

# HEALTH MANAGEMENT TEAM

**The Health Management Team (HMT) works with your physician to improve your health.**

Ask your physician if a HMT member is right for you.

## REGISTERED NURSE

Registered Nurses provide education and coaching to patients to develop a personal action plan for conditions such as:

- Chronic Pain
- Diabetes
- Obesity
- CHF / COPD / Asthma
- Dyslipidemia
- Hypertension
- Tobacco Cessation

## PHARMACIST

Pharmacists educate patients on medication processes and management strategies while:

- Performing medication reviews
- Managing and preventing drug related problems
- Educating on new medications
- Identifying adverse drug interactions
- Tapering or changing medications
- Reviewing medication changes after a hospital visit

## SOCIAL WORKER

Social Workers provide person-centred care by collaborating with team members, patients, their families and their caregivers in areas related to:

- Finances (e.g. facilitate financial applications)
- Screening for domestic violence
- End of life decision making
- Illness adjustment
- Legal issues (e.g. guardianship)
- Caregiver support
- Grief / Loss

## REGISTERED DIETITIAN

- Assess, develop, and implement nutritional care plans to patients with chronic diseases and other health concerns

- They ensure patients receive optimal care to improve nutritional and overall health status

## KINESIOLOGIST

Kinesiologists offer a wide variety of physical activity related services and recommendations including:

- Assessing the needs of adults and children with chronic diseases and weight management challenges
- Developing individualized physical exercise and fitness plans to meet patient fitness needs and goals
- Providing information and education to clients on healthy fitness practices

## BEHAVIOURAL HEALTH CONSULTANT

Behavioral Health Consultants (BHCs) provide short term interventions for patients suffering from:

- Low motivation and ambivalence around change
- Depression / Anxiety / Stress
- Child/Youth mental health illness
- Drug addictions
- Relationship difficulties
- Parenting challenges

