

# primary cares

News & updates from the Calgary Zone



## Hematology and thrombosis tele-advice

Did you know that Specialist Link offers separate tele-advice services for hematology and thrombosis?

Many physicians have been calling the hematology line to talk to a specialist about patients with thrombosis. Both services can be requested online by hovering over either Medicine or Hematology at [specialistlink.ca](https://specialistlink.ca) and then clicking the relevant option.

The hematology tele-advice service is for questions related to the following:

- Mild and/or chronic complete blood count abnormalities, which includes mild increases or decreases to hemoglobin, platelet, white blood cell or any combination of the three cell lines
- Advice regarding hemoglobinopathy results, especially sickle cell or thalassemia trait
- Easy bruising/bleeding
- Interpretation of coagulation studies
- Interpretation of serum protein electrophoresis (SPEP) or free light chain assays
- Interpretation of iron studies and hematological malignancies

The thrombosis service is for the following:

- Confirmed or suspected Deep Vein Thrombosis (DVT) and or Pulmonary Embolism (PE)
- Other clinical questions related to a patient's DVT and or PE thrombophilia testing
- Questions or concerns regarding need for thromboprophylaxis with surgery or illness
- Questions about whether your patient may have a role for testing

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## Videos: Cognitive behavioural therapy for pain

Two [new videos](#) aimed at primary care providers who want to learn basic cognitive behavioural therapy (CBT) skills for pain management have been posted on Specialist Link.

The 90-minute videos were captured from sessions run by Dr. Lori Montgomery and Dr. Todd Hill, who shared tips and tools that can be applied in family practice to help patients better manage their pain. Learning objectives were as follows:

- Help a patient decide whether CBT is an appropriate treatment strategy for their pain
- Use CBT-based approaches to reduce pain and improve function
- Refer to expert colleagues or online CBT resources, and support a patient as they work through a CBT program

**Dialectical Behavioural Therapy (DBT) video:** A DBT training video aimed at medical office assistants can be [watched via Specialist Link](#). The video, introduced by Dr. Elaine Bland and featuring Dr. Amanda Berg, was made available as part of the Calgary Zone's mental health initiative. [More information](#).

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## Reminder: Mental health resource database

Physicians, nurse practitioners, staff and teams can access a [database](#) that lists options for addiction and mental health assessment, treatment and support in the Calgary area.

The Access Mental Health Resource Database, [available via Specialist Link](#), allows users to search hundreds of up-to-date listings for both AHS and community-based resources, in both rural and urban locations. The tool, made available to primary care providers and staff for the first time last week, was featured in a recent Calgary Zone [webinar](#).

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## Lab results: Use IDs on requisitions

A reminder that community providers who order lab tests or submit specimens for testing need to include Connect Care [IDs](#) on requisitions.

Requisitions should contain the authorizing provider's full name, the clinic name, address, and [submitter ID](#), plus the [provider ID](#). [More information](#).

**Duplicate reports:** If your clinic receives patient lab and diagnostic imaging results directly into your EMR via the [eDelivery service](#), and you also receive these results via mail or fax, you can submit a [paper suppression form](#) to stop duplicate paper reports. You may continue to get some patient care paper reports, like courtesy copies and ECG reports. [More information](#).

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## Quick links

### ***COVID Corner: It's a Wrap***

On Wednesday June 7, from 7–9 p.m., the COVID Corner series concludes with a special episode featuring Dr. Verna Yiu. [More details](#).

### **Rural health training**

Funding is available through the Rural Health Professions Action Plan (RHPAP) Financial Incentive for Rural Staff Training (FIRST) program. [More details](#).

### **Calculate cardiovascular disease risk**

More information is available about a new lab-based approach to calculating cardiovascular disease risk. Enhanced Lipid Reporting is designed to ensure those at risk get guideline-directed treatment. [Download the one-pager](#) or [watch this video](#).