

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 6: A Multidisciplinary Approach to Substance Misuse (Marijuana Dependency)

How would you support this patient?

CLINICAL COUNSELLOR

Initial Phase (Sessions 1 – 3)

- Build rapport, explore existing coping skills, strengths
- Collaboratively develop goals for counselling (harm reduction vs. abstinence)
- Explore ambivalence with Motivational Interviewing

Middle Phase (Sessions 4 – 6)

- Provide psychoeducation
- Explore triggers and cravings
- Establish support systems
- Introduce skills (Dialectical Behavioral Therapy)

Final Phase (Sessions 7 – 8)

- Internal referrals to Clinical Pharmacist and Social Work
- Trouble shooting
- Summarizing and reviewing – Relapse Prevention Plan

CLINICAL PHARMACIST

1st Appointment – initial intake (60 mins)

- Information/history gathering, medication history, allergies
- What are patient goals & wishes
- Consult note with prioritized medical problems list & recommendations
- Provide patient non-pharmacologic measures to support pharmacotherapeutic care

Follow up Appointments (30 mins)

- Monitor medication therapy and address other issues
- Refer to other disciplines as appropriate
- Answer drug information queries

Case Goals

- Ensure adequate medication coverage
- Anticipate interactions – minimize polypharmacy
- Optimize antidepressants to decrease cannabis use if mental health was a trigger

SOCIAL WORKER

Assessment

- Introduction (build rapport, trauma informed, culturally safe, privacy, confidentiality, short term & solutions focused)
- Psychosocial (mental status, readiness to engage, strengths, barriers, natural supports, risk, etc.)

Care Planning

- Referral reason: financial stress, employment support
- Identify values, set goals and write progress letter

Intervention

- Supportive counselling, resource identification & navigation, refer to PCN OT for sleep hygiene and increased social supports

FICTIONAL CASE STUDY

Provider refers patient to Clinical Counsellor for marijuana dependence. Internal referral to Clinical Pharmacist & Social Work.

Patient:

- 32-year-old transgender man with he/him pronouns
- Increased cannabis use moving towards marijuana dependency

Patient history and intake:

- Diagnosed with Major Depressive Disorder 15 years ago
- On an antidepressant for the last 12 years
- Reports constant cravings, desire to cut down, unsuccessful attempts. Uses cannabis to regulate emotions and fall asleep. Use has increased in last 6 months
- Lost job due to marijuana use – frequent tardiness, conflict with management and co-workers
- Is on Medical EI – experiencing financial distress
- Lives alone, no significant other
- Reports high motivation to engage
- Relevant medications – Escitalopram, Quetiapine XR, Trazodone

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

SESSION FEEDBACK

"I found it extremely helpful to hear about what the counsellor, pharmacist and social worker do to help the patients. I now understand why my patients benefit so much from the IPT referrals. Even though the sessions are limited, they are designed to give patients new directions that their family doctors can follow up on."

-Primary Care Provider

96.8%

would recommend the sessions to colleagues

87.1%

would attend another session

"Great session – would love to attend more as it was concise, well-organized and informative. Also, nice to connect with colleagues in the community as it often feels we're working in silos in primary care! Thanks again!"

- Primary Care Provider

Who attended the session?



36 Providers
7 IPT Clinicians

NEXT SESSION: November 8th

A Multidisciplinary Approach to Supporting Patients with Diabetes

A Multidisciplinary Approach to Substance Misuse (Marijuana Dependency)

October 11, 2023

Strategies for providers:

- Nonjudgement, active listening, trauma informed.
- **Motivational interviewing:** assess motivation, elicit change talk.
- **Harm reduction:** avoid inhaling, if do, avoid holding/inhaling deeply, use less THC, avoid synthetic cannabis.
- **Education:** safety risks, intoxication, withdrawal, side effects.
- **Pharmacologic options:** manage co-morbidities, no clear benefit for any options, e.g. nabiximols, topiramate, gabapentin.
- **No “best strategy”** – depends on the client, their resources, strengths, motivation, etc.
- [Cannabis Clinical Flowchart](#)

Screening Tools/Patient Handouts:

- [CUDIT-R](#)
- [Fact Sheet](#)
- [VCH Substance Use Services Pamphlet](#)

Resources and referral:

- [Marijuana Anonymous](#)
- [SMART Recovery](#)
- [RACE line](#)
- [Community Health Centre](#)