

MUSCULOSKELETAL OUTPATIENT THERAPY REFERRAL: COVID-19 STREAM
Reason for referral: Functional & Medical Concerns Related to COVID-19

(please provide the attached program information sheet to the patient)

Patient Information	Scheduling Information	
Name:	Contact patient directly for appointment? <input type="checkbox"/> Yes <input type="checkbox"/> No (please complete Alternate Contact Information)	
Date of Birth : Click here to enter a date.	Patient able to complete virtual visits with MS Teams? <input type="checkbox"/> Yes <input type="checkbox"/> No (please note barrier: _____) <input type="checkbox"/> Requires assistance of Alternate Contact	
Health Card#:	Email:	
MRN:	Alternate Contact Information (if applicable)	
Telephone:	Name:	
Interpreter? <input type="checkbox"/> No <input type="checkbox"/> Yes	Telephone:	Relationship:
Language:		

Medical Information (to be filled by physician)

 Precautions/Contra-Indications/Special Considerations (e.g. AAT, home O₂, desaturation with activity etc.):

 Please include with this form: Consultation/discharge notes (e.g. OT, PT, SLP, SW, MD etc.)
 Other notes unavailable on EPIC/Connecting Ontario

Ongoing Rehabilitation Needs (to be completed by allied health)
Occupational Therapy
 No Yes, Goals of care:

Physiotherapy
 No Yes, Goals of care:

Social Work
 No Yes, Goals of care:

Other (e.g. Speech Language Pathology, MD) Discipline:

Goals of care:

Patients in our program are treated by an interdisciplinary team which may include a physician. By signing this referral, I agree to have the referred patient assessed by a Toronto Rehab physician as required.

 Date: [Click here to enter a date.](#)

 Physician Name

 Billing Number

 Signature

Toronto Rehabilitation Outpatient Musculoskeletal Rehabilitation: COVID-19 Stream

What we do:

Our team provides outpatient **virtual and/or in-person rehabilitation** services to help you continue with your recovery.

It is common for people who have symptoms of COVID-19 to experience medical, physical and psychological effects. These effects can make returning to usual daily activities difficult. Our program helps people with COVID-19 returning to their home/community who continue to experience trouble in endurance, balance, thinking skills, speech and swallowing, managing difficult emotions as well as other changes/concerns. We tailor our rehabilitation programs to your needs, bringing back function and providing strategies on how to do things differently.

What services are available:

Our team is made up of: Occupational Therapy, Physiotherapy, Social Work, and Psychiatry (doctor of physical medicine and rehabilitation). Other healthcare professionals may be available if requested by your healthcare team.

Our team focuses on your goals and gives you guidance to self-manage ongoing challenges. Start thinking about rehab goals and write down things you are finding difficult. It is helpful to bring this information with you to your first visit to discuss with the Toronto Rehabilitation Team.

What you should expect:

- During your first **virtual visit** you will meet with our Psychiatrist (doctor of physical medicine and rehabilitation) and other members of our care team.
- During your first 2 weeks, the team will complete assessments with you to develop goals as well as your care plan.
- The length of stay in our program is between 2 – 12 weeks depending on your goals and how much you are benefiting from the program.
- You will be seen for virtual visits by the team as necessary until discharge. Visits may also be offered **in-person** and/or **over the telephone**.

About Virtual Rehabilitation:

Virtual rehabilitation is the use of technology that allows you and our team to connect via secure video or telephone. We are working very hard to ensure that you will receive high quality care, though please expect challenges along the way as this is a new program and format of therapy.

Your privacy is important. Our Virtual Rehabilitation uses a secure platform called MS Teams (Microsoft Teams). This platform ensures the privacy and security of your personal health information at all times. To learn more about Virtual Visits at UHN using Microsoft Teams visit:

https://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/Virtual_Visits_Microsoft_Teams_Quick_Guide.pdf

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How will I get ready for Virtual Rehabilitation?

Virtual Rehab readiness and equipment checklist:

Internet Access

A stable internet connection good enough to watch videos or connect to a video chat.

Device for Video Calls

At least one of the following options must be available to complete your virtual rehab via video. Please indicate all that you have available as different therapists may benefit from you using different equipment. Please share the equipment you have at home with the administrative staff booking your appointments and with your healthcare team.

A PC or Mac computer with a camera, microphone and speaker

A laptop with a camera, microphone and speaker (embedded or attached)

iPhone/iPad (iOS 10 or later) or Android smartphone/tablet (version 7 or later).

Note: You will need to download the MS Teams App if using your phone/tablet

Email address

Many materials can be provided digitally over email. Email is also our way of connecting with you and sending you links to your appointments.

Like any new skill, participating in virtual rehabilitation requires some getting used to or help from loved ones. Our team will help you troubleshoot.

Who to contact for more information:

Once your referral has been received, you will be contacted by telephone by the Service Coordinator at Toronto Rehabilitation Institute.

If you have further questions, please contact our Service Coordinator: **416-597-3422 x3074**