



Together We Stand, Divided We Fall: Formulating an Interprofessional Care Plan for Alex Simpson

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Objective

Utilizing interprofessional team immersion to develop interprofessional skills among other health care professions to plan for the best course of care for our patient, Alex Simpson.

History of Present Illness

Periodontal disease, visible decay on front teeth --> Pain scale 5/10	Medications Prescribed: Valacyclovir: 1000 mg PO BID x 7 days
ringing in ears; occasional hearing loss	Medications OTC/Other: Cannabis, Tums
Intermittent vertigo	Allergies: NKDA
Neck pain	Vital Signs: BP 118/78, HR 64, RR 14, BMI 19
(Oral) Herpes --> recurring	
Digestive symptoms (heartburn, diarrhea, occasional nausea; loss of appetite	
Occasional feelings of sadness, hopelessness, and anxiety	

Assessment/Plan

- **Visit 1 – Assessment:**
 - *Oral Pain:* Due to previously diagnosed HSV1 infection
 - *Living Situation:* Lack of Stable Housing
 - *Mental Health:* Ask about mental health and possible suicidal thoughts
 - *MaineCare:* Currently no health insurance plan established
- **Visit 1 – Plan:**
 - *Therapeutics:* Continue full dose of Valacyclovir: Patient advised proper dosing instructions.
 - *Patient Education:* Patient was provided guidance on MaineCare enrollment
 - *Follow Up:* Next visit scheduled in two weeks.
- **Visit 2 – Assessment:**
 - *MaineCare:* Enrollment Concerns
 - *Friend:* Bobby expressed concern with Alex' alcohol use and wanted to know how to help.
- **Visit 2 – Plan:**
 - *Therapeutics:* Dental cleaning kit including toothbrush and toothpaste was provided.
 - *Patient Education:* Team provided resources for local job fairs, bus lines, food programs, dental resources, and discussed the benefit programs associated with MaineCare.

Dental Hygiene

- **Dental Hygiene perspective**
 - Referred from a dental office, Alex' dental issues were assumed as the chief complaint
 - Higher priority conditions became more apparent during the first meeting, so the focus was shifted
 - After our first meeting, Alex was reassured that her dental pain could be eased and that we would follow-up at the next meeting
 - At the second meeting, a discussion of the importance of oral health and its connection to the body were reviewed
 - Resources were made available to Alex in order to establish a regular site for care
- **What I have learned through IPTI Experience**
 - Voice the importance of your field of work and the work that you do
 - Take the time to listen to each other's opinions and plan of action for the patient
 - Respect each other throughout the entire process
 - Know how to take a step back from original plan for the appointment and establish a range of priority of problems with the patient

Nursing

- **Nursing perspective**
 - Assess Alex's concerns and what brought them in
 - Make sure Alex felt safe
 - Determined if Alex was experiencing any pain
 - Using a pain scale 1-10
 - Diagnose Alex with the information given
 - Plan with other healthcare workers what the next step should be
 - Implement the treatment plan
 - Evaluate to see if the plans and treatments work for Alex
- **What I have learned through IPTI Experience**
 - How important it is to work with all medical professions and understand their roles to care for the patient
 - Everyone plays a vital role when caring for a patient

Occupational Therapy/Student Facilitator

- **Occupational therapy perspective**
 - Addressing Alex's routines/habits/roles
 - Assess mental health
 - Listening to needs and what her primary goal for care is
 - Finding resources to help her create a sense of security
 - Support systems
 - Develop a daily routine, consistency in her life
 - Participation in meaningful occupation
- **Facilitator perspective**
 - Difficulty with knowing role
 - Lead in a way that was not imposing
 - Providing feedback from a different area of focus
 - Using clinical experience to challenge team's perspectives

Osteopathic Medicine

- **Osteopathic Medicine Perspective**
 - Addressing Alex's chief complaint along with all medical and psychiatric symptoms
 - Determining social, economic, behavioral factors contributing to Alex's presentation and symptoms
 - Listen to Alex's ideas, concerns, and expectations (ICE)
 - Develop a treatment plan that is practical and achievable within Alex's daily life
- **What I have learned through the IPTI Experience**
 - The roles of other medical professionals and their contributions to a patient's overall health
 - Interprofessional collaboration and teamwork to create a wholistic treatment plan for a patient

Pharmacy

- **Pharmacy perspective**
 - Assessing whether the medication prescribed is appropriate for the type of herpes Alex has and whether they have used it appropriately
 - By not using the full course, she was not receiving full therapy --> provided patient education on adherence
 - Determine the purpose and frequency of use of cannabis and Tums
 - Help the patient find a way to afford their medication
- **What I have learned through the IPTI Experience**
 - How we each are trained to approach a patient differently
 - How we can learn different ways of thinking and tactics to talking to a patient and assessing patient specific problems from each other
 - How we truly can provide the best, most encompassing care for patient by working with different health professionals

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