

## Referral Fact Sheet

### “What is the Pediatric Centre for Weight and Health?”

➤ The Pediatric Centre for Weight and Health (PCWH) provides weight management care to overweight children, youth and their families. The program is part of the Alberta Health Services' Weight Wise initiative, a comprehensive approach to preventing and managing weight issues.

➤ The PCWH offers services from two locations: the Edmonton General Continuing Care Centre and the Misericordia Community Hospital Child Health Centre. Both sites are supported by the Stollery Children's Hospital, and have multi-disciplinary clinics that combine clinical care with practice-based research, training and education, and community partnerships.

➤ All boys and girls attend the PCWH with at least one parent and receive weight management care from a specialized team of health professionals with expertise in pediatrics, endocrinology, nursing, psychiatry, psychology, fitness and nutrition.

➤ Weight management care may be provided in the form of individual or group-based education and counseling, and includes long-term support and follow-up care.

➤ Throughout treatment, children and youth continue to receive care by their regular health care providers. The PCWH team corresponds regularly with referring physicians regarding weight management treatment status, progress, and follow-up care.

➤ Family readiness, motivation, and commitment are essential factors in weight management success. When a family opts to defer or cancel participation, the referring physician will be notified by letter.

### “What happens after making a referral?”

Physician referral is received by Regional Central Access (Health LINK).

Regional Central Access contacts family; discusses referral and site preference.

Family attends information session to learn more about treatment options.

Family enrolls in PCWH and schedules clinic appointments.

### “How are referrals made to the PCWH clinics?”

*Referrals must be made by a physician.*

**Step 1:** Download referral form at : [www.capitalhealth.ca/WeightWise](http://www.capitalhealth.ca/WeightWise)

**Step 2:** Fax completed form to Regional Central Access Office (Health LINK) at: 780-735-3553

**Criteria:** 8-17 years old and BMI  $\geq$  85<sup>th</sup> percentile; referrals for children <8 years old will be forwarded by LINK to the Child Health Outpatient Nutrition Counseling program

### More information:

[www.capitalhealth.ca/WeightWise](http://www.capitalhealth.ca/WeightWise)

Phone: 780-408-LINK (5465)

Toll-free: 1-866-408-LINK (5465)

