

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 3: A Multidisciplinary Approach to Managing Obesity - April 19th, 2023

How would you support this patient?

CLINICAL PHARMACIST



Target:

- Understand the patient's journey and build rapport
- Achieve medication optimization
- Assess Ozempic prescription for weight loss

Interventions:

- Comprehensive Medication review
- Set realistic goals & expectations for symptom management
- Explain efficacy and side effects of current therapies
- Ozempic – review efficacy/safety and cost/adherence
- Follow up

REGISTERED DIETITIAN



Target:

- Support client on centering goals on health-supporting behaviour (consider values and respect autonomy)
- Focus on health outcomes (nutritional, medical, functional)
- Explore relationships with food, weight bias & stigma, disordered eating behaviours

Interventions:

- Use weight inclusive approaches & language
- Meal planning & prep, learning & mindful eating
- Listen to hunger and fullness cues
- Sustainable health behaviour changes
- Meal delivery services suggestions

OCCUPATIONAL THERAPIST



Target:

- Improve on activities of daily living (ADL)
- Increase engagement with community
- Increase participation in activities

Interventions:

- Develop a routine and plan to manage ADLs (meal prep, laundry, cleaning, shopping, community & tech access, personal care)
- Resource navigation and access
- Find leisure activity that is manageable

Who attended the session?



44
providers

- Family Physicians
- Nurse Practitioners
- Registered Nurses



10 IPT
clinicians

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

FICTIONAL CASE STUDY

Provider refers patient to Clinical Pharmacist and Registered Dietitian for discussion about lifestyle/diet and possibly Ozempic. Internal referral to Occupational Therapist.

Patient:

- 50-year-old patients with BMI: 40 kg/m²
- Sleep Apnea with CPAP
- GERD
- Osteoarthritis
- Depression
- Metabolic syndrome: Cholesterol, HTN, impaired fasting glucose

Patient reports the following:

- Has not engaged with dietitian or clinical pharmacist before
- Patient lives alone in apartment, struggles with ADLs incl. meal prep
- Ability to work and connect with friends/family is compromised
- History of overeating which leads to stress, negative emotions
- Unable to articulate what medication they are on and why
- Expressed feeling trapped in their situation
- Looking for guidance on how to improve health and activity levels

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

SESSION FEEDBACK

"Great to see examples of how complex issues can be managed by different team members, excellent reminder to refer these patients rather than trying to do it all myself in a 15 min medical visit."
- Primary Care Provider

"I liked the breakout rooms, where it created a more intimate environment for questions, comments and feedback."
- IPT Clinician

97%

would recommend the sessions to colleagues

94%

would attend another session

Suggestions for improvements:

- Send questions in advance
- Longer sessions
- Start at 12:30 or after hours

NEXT SESSION May 17th

A Multidisciplinary Approach to Supporting Patients with Low Socio-economic Status

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