

# CAMBRIDGE NORTH DUMFRIES | OHT



## Cambridge North Dumfries Ontario Health Team News & Updates

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...and More!

## Season's Greetings from the CND OHT



As we reflect on a busy and successful 2024, we want to take a moment to extend our warmest wishes for a happy and healthy holiday season to all of our partners, clinicians, and community members.

This year has been one of change and growth for our team. In October, I stepped in as the Interim Director following the departure of our Director. We wish Kristina all the best in this new chapter!

### Looking back on 2024, there is much to celebrate within the CND OHT:

- The launch of the Healthy Aging Resource Portal (HARP), a milestone initiative to support older adults in our community with valuable tools and resources.
- Two successful primary care events, which brought together clinicians across the CND OHT to share insights and strengthen connections.
- The continued development of the CND Primary Care Network, with a focus on quality improvement activities that aim to enhance the clinician experience and make meaningful changes in care delivery.
- Advancements in digital health, including the Online Appointment Booking (OAB) system, which has seen great adoption with over 100 active licenses in CND,

improving access and convenience for patients and providers alike.

- The Accessible Medical Testing project, born out of the insights and dedication of our Patient and Family Advisory Council (PFAC), which aims to increase accessibility to medical testing for all patients, a crucial step toward more inclusive healthcare in our community.
- RNAO Best Practice Spotlight Organization (BPSO), where we are using evidence-based guidelines to improve diabetes care transitions and elective procedure discharges, supported by Cambridge Memorial Hospital and Langs.

A special thank you to our two University of Waterloo co-op students who have contributed greatly to our work this fall. We are grateful for their hard work and dedication and wish them all the best as they wrap up their placements this month.

As we head into 2025, we remain grateful for the collaboration and dedication of everyone involved. Thank you for your ongoing commitment to improving health care in Cambridge and North Dumfries.

Wishing you all a joyful holiday season and a bright new year ahead!

## Lindsay B

Lindsay Beuermann  
Interim Director, CND OHT

## CND OHT News & Updates



### Cambridge North Dumfries Primary Care Network Fall Forum & Dinner Meeting

The Cambridge North Dumfries Primary Care Network (CND PCN) hosted a successful Fall Forum and Dinner Meeting on November 20, 2024, bringing together over 30+ primary care providers, including physicians, nurse practitioners, and specialists for the first time in a collaborative setting.

The event marked a significant step in fostering stronger partnerships between primary care providers and specialists to enhance local healthcare delivery.

To learn more about the CND PCN, email [info@cndoht.com](mailto:info@cndoht.com).

Healthy Aging Resource Portal  
[www.cndoht.com/HARP](http://www.cndoht.com/HARP)

Local resources for older adults & their caregivers.

NOW LIVE

CAMBRIDGE NORTH DUMFRIES OHT

# CAREER PORTAL NOW LIVE



Find a diverse range of career openings across various roles and specialties across local health and social services.

This portal is your gateway to exploring rewarding career paths that align with your skills and aspirations in Cambridge and North Dumfries.

Visit the Career Portal Today

**WWW.CNDOHT.COM/CAREERS**

[www.cndoht.com](http://www.cndoht.com)

[cndoht@langs.org](mailto:cndoht@langs.org)

## From our Networks New Services & Resources Available for Patients

UrgentCareOntario.ca

- ✓ Emergency Department Doctor
- ✓ Urgent care service for non-life threatening medical issues
- ✓ Appointments available Mondays to Fridays, 12 - 6 p.m.

Hamilton Health Sciences | St. Joseph's Healthcare | Children's Hospital

### Virtual Urgent Care Ontario

Do you have an urgent, non-life-threatening medical issue? We can provide you with safe, effective access to healthcare.

You can connect with an emergency department doctor through a secure video chat from the comfort and convenience of home.

All costs are covered with an Ontario health card.

To book your virtual appointment, go to [urgentcareontario.ca](http://urgentcareontario.ca) by clicking the link in our bio - or call 1-844-CARE-844 (1-844-227-3844) toll-free.

Urgent Care Ontario

### WR Public Health: Neighbourhood Bus | Flu & COVID-19 Vaccinations

Vaccination is one of the best ways to help protect against respiratory illnesses like

COVID-19 and influenza.

This flu season, it's especially important to get your flu and COVID vaccines to keep communities healthy and reduce the burden on the health care system.

Click the button below to view the Neighbourhood bus schedule in your area.



Learn More



## Take Charge of Your Health: My CancerIQ

Take charge of your health by understanding your personal cancer risk factors and taking steps to reduce them.

My CancerIQ is a free online cancer risk assessment tool that provides personalized health action plans to help people in Ontario make informed choices about their health. Learn more today.

My CancerIQ



## ConnectMyHealth Patient Portal

ConnectMyHealth is this region's new patient portal that can provide access to health records from participating hospitals in southwestern Ontario, and help empower patients on their health journey. Patients will be able to view various types of health records, including radiology reports and images, laboratory and microbiology results, hospital discharge summaries, and more!

Ask us about ConnectMyHealth - a new digital health tool that provides you with an online, single access channel to view your health records from participating hospitals in southwestern Ontario.

Visit [info.ConnectMyHealth.ca](https://info.ConnectMyHealth.ca) or scan



Using ConnectMyHealth, you can view your upcoming appointments, and subscribe to be

notified by email when you have new results available.



ConnectMyHealth is safe and secure, can be used on desktop/laptop computers or mobile devices, and there is no cost to use it.

[Visit our Website](#)

## Engagement Opportunities



### The CND OHT PFAC is Recruiting for New Members

The Patient, Family and Caregiver Advisory Council (PFAC) will inform decisions made regarding health, community, and social services in the region.

By partnering with our community we want to ensure we are meeting your needs and accommodating your preferences by incorporating your experiences, opinions, and knowledge.

We are always seeking advisors from diverse backgrounds who bring unique perspectives, including those who have experienced health inequity.

If you are interested in learning more about the CND OHT PFAC, visit [HERE](#)

## CND OHT Members & Affiliate Members

To learn more about the Cambridge North Dumfries Ontario Health Team Members & Affiliate Members, visit our Member Directory.

[Member Directory](#)

## Connect With Us



If you have any questions, or would like to learn more about the Cambridge North Dumfries OHT, please reach out to [cndoht@langs.org](mailto:cndoht@langs.org).

[www.cndoht.com](http://www.cndoht.com)

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