

The Vancouver Primary Care Networks (PCN) Interprofessional Team (IPT) program will be introducing virtual group visits as part of our service offerings beginning Spring 2026.

Why Group Visits?

The demand for IPT services continues to grow across clinics, and our existing resources are currently experiencing longer wait times for patient access. As a result, our ability to support all patient care needs through one-to-one visits alone is limited. Group visits will allow the IPT program to use limited resources more efficiently by improving timely access to care for more patients. Group visits provide evidence-based care that, in many cases, is as effective as or more effective than individual visits.

Initial Group Offerings:

The first IPT groups will be delivered virtually and will begin at the end of April 2026.

Registered Dietitian-Led Health Prevention

- Focus: High cholesterol, high triglycerides, and dyslipidemia
- Format: 2 sessions, 90 minutes each (1 per week) w/ 10–12 patient participants

Clinical Counsellor-Led Transdiagnostic Mental Health guided by Acceptance and Commitment Therapy

- Focus: Depression, anxiety, chronic disease/pain, self-criticism, and adjustment to life challenges
- Format: 8 sessions, 90 minutes each (weekly) w/ 10–12 patient participants

These groups will focus on shared underlying processes such as emotional regulation, avoidance, and cognitive patterns that impact mental health and wellbeing.

What This Means for Clinics:

No changes are required to your current referral process.

- Providers should continue referring patients to IPT as usual
- The IPT intake team will identify patients who may be clinically appropriate for group care and obtain patient consent
- Patients may transition between group and one-to-one care if clinically indicated

All care provided through group visits will be documented in the same way as individual visits, and providers will continue to receive standard communications such as discharge summaries.

Looking Ahead:

We will evaluate the initial groups and gather feedback from providers, clinics, allied health, and patients. Additional groups may be introduced and expanded, with potential future in-person group options.

If you have questions or feedback about IPT group visits, please contact your Community Network Manager or email: pcn@vancouverdivision.com. Thank you for your continued partnership in supporting patient care across Vancouver PCNs.