

Interprofessional Team Engagement Series

The goals of the monthly [Interprofessional Team \(IPT\)](#) Engagement Series are to learn, connect and share questions and experiences to help IPT Clinicians and Primary Care Providers to optimize how they work together in the Primary Care Networks (PCNs) to support their patients.



How would you support this patient?

REGISTERED DIETITIAN (RD)

Assessment:

- Diagnosis of IBS-D using Rome Criteria IV

Interventions:

- Healthy Eating Modifications - fibre intake, FODMAP, exclusion diets (if appropriate)
- Exercise, supplements, psychological therapies
- RD explains IBS in detail and validate lived experience

Outcomes:

- Symptom Reduction
- Improved Digestive Health
- Improved Quality of Life
- Improved knowledge of her Irritable Bowel Syndrome

CLINICAL COUNSELLOR (CC)

Care Goals

- Decrease symptoms of anxiety through better coping
- Strategies for stress management & MBCT skills

Care Plan Assessment

- Coping techniques to reduce anxiety – CBT/DBT
- Mindfulness & acceptance mood regulation
- DBT skills for Emotional Awareness & Expression
- Address pillars of mental health and self care routines

Outcomes

Increased self-efficacy, improved relationship with diagnosis, reduction of anxious symptoms, improved coping strategies, capitalized on IPT supports

OCCUPATIONAL THERAPIST (OT)

Assessment:

- Schedule / routine review
- Meal management - Task analysis
- Sleep assessment

Interventions:

- Routine building – scaffolding, visuals, anchors
- Education – prioritization and organization strategies
- Education – Sleep hygiene, stimulation, relaxation
- Modification of Tasks

Outcomes:

- Healthier eating habits (eating out less, RD recommendations, weekly planning & shopping)
- Decreased time it takes to fall asleep
- Increased physical activity

Who attended the session?



44 Providers

(FPs, NPs)

12 IPT Clinicians

(CCs, OTs, RDs)

SESSION 11: Multidisciplinary Approach to IBS – May 8th, 2024

FICTIONAL CASE STUDY

Patient Information:

- 30-year-old single female
- Elementary School Teacher
- Lives In Greater Vancouver

Past Social/Medical History:

- Diagnosis of IBS-D
- Negative for celiac and H Pylori
- BMI – within normal limits
- Lives alone in an apartment
- History of anxiety

Presenting Issues:

- Past 8 months - more than 50% of her bowel movements are loose, causing her pain
- 5 hours sleep/night, difficulty falling and staying asleep.
- Often skips breakfast and lunch. Frequently eats dinner out
- Work stress is making the anxiety and symptoms worse

Referrals:

- Registered Dietitian Referral: IBS-D – diarrhea management and healthy eating strategies
- Counselling Internal Referral: Anxiety
- Occupational Therapy internal referral for: Healthy routine building, sleep, meal management, increasing physical activity

EVENT PRESENTATION & RECORDING

Did you miss the event? Click [HERE](#) to view the presentation slides and [HERE](#) for a recording of the case study

SESSION FEEDBACK – 34 Respondents

94.1%

Would refer a patient with similar circumstances

94.1%

would recommend the sessions to colleagues

100%

would attend another session

"I liked working through a case study – made me think of patients I see whom I could have (and maybe should have) referred to the PCN network sooner. Breakout rooms are helpful to ask questions."

-Primary Care Provider

"I enjoyed hearing the approach taken by each discipline to this common problem."

-Primary Care Provider

NEXT SESSION: June 12th, 2024

A Multidisciplinary Approach to Supporting Executive Function

A Multidisciplinary Approach to Supporting Patients with IBS

Questions & Answers – posed in breakout sessions and in evaluation survey

Q: What discharge planning/sustainability of changes look like from IPT perspective

A: PCN Registered Dietitians will try to build in sustainability in their planning and work with clients, so that they have the best chance of continued success. Discharge notes provided by IPT Clinicians will also help to support sustainability with their Primary Care Provider.

Q: What multilingual help is available for patients when they get referred to IPT?

A: Some of the IPT Clinicians speak other languages and can support patients in that language. As part of Vancouver Coastal Health, the IPT Clinicians also have access to on-call telephone interpreters through Provincial Language Services (PLS). You can indicate the language need on the referral form.

Q: Can PCN Registered Dietitians order bloodwork?

A: No, they cannot order bloodwork. For RD referrals if bloodwork hasn't been done recently, we ask that patients get bloodwork done 48 hours prior to the first appointment with the RD.

Q: Are folks with IBS eligible for food supplements?

A: No IBS does not qualify for food supplements. This website outlines what conditions are eligible for support: <https://www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/health-supplements-and-programs/diet-supplements>

Q: Are there any apps/technology that can help patients with the FODMAP diet?

A: The Monash FODMAP App provides people with recommendations about foods to eat and avoid. <https://www.monashfodmap.com/ibs-central/i-have-ibs/get-the-app/>