

- HLAS HGL CHSM HSA
 CHSLD DBV CHSLD DOR CHSLD LACH IUSMD
 CHSLD GD CHSLD NP CLSC LAS

PRE-PRINTED INDIVIDUAL ORDER TITLE :
Referral to the Clinical Access service for
Significant Rectal Bleeding

Init. MD/NP	Referral to the Clinical Access service for Significant Rectal Bleeding																		
	Allergies : _____ Height : _____ Weight : _____ <input type="checkbox"/> Breastfeeding Clinical information and relevant personal and family medical history : _____ _____																		
	Symptoms presented (check) <input type="checkbox"/> Toilet water completely red <input type="checkbox"/> Fatigue <input type="checkbox"/> Dizziness <input type="checkbox"/> Nausea Beginning of symptoms : _____ Frequency of symptoms : _____																		
	<table border="1" style="width: 100%;"> <thead> <tr> <th style="text-align: left;">CHA₂DS₂-VASc</th> <th style="text-align: center;">Score</th> </tr> </thead> <tbody> <tr> <td>Congestive heart failure</td> <td style="text-align: center;"><input type="checkbox"/> 1</td> </tr> <tr> <td>Hypertension</td> <td style="text-align: center;"><input type="checkbox"/> 1</td> </tr> <tr> <td>Age ≥75 years</td> <td style="text-align: center;"><input type="checkbox"/> 2</td> </tr> <tr> <td>Diabetes mellitus</td> <td style="text-align: center;"><input type="checkbox"/> 1</td> </tr> <tr> <td>Cerebrovascular accident / Transient ischemic attack / Thromboembolism</td> <td style="text-align: center;"><input type="checkbox"/> 2</td> </tr> <tr> <td>Vascular disease (ex : prior myocardial infarction, atherosclerosis, etc.)</td> <td style="text-align: center;"><input type="checkbox"/> 1</td> </tr> <tr> <td>Age 65 to 74 years</td> <td style="text-align: center;"><input type="checkbox"/> 1</td> </tr> <tr> <td>Female</td> <td style="text-align: center;"><input type="checkbox"/> 1</td> </tr> </tbody> </table>	CHA₂DS₂-VASc	Score	Congestive heart failure	<input type="checkbox"/> 1	Hypertension	<input type="checkbox"/> 1	Age ≥75 years	<input type="checkbox"/> 2	Diabetes mellitus	<input type="checkbox"/> 1	Cerebrovascular accident / Transient ischemic attack / Thromboembolism	<input type="checkbox"/> 2	Vascular disease (ex : prior myocardial infarction, atherosclerosis, etc.)	<input type="checkbox"/> 1	Age 65 to 74 years	<input type="checkbox"/> 1	Female	<input type="checkbox"/> 1
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	Total CHA ₂ DS ₂ -VASc score : _____																		
	Observation notes of the rectal examination (external inspection of the anus, bleeding, visible hemorrhoids, visible anal fissure, digital rectal examination results, etc.) _____ _____																		
	I confirm that the person referred meets all general admission criteria for the Clinical Access service as well as the specific inclusion criteria of the condition. I also confirm that the person does not have general exclusion criteria for the Clinical Access service or specific exclusion criteria of the condition.																		
	I confirm that the person referred has received the instruction sheet and has been instructed to wait for the nurse from the Clinical Access service to call them.																		
	I read the description of the roles of the referring MD/NP and of the nurse of the Clinical Access service in the Cadre de référence and agree to the interventions mentioned in the algorithm.																		
	⇒ Fax this form to 514-630-2870 Name of clinic : _____ Fax # : _____ Phone # for the next 24 hours : _____ If unavailable, MD/NP who will do the follow-up : _____ Phone # : _____																		

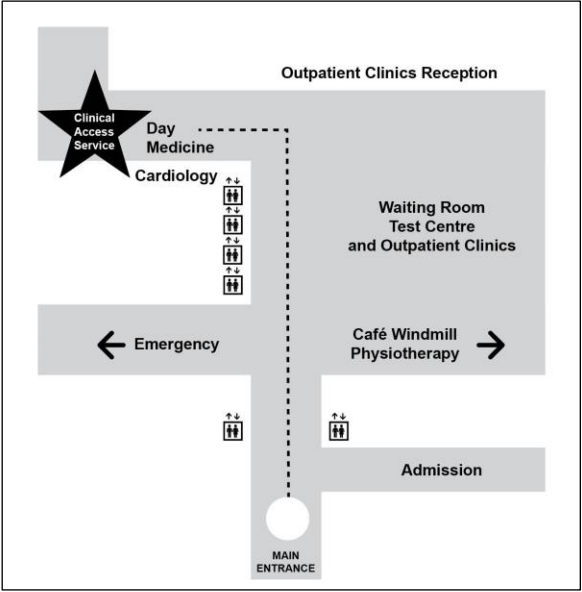
Physician or Nurse Practitioner

Name (in block letters)	Signature	License N°	Date (YY – M/ – DD)	Hour
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Document to Give to Patients

What is the Clinical Access Service? Your doctor or specialized nurse practitioner (SNP) has referred you to the Clinical Access Service because your condition is considered semi-urgent. This service will give you tailored access to diagnostic tests and specialists as quickly as possible.

Here is the procedure: The Clinical Access Service nurse will be available throughout the diagnostic period to answer your questions. You can call them at **514-630-2225, ext. 1719** during opening hours (Monday to Friday from 8:00 a.m. to 4:00 p.m., except on holidays).

<p>1. The physician or SNP will give you documents when you leave their office:</p> <ul style="list-style-type: none"> • A referral to the Clinical Access service • A prescription for the pharmacy (in certain cases) 	<p>2. As soon as they receive the referral, the Clinical Access Service nurse <u>will call you</u> by phone to schedule an appointment with you.</p> <p><u>*Make sure you are easily reachable</u></p>
<p>3. You must bring to your appointment:</p> <ul style="list-style-type: none"> • Your hospital card (if you do not have one, go to the Admissions office BEFORE coming to Clinical Access Service) • Your health insurance card • A list of all your medications • The documents your physician/SNP gave you 	<p>4. Appointment at Clinical Access Service <u>Lakeshore General Hospital</u> 160 Stillview Avenue, Pointe-Claire, Ambulatory Centre, 1st Floor, Day Medicine</p>
<p>5. Parking:</p> <ul style="list-style-type: none"> • Parking on the streets surrounding the hospital is restricted to residents only at certain times of the day. • Hospital Parking Rates: <ul style="list-style-type: none"> - Under 2 hours.....free - 2 hours to under 4 hours..\$6 - More than 4 hours.....\$10 	

LAKESHORE
GENERAL HOSPITAL



CLINICAL ACCESS SERVICE

 PATIENT EDUCATION HANDOUT
AND APPOINTMENT TRAJECTORY

Significant Rectal Bleeding

Questions?

- The nurse at the Clinical Access Service Monday through Friday, from 8 am to 4 pm, except statutory holidays, at 514-630-2225 ext. 1719;
- Info-Santé nurse by dialing 811. This service is available 24/7;
- Your pharmacist can also advise you when it comes to your medication.

Other available resources:

- Both resources are available at your CLSC or online at www.osezlasanté.ca:
- Health Education Centre to review your lifestyle habits;
 - [Smoking Cessation Centre](#) to help you stop smoking.

VOS RENDEZ-VOUS :



- **Blood tests (fasting) + stool culture:**
Date and time: _____
Location: Ambulatory Centre – Day Medicine, Room 1900
- **Colonoscopy:**
Date and time: _____
Location: Endoscopy Department – 3rd Floor
- **General surgery or gastroenterology consultation (if required):**
Date and time: _____
Location: Ambulatory Centre



What is rectal bleeding?

Rectal bleeding is the passage of bright red blood or blood mixed with stool from the anus. The bleeding usually comes from the lower gastrointestinal tract (colon), but can also originate in the upper gastrointestinal tract if intestinal transit is rapid.



Why use the Clinical Access Service?

The nurse at the Clinical Access Service will perform a health assessment with the help of a questionnaire in an effort to determine what may have caused your rectal bleeding. This will be followed by blood tests and she will also give you a container for a stool culture. Depending on the results, the nurse may schedule a colonoscopy and a consultation with a specialist.

The nurse at the Clinical Access Service will keep your doctor or primary care nurse practitioner informed. Your healthcare provider will receive a copy of all your laboratory and diagnostic test results.



What is a colonoscopy?

A colonoscopy is a test that allows the doctor to examine the colon and rectum by inserting an endoscope (long flexible tube equipped with a fiber optic camera) through the rectum. During this procedure, the doctor can view the inside of the colon and, if necessary, can take tissue samples and remove lesions that can be studied more closely by a pathologist.



What are the symptoms of rectal bleeding?

- Seeing red blood in the toilet bowl or on the toilet paper after wiping;
- Some do not report any changes in their bowel habits (normal bowel movements with blood on the surface), while others have diarrhea;
- Abdominal pain.



What are the causes of rectal bleeding?

- Hemorrhoids
- Anal fissures
- Rectal ulcer
- Anal/rectal/colon cancer
- Inflammation of the rectum
- Inflammatory bowel disease
- Diverticular disease (diverticulosis)
- Colitis



Are there any risks of complications?

Significant blood loss can result in complications. See a medical professional quickly if you:

- Lose a significant amount of bright red or black and tarry blood or if you see blood clots in the toilet after having a bowel movement
- Vomit blood
- Feel very weak/dizzy, confused or disoriented
- Have a fever
- Are experiencing severe pain that is not going away with pain relievers



If you experience one or more of these symptoms, do not wait until your appointment at the Clinical Access Service. Go to the Emergency as soon as possible. When you report to the Emergency Department, tell the triage nurse that you are currently being assessed and are followed at the Clinical Access Service and that you may be experiencing a possible complication.



What can you do?

- Avoid taking anti-inflammatories (e.g., ibuprofen, Advil, Motrin) or any other medication not prescribed to you by your doctor
- For pain, take a pain reliever that contains acetaminophen (e.g., Tylenol, Atasol, Novo-Gesic)