



# Your Hospital

## 1 in 5 Canadians live every day with arthritis. If arthritis pain is affecting your quality of life, we have good news.

A new rapid access clinic model of care at Halton Healthcare is benefiting patients with moderate to severe hip and knee arthritis. Designed to improve wait times through a coordinated intake process, Rapid Access Clinics offer patients timely access to assessment, education, appropriate treatment options and if needed, referrals for hip or knee replacement surgery.

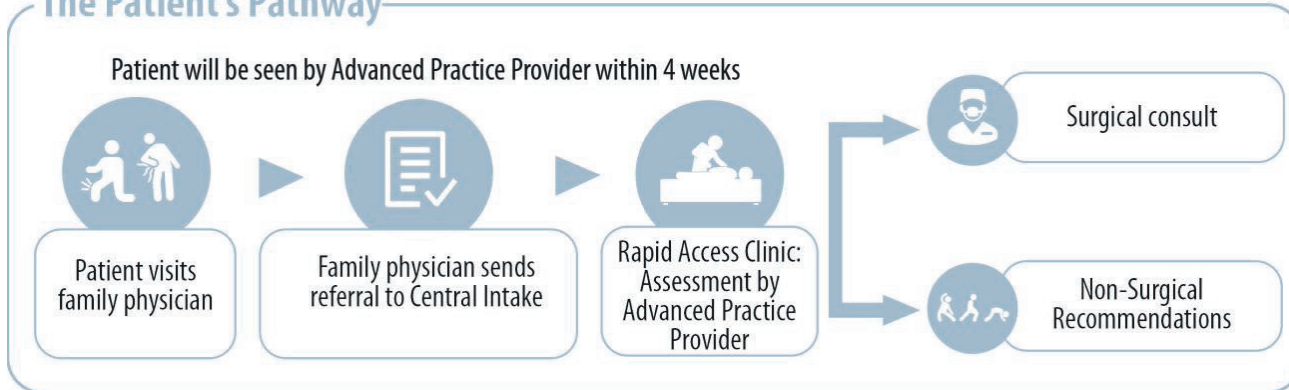
Angela was recently referred to the Hip and Knee Rapid Access Clinic at Halton Healthcare to determine the next steps for treating her arthritic hip. "I was really happy with the process. I met with Megan, the physiotherapist at the Clinic, and after a thorough assessment, she provided me with a customized treatment plan including specific hip strengthening exercises and a consultation with a surgeon. I now have the resources to strengthen my hip as well as the community medical connections to take me through my next steps—so I am in the best shape possible."

Patients referred to the Rapid Access Clinic will be seen by an Advanced Practice Provider such as a physiotherapist within 4 weeks of the referral. Patients who do not require a surgical consult are given recommendations including, but not limited to physiotherapy and strengthening exercises. If the patient needs a surgical consult they are given the option of choosing their appointment based on preferred hospital, preferred surgeon or next available appointment.

### Central Intake and Rapid Access Clinic Model Benefits to Patients:

- Timely assessment & consultation
- Education & information on treatment options
- Individualized treatment plan
- Choice of preferred hospital, preferred surgeon or next available appointment, if surgical referral is required.

### The Patient's Pathway



Patients must be referred to the Hip and Knee Rapid Access Clinic through Central Intake by their family physician or specialist. Go to [www.mhcentralintake.com/HipsKnees](http://www.mhcentralintake.com/HipsKnees) to print off the referral form.

## Walk like a penguin on ice and snow



**SLIPS TRIPS FALLS**

To prevent slips, trips and falls walk like a penguin on ice and snow:

- Wear footwear with slip-resistant soles and good treads
- Walk like a penguin with arms extended to the side and feet pointed slightly outward
- Adjust your pace to surface conditions
- Watch where you're stepping

## Taking care of our seniors



We are pleased to announce the opening of the Geriatric Assessment Clinic at Georgetown Hospital. The geriatric clinic will operate two days a week and will be supported by our new Geriatrician Dr. Skanthan as well as a nurse practitioner.

Whatever stage of life you and your family are in, we have services and programs at your local hospital when you need them. At Georgetown Hospital we continue to offer a wide range of rehabilitation programs on an outpatient basis with the following clinics:

- Chronic Obstructive Pulmonary Disease (COPD) Education Clinic
- Pulmonary Rehabilitation
- Speech Language Pathology

Please note that a physician/nurse practitioner referral is required for these services.

## Preventive tips for a healthy heart

Halton Healthcare

# Health Hits

While February is usually associated with Valentine's Day and chocolates, it is also heart month! We can reduce our chances of developing heart disease by making some simple lifestyle changes. Check out our new Health Hits videos—short, one minute video clips offering easy tips to support you on a variety of topics including nutrition, mental health and heart health. Videos are available on the Halton Healthcare YouTube Channel.