



Nomination

Healthy relationships, healthy teams

Manitouwadge FHT

Working together - Healthy team - healthy community



In rural and remote communities with limited resources the complexity of the patients places significant demands on the providers and system. Multiple appointments with various providers and physicians ultimately impacts access and provider's confidence that the programs produce results. The team and physicians recognized that often existing programs offered care that was fragmented across different services. Were our chronic disease programs meeting the needs? Where will our resources achieve the best outcomes? A community oriented primary care approach to care with a fully inter-professional team that included the patient propelled the team in a new direction.

40 randomly selected patients shortlisted. 25 accepted and interviewed by the RD and physician who provided education on

Metabolic Syndrome and the program. The 11 selected were based on their "The Readiness for Change Questionnaire" score. Patients completed quarterly surveys on: Diet, Program satisfaction and Physical Activity. Comments speak volumes; "It motivates me to try harder and keep trying" "I'm not alone in this struggle" "I am equipped with better tools for ongoing health", i.e. "buying at the grocery store" "Team approach" "Always positively giving encouragement" "Makes me feel more responsible" "Eye opener" "Overall this is a "gold star"