

Applied Collaborative Practice Team # 9

MENTOR: Ms. K.C.

TEAM MEMBERS

Jessica Byrnes, Nursing

Kara Dafoe, Occupational Therapy

Katie Fortuna, Occupational Therapy

Samantha Loeprich, Physical Therapy

Chris Ternamian, Medicine

Nathan Terrana, Medicine

Our mentor...

Told us

- ◆ **The background story:** MVA with SCI at level of C5.
- ◆ **General overview:**
 - ◆ Patient adapting to SCI (ADL, makeup, working, home accessibility) (meds, cath, stockings)
 - ◆ Pursuing goals (university, travelling)
 - ◆ Home situation (lives alone, PCA's) (mobility aides)
 - ◆ Health care team
- ◆ **A typical day:** (v. scheduled: wake-up, caregiver AM gets her dressed, organized, shake for breakfast, ROM, works throughout day (office, wheelchair, computer), caregiver PM cath, make dinner, transfers)
- ◆ **Strengths, capabilities:**
 - ◆ Optimistic, doesn't dwell on what's happened, loves her work, friends, niece, hobbies and activities (games, movies, dance parties with niece, couponing, scrapbooking)

Our mentor...

Our analysis of issues & priorities

◆ Main health concerns:

- ◆ Autonomic dysreflexia
- ◆ Skin breakdown
- ◆ Managing pain/ inc comfort (esp in area of temp control)
- ◆ Fatigue (physical and emotional)
- ◆ Managing osteoporosis in hips
- ◆ Maintaining a healthy weight

◆ Analysis:

- ◆ Currently, our mentor seems to be managing her condition well (physically, emotionally, mentally). She is engaged in and passionate about her life, work, hobbies, and friends/ family.
- ◆ Emphasis on education re: self management with regards to weight management and diet, bladder management and energy conservation techniques

Our mentor's ideal IP team

Team Members	Key Roles
Medicine	GP, Neuro, Uro, Surveillance: q2yr neurological focus. Future family planning. Referral's – dietician, obs/gyne.
Nursing	Monitor & prevent skin breakdown, educate/stress importance of intermittent catheterization (prevention of UTI's, autonomic dysreflexia).
Occupational Therapy	Maintenance of equipment, seating, regulating body temperature at night, future role as a parent.
Physiotherapy	Improve aerobic fitness, flexibility and strength to maintain a healthy body weight and maintain or improve ability to perform ADL's and iADL's. Education on energy conservation techniques to manage fatigue.
Caregivers	Care in activities of daily living.
Dietician	Education and meal planning to prevent skin breakdown, osteoporosis, maintain healthy weight.

Our Team's Collaboration

Factors that diminished collaboration

- ◆ **Factors impeding collaboration**
 - ◆ Differing class schedules and difficulty in setting meeting times
 - ◆ Grade incentive differential
 - ◆ Unclear expectations
 - ◆ Unbalanced professional representation

Factors that enhanced collaboration

- ◆ **Factors enhancing collaboration**
 - ◆ Good communication
 - ◆ Active listening
 - ◆ Effective use of technology (accessible to each person)
 - ◆ Common goals for patient
 - ◆ Clearly defined objectives articulated for each meeting

Our #1 take home message

In conclusion, in order to provide the best possible patient-centered care, there must be continued education and sharing of information between the patient, the healthcare team, and each health professions.

Overall, values “good communication and sharing of knowledge, tips, and information” - K.C.