

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. A fictional case study and breakout rooms are used to discuss how different IPT clinicians would support a patient as a team, working closely with Primary Care Providers.



SESSION 8: A Multidisciplinary Approach to Managing Depression Symptoms – Dec. 13, 2023

How would you support this patient?

CLINICAL COUNSELLOR

Care Goals:

- Decrease symptoms of depression through improved coping, improve communication & interpersonal relationship skills, address issues of helplessness and hopelessness

Care Plan:

- Learn coping techniques to reduce depression (Achievement, closeness and enjoyment)
- Mindfulness and Acceptance based mood regulation techniques (Breathing & Grounding / TIP)
- Self-compassion (Journaling and intentional self-care)
- DBT-based interpersonal relationship skills (DEAR MAN, FAST & GIVE)

Outcomes:

Increased social interactions, improved relationship with daughter, reduction of depression symptoms, regained independence & self-care, improved coping strategies

OCCUPATIONAL THERAPIST

Goal Setting & Validation:

- 1) Improve on ADLs – increase showering frequency to 3x a week, brush teeth daily
- 2) Create routine to manage ADLs – medication management, meal prep, cleaning, shopping, community access, technology access, keep living space clean
- 3) Leisure – increase participation in leisure activities (outdoor activity, return to playing & making music)

Further Assessments:

- Schedule/routine review
- Task analysis
- Leisure checklist

Interventions:

Behavioral activation approaches, scheduling/routine building, education (prioritization & organization, modification of tasks, resource navigation & access

Who attended the session?



37 Providers

(FPs, NPs, RNs)

6 IPT Clinicians

(CCs, OTs, RDs)

FICTIONAL CASE STUDY

Provider refers patient to Clinical Counsellor for depression. Internal referral to OT for healthy routine building, leisure exploration, Activities of Daily Living (ADL) routines

Patient:

- 45-year-old male
- Chronic pain
- Duodenitis and gastritis
- Severe Obstructive Sleep Apnea
- Low mood
- Feelings of hopelessness, worthlessness, and helplessness
- Loss of interest in hobbies and activities, decreased energy

Patient history and intake:

Social History

- Recently separated from wife
- Daughter lives with wife primarily and visits during the week
- Not working – exploring Person with Disabilities (PWD) form

Functional History

- Pain in hip, limits mobility – uses cane to walk long distances

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

SESSION FEEDBACK

93.1%

Would refer a patient with similar circumstances

93.5%

would recommend the sessions to colleagues

96%

would attend another session

"I liked the discussion in the breakout rooms and the OT perspective – was useful to get a better understanding of some of the things OTs can work on with patients!"

-Primary Care Provider

NEXT SESSION: February 14th, 2024

A Multidisciplinary Approach to Supporting Patients to Manage Work/Life Balance