

# primary cares

News & updates from the Calgary Zone



## Mental health videos, resources

Caring for patients' mental health concerns is the focus of a series of videos and resources available via Specialist Link.

The Calgary Zone's mental health task group commissioned the following resources, mostly through grant funding, to support those caring for patients in the medical home.

- **Trauma-informed care:** [New video](#) from Dr. Christine Gibson
- **Cognitive behavioural therapy:** [CBT for pain, day one](#) | [Day two](#)
- **Dialectical behavioural therapy:** [Part one](#) | [Part two](#) | [Health team](#) | [Medical office assistants](#)
- **Resource database:** Use the [Access Mental Health resource database](#)
- **Webinar series:** Twenty-three mini videos are available as part of the Calgary Zone's popular webinars, hosted by Dr. Rick Ward and Dr. Christine Luelo. [Watch the series.](#)

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## Alberta Surgical Initiative update

About 80 per cent of referrals sent through the Facilitated Access to Specialized Treatment (FAST) program are being sent to a surgeon's office for triage.

A [one-pager](#) on the program, which is part of the Alberta Surgical Initiative, revealed that two out of 10 referrals are being declined due to missing information. The first phase of FAST, a central access and intake program, includes orthopedics, spine and urology.

[Download the one-pager](#) for more information.

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## Dementia advice via 811

Dementia advice is available to Albertans via 811 Health Link. A nurse specializing in dementia can offer health-related advice, information and emotional support.

Health professionals can make a referral through the [Alberta Referral Directory](#). Patients or care partners can also self-refer to the Dementia Advice team via [this online form](#). Clinics can download [printable posters](#).

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## Quick links

### **Pain rounds**

On Tuesday, July 18, from 5:30–6:45 p.m., the next instalment of the PCN Pain Rounds series focuses on *Compassion in Pain Practice*. [Register](#).

### **Canadian Medical Association summit**

On Thursday, August 17 and Friday, August 18, the Canadian Medical Association's 2023 Health Summit will be held in person in Ottawa, as well as virtually. [More information](#).