

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 2: A Multidisciplinary Approach to Managing Pain - March 15, 2023

How would you support this patient?

OCCUPATIONAL THERAPIST



Target:

- Chronic fatigue management
- Re-engagement with self-care and leisure activities

Interventions:

- Pain science and management education by building a "pain toolkit" with the patient
- Energy conservation, pacing strategies & task modifications
 - Understanding it's relation and affect with pain
 - Prioritizing activities frameworks

CLINICAL COUNSELLOR



Target:

- Help with managing stressors from unstable home situation
- Coping strategies for managing pain and emotional distress

Interventions using a cognitive behavioral therapy and biopsychosocial model:

- Collaborative goal setting
- Mindfulness and relaxation strategies
- Sleep hygiene
- Behavioral activation/motivation
- Working with thoughts and emotions about pain

CLINICAL PHARMACIST



Target:

- Address that the patient cannot clearly articulate the medication they are on
- Address that the patient occasionally forgets to take medications

Interventions:

- Medication review
- Determine barriers & solutions to adherence
- Medication Optimization
 - Benefits should outweigh harms
 - Opportunities for deprescribing
 - Goals & expectations for symptom management

Who attended the session?



17
providers

- Family Physicians
- Nurse Practitioners



10 IPT
clinicians

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

FICTIONAL CASE STUDY

Provider refers patient to Occupational Therapist (OT) and Clinical Counsellor (CC). Then the CC internally refers patient to the Clinical Pharmacist.

Patient:

- 35-year-old with Fibromyalgia, a previous back injury and chronic migraines
- Needs support with chronic fatigue and pain
- Unstable home situation and trying to find low-income housing
- Previous history of a binge pattern alcohol use, as well as prior cocaine, PCP, ketamine, and MDMA use

Patient reports the following:

- They have not engaged with OT or CC before and are open to referrals for both
- Employed as a server but would like to explore other options due to physical demand and pain
- Struggle with activities of daily living due to fatigue and pain
- Unable to clearly articulate what medications they are on
- Patient feels trapped, scattered and overwhelmed

Did you miss the event? [Click Here](#) for a recording of the case study

SESSION FEEDBACK

"The IPT services are much appreciated by my patients. I have seen positive changes in most of my patients whom I referred to IPT. Thank you very much for your excellent work."
– Primary Care Provider

"It is so nice to meet all the providers and put a face to a name."
– IPT Clinician

94%

would recommend the sessions to colleagues

100%

would attend another session

What could be improved:

- Longer breakout rooms
- Do role play instead of a didactic session
- Referral information on pathways

NEXT SESSION April 19th

A Multidisciplinary Approach to Managing Obesity

[Find more info about this session](#) or contact your [Community Network Manager](#)