

Family Health Team

“Multidisciplinary Care for Diabetic Patients”

Taking a more holistic view of the care for patients who have chronic illnesses, the **CPHC Gananoque Community Family Health Team (CFHT)** recognized the need for patients with diabetes to be involved in an integrated, multidisciplinary program to help manage their diabetes in an efficient, timely manner to prevent secondary complications resulting from further disease processes.

As well as coming to terms with a diagnosis of a chronic illness such as diabetes, patients can feel overwhelmed with the expectations of their healthcare needs. Patients may be asked to schedule multiple appointments and/or travel to larger centers in order to see health professionals for care of their chronic disease. Multiple appointments with different health professionals is associated with higher non-compliance and decreased overall management of diabetes, which could potentially lead to complications. Bringing our healthcare professionals together for an afternoon of comprehensive care, alleviates some of the scheduling stress and promotes better self-care.

The CPHC Gananoque Community Family Health Team commenced this innovative ‘Multidisciplinary Care for Diabetic Patients’ program in January 2009 providing patients living with diabetes the access to a professional team of primary health care providers (Physician, Nurse Practitioner (NP), Diabetic Educator, Registered Nurse (RN), Dietician, Foot Care Nurse) during one appointment, for management/ongoing care of their diabetes. An afternoon clinic once monthly, has been dedicated to these patients to meet with all facets of care for their chronic illness.

The team provides ongoing surveillance through continued assessment of the neurological, perivascular, cardiovascular and optical systems for the diabetic patient. This type of integrated care ensures the health needs for patients with diabetes are being met in a timely and concise manner.

Patients who have been seen in this clinic have been pleased with the coordination of their care. There has been an increase in compliance with medication changes, blood sugars have stabilized, and the overall knowledge of diabetes is improving. They have an understanding that we are working proactively to avoid serious complications.