

**COLLABORATIVE
TEAM INITIATIVE**
**DEER LODGE CENTRE
PULMONARY REHAB TEAM**
Winnipeg, MB



**PATIENTS
BREATHE EASIER
WITH THIS TEAM
ON THEIR SIDE**



(L-R: Sakina Soufi, Dana Kliwer, Talia Hassan, April Mendoza, Dr. Martha Ainslie, Kristina Paunovic, Lynard Higoy, Lucy Trotta, Lorna Pankratz, Sheila Clifford.)

GROUP PHOTO: THOMAS FRICKE

CHRONIC OBSTRUCTIVE PULMONARY DISEASE is the fourth leading cause of death in Canada, with the bill for hospitalizations tallying \$1.5 billion annually. It's a complex illness that affects lung function and often leads to malnutrition, social isolation, depression, fatigue and inactivity—a debilitating set of complications that can't easily be treated by one health practitioner alone.

That's where Deer Lodge Centre's interdisciplinary Pulmonary Rehabilitation Program (PRP) comes in. Deer Lodge's 11-person team includes a respiratory therapist, physiotherapist, pharmacist, social worker, dietitian, rehab assistant, intake coordinator, respirologist, two rehabilitation therapists and a program educator who also coordinates the program.

The eight-week program is broken into twice-weekly, two-hour sessions run by team members, with half of each session spent on exercise and the other half on education, including help with self-management and smoking cessation. The true collaboration happens during bi-weekly "rounds," where teams meet to discuss patient cases.

Cross-discipline collaboration didn't always come so easily. Roles were defined during a full-team workshop—a process that revealed the unique contributions of each team member, as well as areas of shared scope and responsibility. Intake forms and a discussion document for rounds were designed to ensure all team members could contribute. Today, the team is enthusiastically collaborating on a medication reconciliation process. "Instead of saying, 'That's not my job,' they're asking, 'what can I do to help?,'" says program educator and pharmacist Kristine Petrasko. "They're keeping the patient at the forefront."



Kristine Petrasko

The Deer Lodge PRP has become a popular placement for students from a number of different disciplines, and the program is having a lasting impact on professionals as they start their careers. "My experience within the PRP has inspired me to pursue collaboration in my own practice," wrote pharmacy resident Kathryn Peterson. "It has shown me how significant

effective collaboration can be on healthcare outcomes." Pharmacy student Jaelyn Deonarine wrote, "This is one of the first real-life examples I have seen in the healthcare field that truly focuses on the patient and not just the disease."

Close to 200 patients have been seen since the program started in September 2012. Many report improvements in their confidence, well-being, motivation and sense of control. Input from the team pharmacist, who works for the program two days a week, has prevented ER visits, helped identify untreated conditions, and improved medication use and management of patient care. One patient has returned to work. A second no longer requires oxygen or an NG tube and continues to exercise daily. Others now know how to use their puffers correctly, pace their exercise and use a medication action plan. As one patient wrote, the PRP "got me back in the game of life."

"The work they are doing at Deer Lodge sets an excellent example for the pharmacists in the province of Manitoba, as well as provides inspiration for pharmacists across Canada," wrote Sherry Peister, past president of the Canadian Pharmacists Association, in her letter of support. "Your team is helping your patients breathe better," wrote one awards judge. "I hope that this program continues to grow across Canada."

—Jennifer Dawson

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