

# BCPCLinks

## BCPC Practice Bulletin

February 2024

### **ConnectMyHealth: you can now view your health records online**



In Burlington, *ConnectMyHealth* provides patients and caregivers with online, single access to view health records from many healthcare facilities in Southwestern Ontario. It can be used on desktop and mobile devices. There's no cost to use it, and there's no app to download when accessing an online account.

*ConnectMyHealth* combines various types of health records created at Ontario Health West Region hospitals where patients have been treated into one, consolidated view.

Patients can view their electronic medical information aggregated from a variety of source systems across Ontario Health West Region including:

- Radiology reports and their corresponding images (where available)
- Cardiology-related reports and images (where available)
- Laboratory test results
- Clinical reports, such as discharge summaries from hospital visits
- Select medication information
- Allergies documented while in hospital
- Pathology and Genetics reports
- Details of past and upcoming hospital visits (where available)

For a complete list of contributing sites and a summary of the types of data available in *ConnectMyHealth*, visit <https://info.connectmyhealth.ca/data-availability>.

The BOHT has provided local physicians with *ConnectMyHealth* information brochures to share with their patients. You can also refer inquiries to the following site to learn more about *ConnectMyHealth* and register: <https://info.connectmyhealth.ca/>

## Cancer Screening Event – Tuesday, March 19th

Preventive care is essential for health and well-being. Next month, the Burlington Family Health Team (BFHT) and Burlington OHT are partnering to present a Preventive Health Care session to discuss the importance of timely cancer screenings for adults.

Nurse Practitioner, Bilal, from the BFHT will cover current cancer screening guidelines and methods, and why it's so important to screen for breast, colon, and cervical cancers.

We would greatly appreciate your support by sharing this information with your network and encourage patients to register for this informative session on Tuesday, March 19th at the Burlington Central Library, Holland Room at 7:00-8:00 pm.

[Register now.](#)



## McMaster On-Line Cognitive-Behavioural Therapy (CBT) Training Workshops

### Fundamentals of CBT:

**7 week online course (2 hours/week) offered in March and May** - ideal for clinicians and clinical learners interested in learning practical and effective core CBT strategies

**14 separate One-Day Virtual CBT workshops** - more advanced training and practical guidance in a specific area of practice i.e. a clinical problem, treatment approach, or working with a specific population (including children) or community. Examples of areas covered include CBT for depression, anxiety, insomnia, pain and substance use.

To learn more and to register: <https://psychiatry.mcmaster.ca/education/continuing-education/cbt-training-workshops/#tab-content-advanced-workshops>



## Measles Update from Halton Public Health:

<https://www.halton.ca/getmedia/8522cca9-b828-4a14-ac78-2926e6a2706e/HE-efax-2024-02-14-measles-update-prepare-for-increased-risk-of-measles.aspx>

## Halton Region Public Health Survey

Halton Region Public Health is reaching out to learn how they can improve the way they work with family physicians on public health initiatives. They've launched a survey to understand your satisfaction with and use of their current programs and services, and your interest in potential new activities. Results will be used to improve how public health supports physicians in Halton Region.

If you can't locate the survey link that was emailed to you, please contact **doctors@halton.ca**. Please complete the survey by **March 10, 2024**.



## Ontario Health introduces New Hypertension Quality Standard

### For Clinicians

There are opportunities to improve care for people with hypertension. As you review the quality standard, please consider where your organization can focus its quality improvement efforts. Please consider sharing the quality standard and patient guide with your patients and those in your network.

**[DOWNLOAD THE QUALITY STANDARD AND ASSOCIATED RESOURCES](#)**

### Hypertension Quality Standard Webinar:

To learn more about how this quality standard can improve care for people with hypertension, please register for our webinar on **March 28, 2024, from 12:30 to 1:30 p.m.** This session will feature a panel of clinicians and people with lived experience who will discuss opportunities to improve care.

**[Register Here](#)**



**[burlingtonoht.ca](http://burlingtonoht.ca)**



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Burlington Ontario Health Team



Burlington Ontario Health Team

Please email [ohsupport@burlingtonoht.ca](mailto:ohsupport@burlingtonoht.ca) to provide your feedback or request specific information in future issues of the BCPC Links newsletter.

You can learn more about the BOHT and physician updates at [burlingtonoht.ca](http://burlingtonoht.ca).