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Routine Healthcare for Individuals without a Primary Care Provider

It is recognized that this is a difficult time. There has been a lot of change in the capacity of the Listowel Clinic to provide care for the population of North Perth and beyond. This change has been seen across the province – there are an increasing number of Ontario people who do not have a primary care provider (doctor or nurse practitioner).

If we continue to be successful in new physician recruitment and a new physician or nurse practitioner is recruited, and if they are able to provide you care as a former clinic patient, we will contact you.

How do I find another doctor? Are there any other doctors in Listowel who are accepting new patients?

- The current Listowel Clinic physicians' practices are maximized.
- Dr Alshami at the IDA pharmacy in Listowel has advised that he is currently accepting patients and he is also accepting walk-ins.
- Register for Health Care Connect at 1-800-445-1822 or visit the HealthCare Connect website.
- You can contact surrounding area clinics yourself and inquire if they are accepting patients.

How do I get my prescriptions renewed after my Primary Health Care Provider leaves?

- Your former Health Care provider will provide prescription renewals for up to a year as appropriate for your situation and medications.
- After that, you must get renewals from another source, such as walk-in clinic, online platforms i.e. www.getMaple.ca, www.TIAHealth.com



What about test follow up?

- Your Primary Health Care Provider will follow up on tests they ordered, even after their departure.
- Tests ordered by another physician or nurse practitioner will be followed up by the ordering physician or nurse practitioner.

Can I continue seeing another doctor or a nurse practitioner at the clinic after my Primary Health Care Provider leaves?

- Unfortunately, patients will no longer have access to primary care at the Listowel Clinic. This includes the nurse practitioners, needle nurses, doctors, and all other services at the clinic.

Ongoing Preventative Care

Breast Screening

- People ages 50 to 74 can call the nearest Ontario Breast Screening Program location to make an appointment (a doctor or nurse practitioner referral is not needed). Here in Listowel, that number is 519-291-5490.
- Letters are sent through OBSP to those who are eligible for screening. Routine screening is every two years.

Colorectal Screening

- People ages 50-74– Cancer Care Ontario does send letters through ColonCancerCheck for those who are eligible, who have never been screened, or who are due for screening. Routine screening is every two years.
- For FIT: If you do not have a family doctor or nurse practitioner, you can get a FIT by calling Health811 at 811. Once a FIT has been ordered, LifeLabs will mail a FIT package to their Ontario mailing address of choice.
- If a patient is at increased risk of colorectal cancer or requires a colonoscopy, they can still call Health811 at 811 for more information. Screening or testing may differ to that described above for people at higher risk.



Cervical Screening

- This screening is for anyone over 21 years of age who is or has ever been sexually active. This testing should be done every three years and can be stopped at the age of 70 if you have had 3 or more normal tests in the previous 10 years.
- Letters are sent to those eligible for cervical cancer screening.
- If you do not have a doctor or nurse practitioner, you can register for Health Care Connect at 1-800-445-1822 or visit the HealthCare Connect website.
- Some public health units and community health centres also provide Pap tests. Huron Perth Public Health (HPPH) has sexual health clinics and services, including here in Listowel.

To book an appointment:

-Text Perth: 519-635-2504

-Text Huron: 519-440-1439

- Call 1-888-221-2133 ext. 3779 (Perth) or ext. 2406 (Huron)

- Calls and texts will be answered Monday to Friday, 8:30AM-4:30PM.

Note: During the school year, Sexual Health Clinics are available at some Avon Maitland District School Board high schools. For an appointment, use the above contact information.

- Wellington Dufferin Guelph PH clinics offer immunization and sexual health services. Services are by appointment only. Call 1-800-265-7293 ext 7006 to book at one of their locations: Guelph, Fergus or Orangeville.

If there are any abnormal results, Ontario Health will notify the patient and if patient agrees Ontario Health will assign a doctor for follow up.

Regular Injections

- Medication injections administration at local pharmacies. Some injectable medications can be given by pharmacists.
- Starting summer 2023, pharmacists can give more medication injections including vitamin B12, Prolia or Depo-Provera. This can be helpful for patients who do not have a doctor or nurse practitioner.
- For a full list of medications that pharmacists can inject please visit <https://www.ocpinfo.com/wp-content/uploads/2023/06/Schedule1-Injected-Substances.pdf>

- Injection information for Listowel pharmacies:
 - Pharmasave – free for patients who get their prescription there.
 - IDA – \$15 fee.
 - Walmart and Shoppers – \$20 fee.
 - Remedy's/Zehrs - Not available.

Routine Immunizations

- HPPH offers immunization clinics in several locations, including Listowel, Wingham, Stratford and Clinton.
- Call 1-888-221-2133 ext 3558 to book an appointment. Please note that they only provide publicly funded, free vaccines. Please bring immunization record along to appointment.
They also offer school immunization clinics throughout Huron Perth.
- TB skin tests for students can be done through HPPH at their Clinton or Stratford sites. Some post-secondary school health clinics will do them as well.
If TB skin test is needed for work, they will need to be done through a partner of HPPH. There is a list on their website of different locations: www.hpph.ca/en/health-matters/tuberculosis.aspx