

Physical Activity Services – Oncology Telephone Referral Form

Referrals accepted from specialist physicians and primary care providers

Referring Physician/Nurse Practitioner: Address: Phone #: Fax #:	Patient: PHN: DOB: Gender: Address: Phone #: Alt. Phone #:
Date of referral:	
<input type="checkbox"/> I confirm that the patient has authorized this referral.	
Additional Information – e.g. best time to call, contact person/name, need for translation service/preferred language:	
Reason for referral: <input type="checkbox"/> increase physical activity levels <input type="checkbox"/> manage fatigue <input type="checkbox"/> build/maintain muscle and bone mass <input type="checkbox"/> balance <input type="checkbox"/> other	
<input type="checkbox"/> Patient can engage in physical activity without restrictions – 150 minutes of moderate to vigorous aerobic activity and two resistance training sessions per week ¹ <input type="checkbox"/> Patient can engage in physical activity with restrictions <input type="checkbox"/> Patient cannot engage in any physical activity	
Please List Restrictions:	
Relevant Medical History Cancer type: _____ Stage: _____ If metastases please check location: <input type="checkbox"/> bone <input type="checkbox"/> lung <input type="checkbox"/> brain <input type="checkbox"/> other Please attach relevant blood work and imaging results (i.e. location and type of bone metastases)	
Treatment - <input type="checkbox"/> Current <input type="checkbox"/> Recent treatment (completed <12 months) <input type="checkbox"/> Past treatment (completed >12 months) <input type="checkbox"/> Chemotherapy <input type="checkbox"/> Radiation <input type="checkbox"/> Surgery	
Details:	
Documents attached: <input type="checkbox"/> Lab reports <input type="checkbox"/> Consultation letters <input type="checkbox"/> Other	
Please fax the completed referral form: Attn: Physical Activity Services at HealthLink BC Fax number: 250-953-0493 Email: physicalactivity@gov.bc.ca	

¹Schmitz K, et al. American College of Sports Medicine Roundtable on Exercise Guidelines for Cancer Survivors. MSSE. 2010; 42(7):1409-26

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