

# Health Mentors 2021

## Group 32

*Collaborative care by a multidisciplinary team of OTs, kinesiologists, and physicians helps in a timely diagnosis and management of invisible illnesses such as Myalgic Encephalomyelitis*

**Janet, Mentor**  
**Darby, Kinesiology**  
**Mahraz, Medicine**  
**Mariam, Occupational Therapy**

# What is Myalgic Encephalomyelitis?

- Chronic Fatigue Syndrome.
- Causes persistent and sometimes debilitating fatigue.
- Evidence of underlying abnormalities in the nervous system, the immune system, and metabolic function.
- Difficult to diagnose due to the general nature of the symptoms and the lack of a definitive diagnostic test.
- No current therapies.
- Goal of treatment is to manage symptoms.

# *Mariam - Occupational Therapy*

## ***My Misconception :***

*CFS & ME is only related to excessive fatigue.*

## ***What I learnt :***

- *The stigma surrounding “invisible diseases”*
- *The lack of knowledge surrounding ME and CFS*
- *The impact of working collaboratively with a client*

# *Darby- Kinesiology*

## **My Misconceptions :**

- The doctor is the most important
- Doctors work and communicate with each other consistently in order to provide connected plans of action

## **What I have learnt :**

- Only after speaking with my mentor did I realize that all healthcare workers have their own unique impacts on different patients and are all essential to rehabilitation. I learned that rehabilitative specialists such as Kinesiologists can have a detrimental role on patients with a chronic conditions such as ME. With chronic conditions that are there to stay it's important to make the patients life more manageable, and to reintroduce a meaningful life which as a Kinesiologist should always be something kept in mind.
- Doctors usually work within their own niche and communication with other doctors is very limited. Having various types of health care workers construct action plans for patients together could be highly effective in treating patients who experience a variety of complications or require support from different specialists.

# *Mahraz- Medicine*

- **Prior Misconceptions:**
  - Patients are not interested in the medical details of their diagnosis.
  - Referring the patient to the appropriate specialist is sufficient.
- **Learning Pearls:**
  - Difficulties associated with diagnosis an invisible illness and its impacts on the patient.
  - Continual education is key in healthcare.
  - Helping patients navigate the healthcare system step-by-step is critical to the quality of care received.
- **Program Take Home:**
  - Take ownership of your health. You know your body best, and if something does not feel right, ensure that your voice is heard.

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