborator organizations is making a positive difference to how local healthcare is accessed in the Burlington community. We couldn't do it with you!

If you're not already involved with the BOHT, we'd welcome your involvement through the Burlington Community Physician Council (BCPC) which includes educational opportunities, town halls, and our monthly newsletter, The BCPC Links. It's a great way to stay connected with your colleagues and be informed about the great work under way.

Please join us by sending an email to ohsupport@burlingtonoht.ca.

You can also learn more about the BOHT and physician updates at burlingtonoht.ca.

Attention Hypercare Users!

Did you know the BCPC runs a group chat on Hypercare? This is a great way to stay in the know and learn about other important updates and events.

If you would like to be added to the group, please reach out to [Dr. Sunita Goel](#) to be added.



Psychotherapy Clinic Burlington Family Health Team, 2023

The Burlington Family Health Team Psychotherapy Clinic (BFHT-PC) strives to provide effective and efficient psychotherapy treatment by offering Cognitive Behaviour Therapy (CBT) and Interpersonal Therapy (IPT) covered through OHIP.

Over the last five years, the BFHT-PC has provided flexible care in partnership with the Joseph Brant Hospital's (JBH) psychotherapy clinic. Within a stepped care approach, this partnership strives to provide a seamless care journey for individuals. Clients are able to flow from one clinic to the other based on clinical need.

In the 2022/23 Fiscal year, the BFHT-PC completed close to **800 assessments**, and provided service to **1092 clients**.

The following are some principles that the BFHT-PC have used to guide their process:

- Treatment decisions by using a two-dimensional assessment;
- Providing evidence-based treatment in groups;
- Supportive roles are essential;
- Working with clients who are not engaging, partially engaging, and re-engaging;
- Focus on people doing and feeling better.

For further information and to access the referral form, please visit their website at www.burlingtonfht.com. Referrals can also be made through [Ocean eReferral](#).

"Considering this was not only my first group therapy and a virtual session. I found it very effective! The session leaders were great at leading discussions and keeping the course moving." – BFHT-PC Client.



Community Remote Care Management Program

The Community Remote Care Management program provides comprehensive, continuing patient care from the safety of the home environment. The primary focus is on COPD, CHF and frail elderly patients.

In collaboration with health professionals, the program allows for remote monitoring of blood pressure, weight, and oxygen saturation. It was designed by several partners of the Burlington Ontario Health Team (BOHT) and provides an excellent experience for patients and healthcare providers, peace of mind for family members, and better health outcomes.

"The program works as it forces me to keep a closer eye on my vitals and better manage my CHF." – CRMC Client.

[Download Referral Form](#)