



33 CF Health Services – Detachment RMCC

07 Aug 20

Canadian Forces
Health Services Group



Groupe des Services de
santé des Forces Canadiennes

Hours of Operation/Services

- 0730 – 1600 Mondays – Fridays
- Primary Care
- Mental Health
- Physiotherapy
- Lab
- Immunization
- Pharmacy



Primary Care (Det RMCC)

Clerk: Myriam Kennedy (Myriam.Kennedy@forces.gc.ca; x6310)

- Sick parade 0730 – 0930 Mon-Fri
 - Acute injuries/illnesses (usually <48hrs)
 - ***NEW* Please call x6310 before presenting to the clinic**
- Booked appointments 1000-1500 Mon-Fri
 - Chronic injuries/illnesses
 - Follow-ups
 - Medication renewals
 - Medicals/DAGs
- After hours/Weekends
 - KGH (24hrs/day), HDH (0800-2000 daily)
 - After hours medical clinics (varies)
 - Must report to SP the following day



Mental Health

- Sick parade hours are now Intake Booked Appointments
 - Usually same day or next
 - ***NEW* Must call x6310 before presenting to clinic**
- Appointments 0800-1500 Mon-Fri
 - Maximum use of phone appts where appropriate
 - May be outsourced (varying hours)



Physio

- Sick parade 0730-0930 Mon-Fri
 - ***NEW*** Must call x6310 before presenting to clinic
- Appointments 0740-1500 Mon-Fri
 - By referral only: either through physio SP or through PC
 - May be outsourced (varying hours)



Lab (x6109)

- 0730 – 1130 and 1300 - 1400 Mon – Fri
 - Can process external requisitions
 - Please speak to lab for instructions before going (i.e. fasting)

Radiology (X-ray) **At main clinic only**

- 0730 – 1545
 - Please give outside requisitions to Det RMCC clerk to book



Immunization / Flu Shots / Allergy Clinic

Det RMCC: Stephanie Weatherbee, RN
(Stephanie.Weatherbee@forces.gc.ca; x8733 call for appt)

Main Clinic: Judy Watters (Judy.Watters@forces.gc.ca; x2516) (DAG & Travel Medicine – not available at Det RMCC)

- Appointments
 - 0730-1530 Mon-Fri (closed 1200-1300 and Wed afternoons)
 - Bring vaccine booklet
- Allergy clinic
 - Call for appt



Pharmacy

- 0745 – 1600 Mon-Fri (closed 1200-1300)
 - OTCs
 - Refills: x7196, **minimum 48hrs** required between requesting refill and pickup
 - ALL prescriptions must be filled at Det RMCC pharmacy; should only be using civilian pharmacies for urgent after-hours prescriptions
 - Prescriptions and OTC requests brought to the CFB Kingston Base Pharmacy will be redirected to Det RMCC Pharmacy unless there are exceptional circumstances

