

# 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 9: A Multidisciplinary Approach to Supporting Work-Life Balance – Feb. 14, 2024

### How would you support this patient?

#### CLINICAL COUNSELLOR

##### Care Goals:

- Increase self-compassion, balanced core beliefs, stress management, improve communication skills, connection to long-term counselling

##### Care Plan:

- Compassion-Based Therapy, CBT, mindfulness and grounding. DBT-Interpersonal effectiveness skills, psychoeducation around stress responses

##### Outcomes:

- Increased self-compassion & mindfulness, decreased rumination, better stress management, improved communication skills, increased social interactions and leisure activities, connected with a community counsellor

#### OCCUPATIONAL THERAPIST

##### Care Goals

- Increase quantity of sleep
- Increase participation in leisure and social activities

##### Further Assessments:

- Sleep habits questionnaire, insomnia severity index

##### Care Plan & Interventions

- Client Education - Sleep hygiene, burnout, self care
- Motivational Interviewing - Client beliefs & values, strengths and skills
- Routine building - Bedtime routine, breaks, structured time

##### Outcomes

- Improved quantity of sleep
- Increased engagement in social and leisure activities
- Improved mood

### Who attended the session?



**33 Providers**

(FPs, NPs, RNs)



**9 IPT Clinicians**

(CCs, OTs, RDs)

### FICTIONAL CASE STUDY

**Provider refers patient to Clinical Counsellor for work life balance. Internal referral to OT for healthy routine building and sleep habits.**

#### Patient Information:

- 35-year-old Caucasian female, single
- Employed in finance industry
- Lives in Vancouver, originally from Ontario

#### Patient history and intake:

- Migraines
- No psychiatric history
- Not on medication for mental health issues

#### Referrals

- Counselling Referral: to support work life balance
- OT Internal Referral: Sleep hygiene education and support, exploring self-care and leisure activities

#### Presenting Issues

- Work-related stress
- Working long hours
- Limited physical activity and exercise
- Poor sleep
- Anhedonia and decreased energy

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

### SESSION FEEDBACK - 29 Respondents

**100%**

Would refer a patient with similar circumstances

**96.6%**

would recommend the sessions to colleagues

**100%**

would attend another session

*"Never thought of using counsellor or OT for work related problems which are common. Great to have that option."*

*-Primary Care Provider*

*"As a new PCN NP, I appreciate the collaboration and getting to hear about what various services are available."*

*-Primary Care Provider*

**NEXT SESSION: April 10<sup>th</sup>, 2024**

**Collaborating to Support Patients with PWD Applications**