

# Health Mentor's Symposium 2020/2021

Anna Colpitts - Speech Language Pathology  
Anam Ijaz - Pharmacy  
Brandon Lee - Medicine  
Daniel Fan - Kinesiology  
Larry Worfolk - Mentorship

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HMP Group 13 (2021)  
Monday, March 29, 2021





**Group 13**  
**@HMgroup13**

Following

**“It is important to collaborate as a cohesive healthcare team and keeping the patient at the centre of care while listening to their concerns”**

5:30 PM - 29 March 2021



# Anam

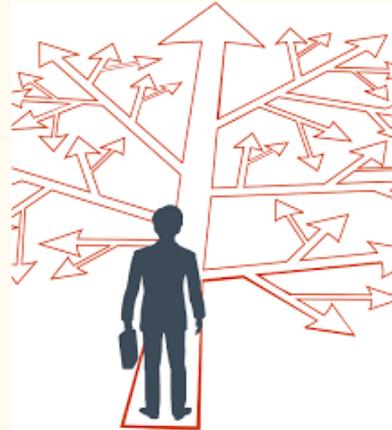
My journey and understanding:

- This is Larry's "med clock" as I call it and it shows his daily round of medications
- This image really resonates with me as a pharmacist because it shows the **round of medications** Larry (and I'm sure other patients with chronic conditions) have to take daily and how important it is to ensure the **safety and care of my patients** and their **trust in my profession** and how my profession is the one of many in Larry's life that can make a significant impact on his health and that I must do my best by Larry, and others, to work towards **patient-centered care and keep their best interest in mind!**



# Anna

As a healthcare professional we should not assume the patient's perspective but instead modify your approach as you get to know them.



# Brandon

Larry's health journey inspired me to see and appreciate the incredible strength & resilience he has.

As a healthcare student, this serves as a reminder to us that every patient we see and treat are **unique** individuals.



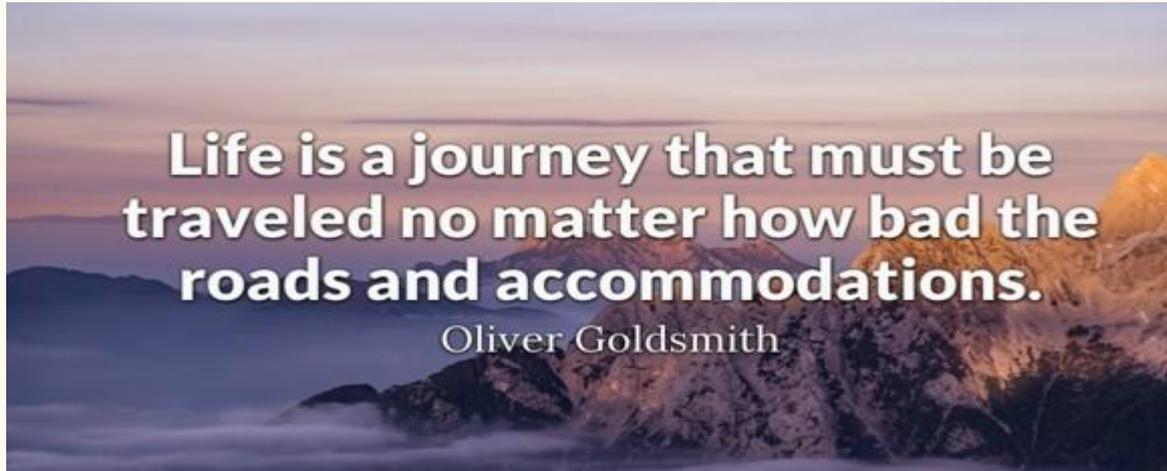
# Daniel

Larry's experience with his health team is valuable and makes me, as a healthcare student, realize how important it is to know more about the other health professions while learning how each can address the individual's needs. From there, a more collaborative network of health practitioners could be expected to work with the individual.

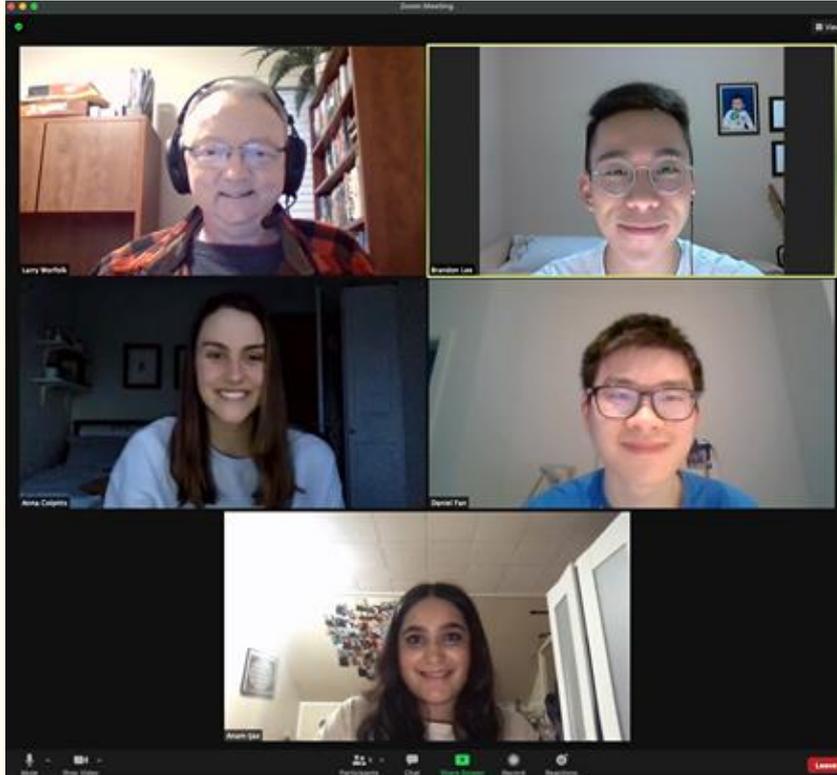


# Larry

Although I have spoken to many individuals and groups, I have never been a part of a group with such meaningful and constructive feedback. Learning about the students' areas of practice has been very beneficial to me and I have learned a lot from them, not to mention forming new friendships.



# Thank you!



## **The Transplant Team**

- 1 nurse reviews meds, height, weight, sleep, medical events, and other concerns which gets passed on to respiratoryist
- 4 respiratoryists that are cycled through during different visits will then review nurse notes and sometimes asks other questions
- overall: feels that BC transplant team a little overworked and busy, but their team is good!

## **The CF Team**

- Great example of a multi-disciplinary team!
- great physical environment/setting (e.g. mitigates risk of transmission)
- nurse is the **quarterback** of the team :)
- dietician involved
- social worker involved
- physiotherapist involved
- pharmacist involved
- physician involved
- ALL of them are on the call (if online) and can hear the discussion as the patient cycles through different providers during the same call. Might lack some privacy (doxy platform).

## **The Oncologist (Cancer clinic)**

- Manages dysplasia of tongue (every 1 year) due to immunosuppressive therapy

## **The Gastroenterologist**

- performs colonoscopy every 1-3 years
- experiences GI symptoms like belches, nausea, vomiting, concurrent diarrhea which lasts ~4hrs about twice a year.

## **The Dermatologist**

- specializes in care of skin cancer (every 6 months) due to immunosuppressive therapy

## **The Ophthalmologist**

- sees on regular basis due to diabetes (risk of glaucoma) 2-3 times a year for visual field test

## **The Urologist**

- manages prostate cancer
- monitors PSA level every couple years
- very stressful!

## **Speech Language Pathologist**

- role of our profession in healthcare: many different streams; can work with children for language development, special populations (e.g. autism) or stroke patients, SLPs learn about swallowing muscles (e.g. larynx) and swallowing mechanisms to help with rehabilitation (e.g. after throat cancer) -> high interdisciplinary collaboration potential with pharmacists (e.g. large pills) and kinesiologists (e.g. muscles). Works with other healthcare professionals (e.g. dieticians).
- stereotypes: tailored toward the very young (e.g. language development) or the very old (e.g. dementia)
- mentor response: Have not interacted with an SLP before but is definitely very interesting!

## **Our mentor Larry :)**

## **The general practitioner (doctor)**

- role of our profession in healthcare: Looking after the broad health of our patients and working in collaboration with other specialists (e.g. specialists, pharmacists)
- stereotypes: doctors only look for efficiency and sometimes don't look at the subjective feeling. Doctors are the 'end all be all' of healthcare.
- mentor response: own GP is a 'nice guy' but sometimes doesn't listen. Has very specific thoughts on nutrition in place of pharmaceuticals (e.g. hears about this too much). Maybe considered a weak link in team surrounded by a bunch of other excellent healthcare providers. Typical wait time (pre-COVID) was ~1hour.

## **The Kinesiologist**

- role of our profession in healthcare: "assistant to physiotherapist" to help with exercise and rehabilitation. Uses rx from physiotherapist to carry out the plan with the patients. Must know about anatomy, medicine and some psychology (it is multidisciplinary) and integrates with other professions to ultimately develop a plan with patients. Can work as a kinesiologist directly after Bachelor degree. Will refer to other HCPs (e.g. doctors) if necessary.
- stereotypes: kinesiologists are 'athletic' and only works with bodybuilders, sports athletes. Becomes PE teachers; trivia: used to be called school of physical education :)
- mentor response: Thought kinesiologists more geared toward professional athletes.

## **The Pharmacist**

- role of our profession in healthcare: Drug experts specialized in everything medication-related (e.g. indications, side effects, why we take it, how often)
- pharmacists are really versatile (e.g. can work anywhere and with anyone)
- scope: not just dispensers! Pharmacists know about diagnoses and therapeutics
- overall: making sure the patient gets the optimal medication, and taking it correctly
- \*\*pharmacists are the most accessible healthcare providers!\*\*
- stereotypes: thought to be "just" pill dispensers, and an assistant to the doctor
- mentor response: had little interaction with transplant pharmacist who mainly dealt with 3 immunosuppressive drugs but mostly interacted with community pharmacist who took care of the majority of care. Agrees that the pharmacist is the most accessible healthcare provider!