

Interprofessional Team Engagement Series

The Interprofessional Team (IPT) Engagement Series happens monthly and connects team members working together in Primary Care Networks (PCNs). The goals of the series are to learn, connect and share questions and experiences to help [Interprofessional Team](#) (IPT) Clinicians and Primary Care Providers to optimize how they work together to support their patients. A fictional case study is used to show how different IPT clinicians would support a patient as a team, working closely with Primary Care Providers. Breakout room discussions allow for more intimate conversations.



SESSION 1: A Multidisciplinary Approach to Managing Anxiety- Feb 15, 2023

How would you support this patient?

CLINICAL COUNSELLOR



- Let patient do most of the talking and identify own goals
- Sleep hygiene, physical exercise & deep breathing
- Daily to-do list to prioritize self-care and turn worry into planning
- Motivational interviewing – work through indecisiveness
- Cognitive reframing/processing – balance out catastrophizing thoughts

REGISTERED DIETITIAN



- Assess patient's main concerns & motivation
- Use SMART goals to build confidence
- Diet strategies for cholesterol management
- Healthy eating on a budget
- Quick meal ideas for a busy parent
- Regular eating for stable mood, energy, concentration and managing cravings
- How exercise can help overall health, stress and sleep

SOCIAL WORKER



- Food insecurity resources in community i.e Food Bank
- Applications for social aid and government grants
- Insurance through your credit card to support unemployment

Who attended the session?



22 providers

- Family Physicians
- Nurse Practitioners
- Registered Nurses



8 IPT clinicians

- Social Workers
- Clinical Counsellors
- Registered Dietitians
- Clinical Pharmacists

CASE STUDY

Provider refers patient to clinical counsellor and registered dietitian:

- Patient is a 44-year-old female, works full time and has two children
- Mild anxiety - increased over the years
- Not on medication, can't afford private counselling
- PHQ-9: 7 and GAD-7: 11
- Poor self care, high level of fatigue, poor nutrition - eats late in the day
- Elevated cholesterol

Patient reports the following:

- Has never seen a dietitian or counsellor before
- Eats more ready-made food and junk food to comfort anxiety
- Has difficulties in concentrating on day-to-day activities
- Partner recently lost their job
- Worried about paying bills on one income and increased responsibilities
- Denied suicide ideations, harm to self or others

SESSION FEEDBACK

"Collaboration is the only way forward for family practice and for medicine as a whole. It is important to keep these sorts of engagements going. Practicing without help is just not sustainable."
– Primary Care Provider

"Nice to interact with colleagues. Nice to meet the IPT team and really find out what they offer."
– Primary Care Provider

91% would recommend the sessions to colleagues

94% would attend another session

- What could be improved:
- Technical difficulties
 - More FAQs
 - Adjust time 12:15-12:45

"I enjoy meeting with primary care providers. I usually only see their names on the referral forms and letters."
– IPT Clinician

NEXT SESSION March 15th

A Multidisciplinary Approach to Managing Pain