



## EATING DISORDERS PROGRAM

### TELEMEDICINE QUICK REFERENCE PROTOCOL

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#### **PURPOSE**

Telemedicine will be utilized in providing 1:1 consultation and/or follow up with a psychiatrist or a nurse practitioner for patients who have Eating Disorders and live at a distance from The Ottawa Hospital. Referrals will be triaged on a case by case basis.

#### **Inclusion Criteria**

- Adult patient's > 18 yrs.
- Patient must have valid OHIP number
- Patients who agree to be seen via telemedicine

#### **CLINIC AVAILABILITY AND REFERRAL PROCESS**

Appointments will be available during the psychiatrist or the nurse practitioner's office hours.

The Referring Provider will:

- Send the referral and any other pertinent documents to TOH Eating Disorders Clinic by **Fax to: 613-737-8115.**

#### **SCHEDULING PROCESS**

Once confirmation of booked appointment received from TOH Telemedicine Staff,

Patient Site Nurse will:

- Contact patient and confirm appointment time, duration and location.
- Instruct patient to arrive 20 min prior to appointment time and bring a current list of medications and allergies.

**\*\*Please review the Safety Considerations attached to this protocol prior to the appointment. \*\***

#### **PATIENT APPOINTMENT DAY**

##### **15 min prior to the appointment:**

- The Patient Site Nurse is required to **fax** the completed TOH Telemedicine Worksheet (including: height, weight, VS, med list and allergies) to **613-737-8115.**

##### **At the beginning of the appointment:**

- **\*\*IMPORTANT\*\***Provide your contact information to the TOH consulting psychiatrist/nurse practitioner (TOH consultant). In case of emergency/crisis situation, the TOH consultant will contact you to activate the safety considerations.

##### **At the end of the appointment:**

- The patient site nurse is required to be present in the room in order to discuss with the consultant any future steps need to be taken for the patient e.g. blood work or follow up.



## **SAFETY CONSIDERATIONS**

### **Eating Disorders Appointments**

- During a telemedicine visit, the TOH consultant may determine that the patient requires immediate medical/psychiatric assessment and/or intervention. The patient site nurse would be required to direct the patient to the nearest emergency department.
- If a patient decompensates during the visit, the TOH consultant may request the patient site nurse to accompany the patient to the emergency department, or call 911 for the patient to be escorted to the nearest emergency department.