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## Enhancing Collaboration through Shared Care in Peterborough

**Family Health Teams and Mental Health Services**

S Nadkarni, P Wilkins, J Whitehead,  
 B Cameron, D Harterre', G McNestry



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Peterborough

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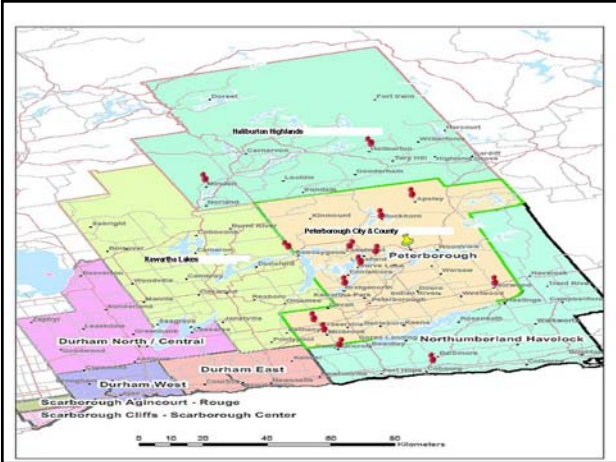
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**Peterborough**  Peterborough Regional Health Centre  
*by your side*

- City population:
- County population:
- Schedule 1 Facility with 28 inpatient psychiatric beds, AOP, and 3 Separate Vote programs serving four counties
- Currently 5 family health teams developed in 2006 with 75 doctors

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**Historical Perspective**  Peterborough Regional Health Centre  
*by your side*

- Shared care between Psychiatry and Family Practice has been discussed in the literature since the 1990's with models evolving since then.
- Shared care models have been recommended to improve diagnosis and management of mental health (Can Fam Physician 2008;54:884-9)

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## Historical Perspective



- In the mid 1990's a program was developed at PRHC in response to severe shortage of psychiatrists and difficulty providing adequate mental health care.

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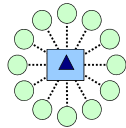
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## Mid 1990s



- Gradual depletion of Psychiatric manpower through the early 1990's
- 10-12 Family Physicians recruited to support on call and care of inpatients
- Psychiatrist acted as mentor / consultant to group
- Education Program was provided



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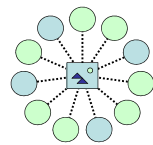
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## Later 1990s



- Psychiatric manpower began to grow slowly
- 5 Family physicians remained as part of the Dept of Psychiatry
- 1 FP worked out of Adult Outpatient Program
- 3 FPs continued to provide on call coverage



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## 2000's

- Psychiatric manpower continued to grow at PRHC during the time the FHT model was developed and implemented
- 1 FP continues to provide on call support to this day
- 2 FP work out of the Adult Outpatient Program

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## Community Need

- 15-50% of all patients in family medicine have significant psychological dysfunction
- 21% receive care from mental health specialists
- 54% are seen by primary care (Regier et al.)
- Limited mental health resources in the community

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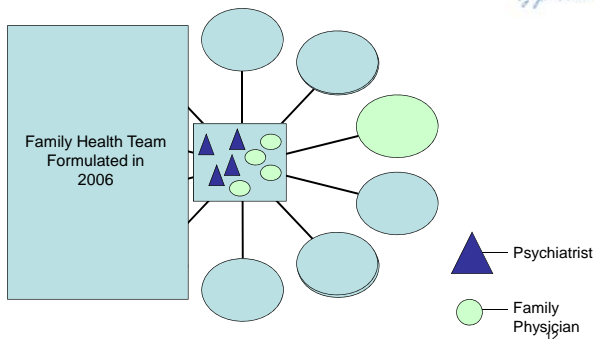
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## 2006 and beyond



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PRHC Peterborough Regional Health Centre  
by your side

### Collaborative Goals Set

- Managers & FP from Adult Outpatient Program, Family Health Team Lead Physician and Exec. Director met with Dr. Nick Kates and colleagues in Hamilton
- Proposal for a Mental Health Project forwarded along with overall FHT proposal to the Ministry

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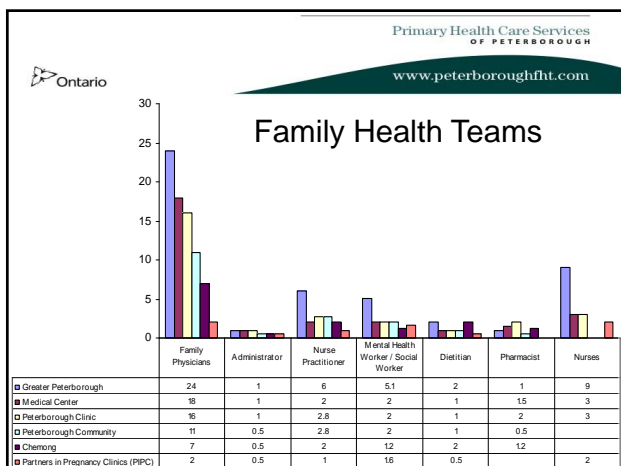
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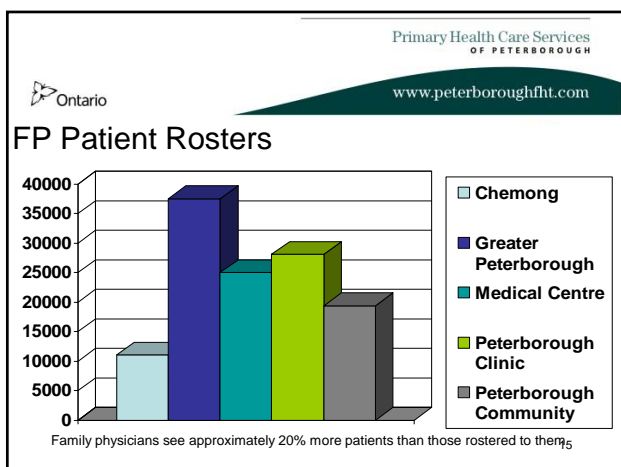
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### Mental Health Project in FHT's

- Mental Health Liaison role developed to lead the project
- 12 FTE Mental Health Clinicians of various disciplines
- Addressing the mental health needs for those with mild to moderate illness

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Ontario

### Primary Care Focus with Mental Illness

<b>MOOD DISORDERS</b> Early Identification Diagnosis Treatment  Depression and Concurrent Medical Illnesses	<b>PSYCHOTIC DISORDERS</b> Early Identification Diagnosis Support  Monitoring Antipsychotic Metabolic Side Effects	<b>ANXIETY DISORDERS</b> Early Identification Diagnosis Treatment  Stress Management and Relaxation Training	<b>ADDICTIONS</b> Identification Motivational Interviewing  Appropriate Referrals	<b>PSYCHOSOCIAL CRISIS / ADJUSTMENT</b> Crisis Management Supportive Therapy  System Navigation
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Psychiatrist Active Case load **PRHC**  
Peterborough Regional Health Centre  
*by your side*

Dr. Name	Active Case Load
Dr. Chawla	75
Dr. Momi	375
Dr. Thornton	225
Dr. Ghatavi	175

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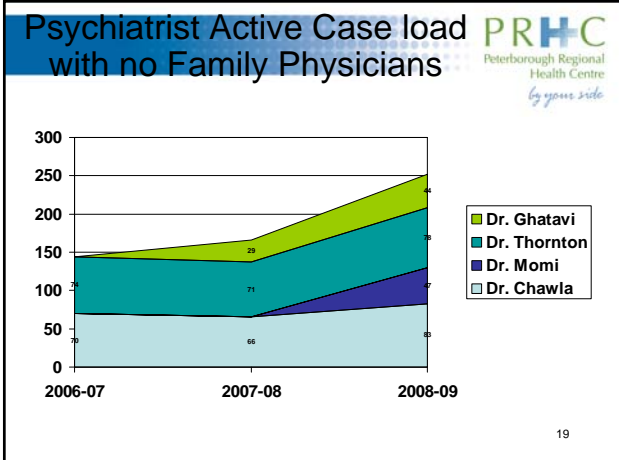
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- ### Current Phase
- Assignment of psychiatrists to individual FHTs
  - Approx. 8 hours/per month of psychiatry to each FHT
  - Meetings between individual FHT and Mental Health Services to establish working relationships specific to needs of FHT
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- ### Current Phase
- Identification of unassigned patients within MHS for assignment to FHT FP in a shared care relationship
  - Identification of outcome indicators and process for data collection
  - Development of processes to enhance access to range of MHS such as ED Crisis Services and AOP groups
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PRHC Peterborough Regional Health Centre  
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### Enhanced Collaboration Through Shared Care 2009

- ❖ Multidisciplinary care conferences
- ❖ Consultation onsite / Televideo
- ❖ Access to Mental Health Clinician
- ❖ Clinical Rounds (Medicine/Psychiatry)
- ❖ Clinical teleconferences

OTN Making the Connection to Health

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### Lessons Learned

PRHC Peterborough Regional Health Centre  
by your side

- Family physicians spend considerable time diagnosing and treating psychiatric problems (Orden 2009).
- Shared Care can be brought about through removal of systemic barriers (Craven 2006)
  - Poor communication
  - Insufficient access to psychiatrists
  - Lack of continuity of care
  - Encouragement of collaborative practice

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### Lessons Learned

PRHC Peterborough Regional Health Centre  
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- Our Enhanced Collaborative Model
  - Interdisciplinary
  - Offers complimentary services and mutual support
  - Ensures timely appropriate services from providers in suitable location

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## Future Opportunities



- Evaluation of the Shared Model
- Creation of Communities of Practice or 'Webs of Care" enabled by telemedicine
- Availability as a Regional / Provincial Resource
- Expansion of model within Long term care, Community Health Centres, other FHTs



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