



Dr. Tara Nevins

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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

Dr. Frederick Barkman at the **ByWard Family Health Team (BWFHT)** has agreed to take a small number of my current patients. Preference was given to patients with more complex needs and the remainder of the spots were filled by random selection. You have received this letter because you are among the group eligible to transfer your care to Dr. Barkman after February 14, 2025 at your option. By association, your immediate, household family members seen by me are also eligible to transfer to Dr. Barkman (though I only am sending one letter per family).

The ByWard Family Health Team
Tel: (613) 564-3950 www.bwfht.com

To confirm your consent to transfer your care to Dr. Barkman, you are asked to complete the online registration form by January 15th, 2025: [Please click here to register with Dr. Barkman's practice.](#) To join this practice, you are advised to arrange for a copy and transfer of your medical record in time for your first appointment (see below). Please note that I will continue to see my patients until my closure on February 14, 2025.

You are not *required* to join Dr. Barkman's practice. If you wish you can pursue the search for another doctor. While this is not an easy feat these days, the following are some resources to help you in your search:

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.
4. On the next page, you'll find additional resources for ongoing healthcare.

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 whether you attend Dr. Barkman's practice or any other practice. 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/DrTaraNevins
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,

Dr. Tara Nevins MD, CCFP

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.