

Central Interior Rural Primary Care Network

"Optimizing accessible primary care service delivery with coordinated, team-based, culturally safe approaches."



The Ulkatcho team from left to right: Kim Tamai - Nurse, Dr. Ghaida Radhi, Crystal Murphy - Nurse, Geoff Walker - Paramedic

What is Team-Based Care?

Team-based care is when two or more health care providers work together to meet a patient's needs. If the patient chooses, the team may also involve the family, caregiver and other community resources to support the patient. The patient's primary care provider (family doctor or nurse practitioner) leads the team, which may consist of specialists, nurse practitioners, nurses, traditional wellness coordinators, social workers, physio, occupational and respiratory therapists, pharmacists, and other clinical and non-clinical providers.

Team-based care is a holistic approach to individual health care that empowers the patient and provides them with a sense of control and responsibility for their health. It also provides physicians with a professional team of supports to draw upon to meet patient needs.

Team-based care can also be tailored to meet the needs of a particular region and the people who live there. This helps ensure people of different cultures and backgrounds get the care they need, the way they need it, when they need it and where they need it.

What's Inside

Dahooja / Dzin Guzun / Weyt-kp / Good Day!

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For more information on Primary Care Networks:
<https://gpscbc.ca/what-we-do/system-change/primary-care-networks>

Benefits of Team-Based Care

Benefits For Patients

- Improved access to care and shorter wait times
- Better patient support
- Improved patient knowledge
- Better follow-up
- Better quality of life
- Increased patient satisfaction
- Improved quality, safety, and reliability of care
- Improved access to culturally safe and appropriate care for all the patients
- Improved health and wellness for patients with chronic conditions



Patrice Gordon, NP with Eddie Quilt at Xeni Gwet'in/Nemiah

Benefits For the System

One of the key benefits of team-based care is the cost to the healthcare system.

When patients have the benefits of regular access to culturally safe team-based care, they are less likely to require emergency medical services or end up with chronic conditions.

This improved approach maximizes health care roles and resources, reduces hospital visits and builds sustainable, quality health care.

Benefits For Physicians

- Improved patient outcomes
- Ability to focus directly on diagnoses and patient relationships
- Provides supports for physicians and improves practice efficiency
- Better work-life balance
- Eases the burden for physicians of "doing it alone"
- Team members help physicians with preventive care, planning, counselling, and follow-up services resulting in improved health and wellness for patients with chronic conditions
- Attracts and retains physicians to the community



Dr. Travis Routtu & medical students/residents

Rural & Remote Communities Thrive with Team-Based Care As Experienced by Nurse Practitioner - Patrice Gordon

Working in a rural or remote setting can be stressful for medical professionals when the nearest hospital is several hours away. But, for those with an adventurous spirit, the Chilcotin is the place to be! The remoteness is rewarded many times over.

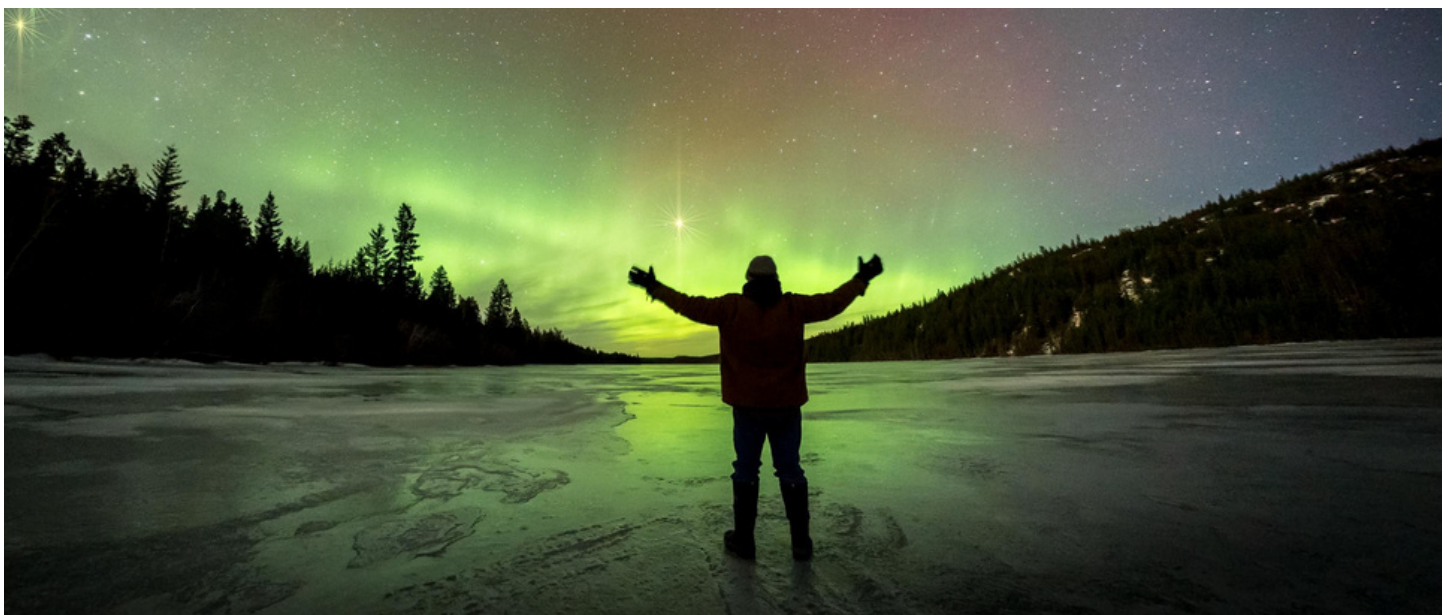
I came to the Chilcotin to help provide health care in an underserved area and stayed for all that the land around us has to offer. The Chilcotin region is filled with possibilities for outdoor adventure and exploration. It is exquisitely beautiful with countless pure lakes, gorgeous snow-capped peaks, mountain meadows teeming with wildlife, and so much to do that it's impossible to fit it all in!

With small populations in isolated communities, as a health care provider, I soon came to know the community well, developing close relationships with patients and their families, journeying with them through their sorrows and their joys. The opportunity to work closely with the Tsilhqot'in people, learning about their traditions and trying to learn the language, is a rare and treasured gift. Staff at the health clinics in each community are friendly and welcoming, eager to work as a team. The collaboration between communities in the region is heartwarming with the generous sharing of knowledge and resources.



Patrice Gordon - Nurse Practitioner with her dog Chica on Horn Lake

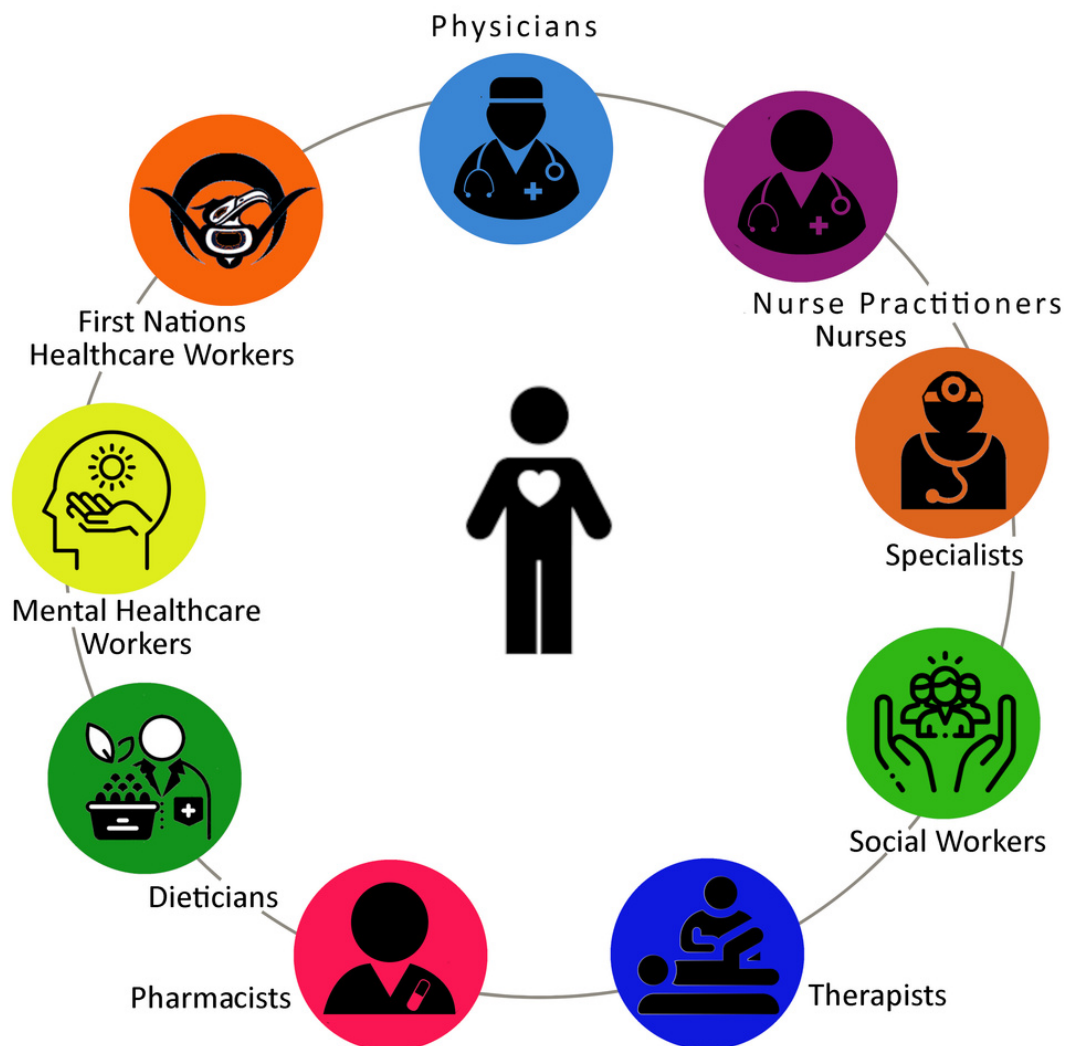
Patrice Gordon is a Nurse Practitioner working in the West Chilcotin. She describes her work in this rural/remote area, acknowledging that it isn't for everyone, but the rewards far outweigh the challenges.



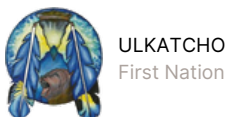
Dr. Rob Coetzee on a frozen Horn Lake

Team-Based Care at a Glance

Teams are organized locally through various partnerships of doctors, divisions of family practice, health authorities, First Nation and community partners and the Ministry of Health, and are based on the needs of patients in a community or a practice.



Here in the Central Interior Rural Region, our growing team will consist of family doctors, specialists, nurse practitioners, nurses, social workers, physio, occupational and respiratory therapists, pharmacists, registered dietitians, mental health clinicians, aboriginal patient navigators, and traditional wellness coordinators. They will either be located in a family practice or in the community and linked to healthcare clinics.



The Central Interior Rural Primary Care Network is situated on the ancestral, traditional and unceded territories of the Secwepemc, Tsilhqot'in and Dakelh Dene (Ulkatcho) Nations