



Dr. Tara Nevins

381 Kent St. Suite 201 | Ottawa, ON | K2P 2A8

Notice of Practice Closure

Dear Patients:

After much careful consideration, I have decided to close my practice at the Central Ottawa Family Medicine Associates (COFMA) on **February 14th, 2025**. This has been a very difficult decision, but at this time, it is the right decision for me and my family. I will continue to provide care for my patients up until this date and will still review any test results that I have ordered even after Feb 14th, 2025 along with follow up guidance for any abnormal results.

Finding a New Doctor

Unfortunately, I was not able to locate a physician willing to take on all of my patients. This includes the other doctors at COFMA who have no room in their practices to accommodate any of my patients. **PLEASE do not call the office and make this request. The front desk staff will not be able to offer you more information than is stated in this letter. Any aggressive or angry behavior either over the phone or in person will not be tolerated and may result in immediate dismissal from my practice.**

I encourage you to become proactive in your search for a new doctor and have provided a few resources below as well as other resources on the next page.

1. Ask your family and friends if they can try to get you in with their doctor.
2. Speak with your pharmacist, they are often aware of doctor's taking on new patients.
3. Call "Health Care Connect" at 1-800-445-1822 or online at <https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner> to register for a new doctor. Call after February 14, 2025 as they will not register you while you are still rostered to a family physician.

If you have an urgent medical matter in the absence of a doctor, please proceed to the nearest emergency room.

Your Medical Record

I am required by the College of Physicians and Surgeons of Ontario to store all original patient records for a period before they can be destroyed. *Your medical record does not automatically follow you when you leave a medical practice, unless you arrange for it.* I have selected RSRS, a physician-managed company, to safely and securely store all patient records from my practice, and to assist you in obtaining a certified and searchable copy for yourself and/or your new physician.

I encourage you to obtain a certified copy of your personal medical history as it is important for the safe continuity of care, especially in the absence of a new doctor. I am including an infographic with this letter which illustrates 10 reasons why your record is so important. Contact RSRS for your record at:

www.RecordSolutions.ca/DrTNevins
Tel: 1-888-563-3732 ♦ Fax: 1-877-398-5932
Email: info@rsrs.com

(Please note: Arranging for your record can take place immediately by contacting RSRS. However, unless it's an emergency, the actual delivery of your requested medical record will take place only after my practice closes. There is a fee for the copy/transfer of your medical record in accordance with guidelines.)

In closing, please know that I have greatly valued our relationship and thank you for the privilege of allowing me to serve as your family physician.

Sincerely,

*RSRS is a physician-managed medical records storage facility. They are fully compliant with the guidelines set by the College of Physicians and Surgeons of Ontario and the relevant privacy regulations.

Healthcare Resources

1. Online platforms can offer care such as: Maple Health, Rocket Doctor, Tia Health or MD Connected to name a few.
2. Nurse Practitioner Clinics: <https://www.ottawanpservices.ca/primary-care>
3. ADHD Diagnosis and treatment: Talk with Frida (<https://www.talkwithfrida.com/>)
4. Health Services Directories:
 - a) <https://health811.ontario.ca/static/guest/home>: this service provides 24/7 access to a registered nurse for free, confidential medical advice
 - b) <https://www.champlainhealthline.ca/>
5. Obstetrics Self-Referral:
 - a) Origyns: <https://origynsmedical.com/>
 - b) MOMMA: <https://mommadoctors.ca/becoming-a-patient/>
 - c) Midwifery: self-referral for midwifery care in Ottawa. Options include: Ottawa South Midwives, Community Midwives of Ottawa, Midwifery Collective of Ottawa to name a few.
6. Immunizations for adults and children: <https://www.ottawapublichealth.ca/en/public-health-topics/neighbourhood-health-and-wellness-hubs.aspx#Vaccination>
7. Routine Cancer Screening: Champlain Screening Outreach Program
<https://www.ottawahospital.on.ca/en/clinical-services/deptpgmcs/programs/cancer-program/what-we-offer-our-programs-and-services/champlain-screening-outreach-program/>
8. Mental Health: Bounce Back <https://bouncebackontario.ca/>
9. Private clinics exist in Gatineau where you can access primary care, examples include: Union MD or Marleen Tassé.