



COMMUNITY RESOURCES - HYPERTENSION

SPECIALTY CLINICS/PROGRAMS:

Clinic/Program: **Hypertension Clinic**

University of Ottawa Heart Institute
40 Ruskin Street, Ottawa, ON K1Y 4W7
Tel: 613-761-5429 Fax: 613-761-4858
Email: bpclinic@ottawaheart.ca

Description: The Hypertension Clinic has been operating at the University of Ottawa Heart Institute for the past 15 years under the directorship of Dr. Frans Leenen. Dr. Leenen is a cardiologist and a certified hypertension specialist. Dr. Marcel Ruzicka joined the unit in 2001; Dr. Ruzicka is a nephrologist and a certified hypertension specialist. Frances Allan is the clinical nurse, and she has worked at the Heart Institute as a nurse since 1986. The Hypertension Clinic works on a referral-basis from family doctors and other specialists. The Clinic offers: initial assessment (45 min), follow-up assessment, tests and investigations (24 hour blood pressure monitoring, home blood pressure monitoring).

Appropriate for: Patients who require assessment and management of hypertension; specifically those with Diabetes.

Hours: Tues, Wed, Thurs: 9:00 a.m. – 5:00 p.m.

Language: English

Cost: N/A

Referral: Physician referral required.

To refer, fax the referral form along with the following information: patient name and demographics, copies of any recent tests, most recent blood pressure, family physician name and billing #. Fax referral to clinic and inform patient that clinic will contact them with appointment.

Clinic/Program: **Ottawa Cardiovascular Centre**

502-1355 Bank Street, Ottawa, ON K1H 8K7
Tel: 613-738-1584 Fax: 613-738-9097
E-mail: admin@ottawacvcentre.com

Ottawa Cardiovascular Centre (East)

204-595 Montreal Rd., Ottawa, ON K1K 4L2
Tel: 613-749-5421 Fax: 613-749-6621
E-mail: admin@ottawacvcentre.com

Director: Dr. Joel Niznick
Admin. Manager: May Moloughney

Description: Prompt access to comprehensive cardiovascular consultation, diagnosis, and follow up care.

Appropriate for: Patients who require assessment and management of hypertension and hyperlipidemia

Hours: 8:30 a.m. until 4:30 p.m. with telephones answered from 9:00 a.m. until noon and 1:00 p.m. until 4:00 p.m.

Language: English, French

Cost: N/A

Referral: Download and complete referral form: www.ottawacvcentre.com/OCC_Requisition_Form.pdf. Fill out the form and fax it to either location. Inform patient that the clinic will contact them with appointment.

**REFERRING PATIENTS FOR 24-HOUR BLOOD PRESSURE MONITORING:**

The 24-hour blood pressure monitor is an excellent diagnostic tool that assists physicians in determining the patient's blood pressure in normal daily life. This blood pressure monitor is put on and is worn for 24 hours. The machine automatically takes the blood pressure every 20 minutes from 6:00 a.m. to 10:00 p.m. and hourly from 10:00 p.m. to 6:00 a.m. The patient is asked to keep a diary detailing time at work, time of meals, medication, type and time of activities, and times when one has felt under stress. The monitor is returned to the Unit and is read by the attending physician.

Clinic/Program: **Hypertension Clinic**

University of Ottawa Heart Institute
40 Ruskin Street, Ottawa, ON K1Y 4W7
Tel: 613-761-5429 Fax: 613-761-4858
Email: bpclinic@ottawaheart.ca
Administrative Contact: Bonnie O'Connor

Description: Located on third floor of Heart Institute

Appropriate for: UOHI patients as well as for patients referred from their doctor's office

Hours: See Hypertension Clinic hours

Language: English

Cost: \$70.00 (cash or cheque); may be waived depending on individual circumstances

Referral: Fax referral to clinic and inform patient that clinic will contact them with appointment.

Clinic/Program: **Diagnostic Centre**

University of Ottawa Heart Institute
40 Ruskin Street, Ottawa, ON K1Y 4W7
Tel: 613-761-4639 Fax: 613-761-5369

Description: Located on first floor of the Heart Institute

Appropriate for: Patients referred from their doctor's office

Hours: Daily

Language: English, French

Cost: \$70.00 (cash or cheque); may be waived depending on individual circumstances

Referral: Fax referral to Diagnostic Centre; contact Diagnostic Centre to book appointment; and, inform patient of appointment time.

Clinic/Program: **Ottawa Cardiovascular Centre**

502-1355 Bank Street, Ottawa, ON K1H 8K7
Tel: 613-738-1584 Fax: 613-738-9097
E-mail: admin@ottawacvcentre.com

Ottawa Cardiovascular Centre (East)

204-595 Montreal Road, Ottawa, ON K1K 4L2
Tel: 613-749-5421 Fax: 613-749-6621
E-mail: admin@ottawacvcentre.com

Description: Assessment and management of hypertension including the use of ambulatory BP monitoring

Appropriate for: Ambulatory patients referred from their doctor's office

Hours: Mon to Fri: 8:30 a.m. – 4:30 p.m.

Language: English, French

Cost: \$70.00

Referral: Download referral form: www.ottawacvcentre.com/OCC_Requisition_Form.pdf. Fax to either location and inform patient that clinic will contact them with appointment.



Clinic/Program: **Ambulatory Clinic – Pembroke Regional Hospital**

705 Mackay Street, Pembroke, ON K8A 1G8
Tel: 613-732-2811 ext. 6613 Fax: 613-732-6350

Description: Located in the Lorrain Wing Diagnostics Clinic

Appropriate for: Ambulatory patients referred from their doctor's office

Hours: Mon to Fri: 7:30 a.m. – 4:30 p.m.

Language: English, French

Cost: No cost

Referral: Fax referral to clinic and inform patient that clinic will contact them with appointment.

Clinic/Program: **Ambulatory Clinic – Cornwall Cardio-Diagnostic Service**

820 McConnell, Room 109, Cornwall, ON K6H 4M4
Tel: 613-933-3572 Fax: 613-933-5320

Description: Outpatient cardiac diagnostic services (Directors: Dr. DeYoung, Dr. Baitz)

Appropriate for: Ambulatory patients referred from their doctor's office

Hours: Mon to Fri: 8:00 a.m. – 4:00 p.m. (closed between 12:00 p.m. and 1:00 p.m.; closes at 2:45 p.m. on Fridays)

Language: English

Cost: \$60.00 (cash or cheque only)

Referral: Fax referral form to clinic and contact clinic for appointment.

Clinic/Program: **Ambulatory Clinic – Hawkesbury & District General Hospital**

1111 Ghislain Street, Hawkesbury, ON K6A 3G5
Tel: 613-632-1111 ext. 364 Fax: 613-636-6183

Description: Located in the ECG department

Appropriate for: Patients referred from their doctor's office

Hours: Daily: 7:30 a.m. – 3:30 p.m.

Language: English, French

Cost: \$20.00 (cash or cheque)

Referral: Fax referral and contact ECG department to book appointment.

Clinic/Program: **Ambulatory Clinic – Deep River and District Hospital**

117 Banting Drive, Deep River, ON
Tel: 613-584-1266 ext. 163 Fax: 613-584-3145

Description: Located in Laboratory Services

Appropriate for: Patients referred from their doctor's office

Hours: Mon to Thurs: 7:30 a.m. – 12:00 p.m. and 4:00 p.m. – 6:00 p.m.
Fri: 7:30 a.m. – 12:00 p.m.

Language: English

Cost: No cost

Referral: Fax referral to Laboratory Services and contact ext. 163 to book appointment time.

**Clinic/Program:** Ambulatory Clinic – Renfrew Victoria Hospital

499 Raglan Street North, Renfrew, ON K7V 1P6
Tel: 613-432-4851 ext. 832 Fax: 613-432-8649

Description: Located in Ambulatory Clinics

Appropriate for: Patients referred from their doctor's office

Hours: Mon to Fri: 8:00 a.m. – 4:00 p.m.

Language: English

Cost: \$40.00

Referral: Physician's office to call for appointment. Ensure that contact information is provided so that results can be mailed to office.

COMMUNITY-BASED PROGRAMS:

Clinic/Program: Blood Pressure/ Wellness Clinic

Somerset West Community Health Centre (CHC)
55 Eccles Street, Ottawa, ON K1R 6S3
Tel: 613-238-8210 Fax: 613-238-7595
Check website for schedule updates: www.swchc.on.ca
Contact: Ginette Drouin, Ext. 2351

Description: Blood pressure checks in seniors' building and/ or at community health centres

Appropriate for: Seniors

Hours: Monthly as follows:

1st Tues of the month: 100 Empress, 9:30 a.m. to 11:30 a.m.

3rd Tues of the month: 762 Somerset St. W., 10 a.m. to 11 a.m.

4th Tues of the month: 1041 Wellington St., 9:30 a.m. to 11:30 a.m.

3rd Wed of the month: 865 Gladstone, 1:30 p.m. to 3:30 p.m.

2nd Thurs of the month: 10 Balsam (Italian Club), 1 p.m. to 2 p.m.

2nd Wed of the month: 425 Parkdale (Abbeyfield House), 11 a.m. to 12 p.m.

Language: English, French, Italian

Cost: N/A

Referral: None required



Clinic/Program: Chinese Blood Pressure and Wellness Clinic

Somerset West Community Health Centre
55 Eccles Street, Ottawa, ON K1R 6S3
Tel: 613-238-8210 Fax: 613-238-7595
Check website for schedule updates: www.swchc.on.ca

Description: Blood pressure and wellness checks in seniors' buildings and community health centres.

Appropriate for: Chinese-speaking seniors

Hours: Monthly as follows:
1st Tues of the month: 80 Florence, 10 a.m. to 12 p.m. (Cantonese and Mandarin)
2nd Tues of the month: Yet Keen Senior Centre, 10 a.m. to 12 p.m. (Cantonese and Mandarin)
3rd Tues of the month: 395 Somerset, 9 a.m. to 11 a.m. (Cantonese and Mandarin)
4th Tues of the month: 1041 Wellington, 9:30 a.m. to 11:30 a.m. (Cantonese and Mandarin)
4th Thurs of the month: 280 Rochester, 1:30 p.m. to 3:30 p.m. (Cantonese and Mandarin)

Language: Cantonese, Mandarin, Vietnamese, English (if needed)

Cost: N/A

Referral: None required

Clinic/Program: Cardiovascular Health Awareness Program plus Action Plan (CHAP+AP)

Cornwall:

Nancy Contant, Coordinator, Carefor,
205 Amelia St. Cornwall, ON K6H 3P3
Tel: 613-932-3451
Email: ncontant@carefor.ca

Pembroke:

Holly Woermky, District Stroke Coordinator,
Pembroke Regional Hospital,
705 Mackay St. Pembroke, ON K8A 1G8
Tel: 613-732-3675 ext. 7310
Email: holly.woermky@pemreghos.org

Description: A community-based program involving blood pressure measurements and CVD and Stroke risk factor assessments. Participants receive tailored counselling and written lifestyle plans. If permitted, copies are sent to family physicians. A Community Health Nurse is on-call during the sessions and a recommendation protocol is used to guide reassessment or referral of patients with very high or very low blood pressure.

Appropriate for: Older adults in the community. It offers opportunities for blood pressure monitoring and other health promotion prevention and management activities addressing modifiable risk factors for CVD and Stroke.

Hours: **Cornwall:** Contact Carefor Health Services for schedule (above)
Pembroke: Contact Pembroke District Stroke Coordinator for schedule (above)

Language: English

Cost: N/A

Referral: None required
