

Interprofessional Care Plan for Alex Simpson

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Objective

- To provide care through an interprofessional approach for an uninsured patient with multiple health needs.

Background

- Alex Simpson is a white female in her mid-20's
- Family history significant for substance misuse and relational losses
- Social history significant for Homelessness and unemployment
- Initially sought treatment from dental clinic but was referred to community health clinic for further physical and psychosocial evaluation

History of Present Illness

- Chief Complaint:** "My teeth hurt everywhere."
- Periodontal Disease and Caries
- Ringing in ears and occasional hearing loss
- Intermittent vertigo
- Gastrointestinal Disorders (heartburn, diarrhea, occasional nausea, loss of appetite)
- Anxiety (feelings of Sadness, hopelessness)
- Pain Scale: 6/10
- Medication List: Valacyclovir 1000mg PO BID x 7 days, cannabis, Tums

Plan and Assessment

Visit 1

- Plan:** Assess Alex inter-professionally to identify her chief complaint and other associated symptoms.
- Assessment:** Alex did not have any form of insurance. Her chief complaint was her dental pain, although she had pain in other areas such as her neck and back as well. Alex had a great deal of anxiety associated with all her visits to health providers.

Visit 2

- Plan:** Minimize and treat her pain. Provide a comfortable environment to allow her anxiety to subside. Make use of MaineCare and provide other resources to assist in stabilizing her lifestyle.
- Assessment:** MaineCare has provided stability in Alex's access to such things as her treatment and prescription medications; we can now get her the care she requires. To further treat her, provide her with resources that will stabilize other areas of her life, such as housing.

Social Work and Occupational Therapy

- Plan:** Social worker will present MaineCare application to Alex, educate her about necessity of insurance for treatment. The occupational therapist (OT) will discuss daily living skills and create therapeutic relationship. The OT will act as the relational point-person to represent team throughout patient visits.
- Assessment:** Alex exhibited high levels of anxiety about being homeless. The social worker engaged the client in self-regulation when she exhibited symptoms of high anxiety and agitation. Social worker used "miracle question" in brief solution-focused therapy to discuss client's hopes for the future.
Alex receives MaineCare
- Conclusion:** Social worker presented housing options and resources, with explanation of housing insufficiency as well as housing waiver process. Alex *accepted housing at Florence House.*



Dental

- Plan:** To initiate a caries risk assessment based on the Alex's chief complaint. I will inquire about patient's dental care status, age, diet, health condition, past caries records, family history, fluoride exposure and social factors
- Assessment:** Alex was aware of her smile and her lack of oral health. Patient had history of periodontitis, multiple carious lesions and signs of bruxism. Due to her living conditions, Alex could not continue a well-balanced diet, regular dental hygiene visits, or access toothbrushes and toothpaste.
- Conclusion:** Our biggest concern with Alex was to get her out of tooth pain as quickly as possible. We would need to help her set up a full comprehensive dental exam in order to evaluate her oral health status and to get her the care she needed. With MaineCare, she would get financial assistance for her dental appointments.

Pharmacy

- Plan:** Evaluate medications, both over-the-counter and prescription, for appropriateness.
- Assessment:** Alex could not afford her prescriptions because she was unemployed and without insurance. However, after the second visit, Alex had applied and received MaineCare and thus was able access medications. The prescription for her valacyclovir 1000mg was covered under MaineCare. TUMS used daily for weeks is not appropriate usage; thus, a recommendation for a proton-pump-inhibitor, such as omeprazole, covered under MaineCare was made to the D.O. student.
- Conclusion:** Now that Alex received MaineCare, she has access to the resources she needs to receive her medications; ultimately providing her treatment options for her conditions.

Osteopathic Medicine and Physician Assistant

- Plan:** Due to overlapping roles of DO's and PA's, we decided to work together to obtain a comprehensive medical history and determine Alex's priorities for the visit. Then, we addressed Alex's neck pain, heartburn and diarrhea using a holistic approach to treatment.
- Assessment:** Medical history was obtained using a full Review of Systems to understand illness and rule out a medical emergency. Since poor sleep posture contributed to neck strain, the patient was educated on sleep hygiene and soft tissue massaging techniques to ease pain. After Alex obtained health insurance, omeprazole and loperamide were prescribed to relieve heartburn and diarrhea, respectively. She was educated on avoiding foods that may exacerbate her symptoms.
- Conclusion:** Alex now was equipped with medications and knowledge to both treat her symptoms and take charge of her own health in order to prevent future complications.

Collaborating as an Interprofessional Team

- To promote continuity of care and ease Alex's transition between new health professionals, we had occupational therapy come in with every patient visit and introduce the new members.
- In order to function effectively as a team, we discussed the **roles** of each of our profession. We also cultivated a **culture of mutual respect** by ensuring openness in sharing different viewpoints and encouraging input from every team member.
- We used **patient-centered language** and tailored our advice based on what Alex can and cannot afford. Ex: While Alex could not purchase a new bed to alleviate sleep related problems, we helped her with posture training and good sleep hygiene.
- After working on various facets of Alex's health, we realized each team member's role played a vital part on the work of other team members. After the social worker helped Alex get health insurance, she was able to access the services of Dentists, Pharmacists, etc.
- Ultimately, we realized that although each profession played a role in her care, none of the professions were able to achieve their goal without the foundation of a home.

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