

Cultivating Interdisciplinary Practice

at the Okotoks Health & Wellness Centre



**Primary Health Care
Interdisciplinary Initiative
2003 – 2006**

- Develop sustainable interdisciplinary practice at the Okotoks Health and Wellness Centre.
- Work with universities to prepare students for interdisciplinary practice.

KEY LEARNINGS / PHILOSOPHY

The foundation of interdisciplinary practice is an environment where inquiry is the norm and interpersonal relationships are nurtured.

- Context based • Relational Practice • Experiential • Cultural Change • Living with Ambiguity

STRATEGIES FOR CREATING INTER-D PRACTICE

Sharing Sessions

Sharing sessions are based on the philosophy of practical wisdom and the oral tradition of sharing knowledge. Presentations are informal and the heart of the conversation often comes from staff asking questions – such as how referrals are made – and seeking advice they can use to help their clients. Contrary to traditional belief, they are an ideal fit for busy, time-structured, and tightly scheduled environments.

Internal Understanding

Community Partnerships

Resources

Health and Wellness Journal

The Health and Wellness Journal is a small booklet that clients can use to map their health and wellness journey and describe who is in the 'loop of their care'. It prompts the client to record key information about their health and wellness, including the names of health care professionals, services provided, dates and medications. At a glance, they can see which service providers have been involved, which facilitates communication and better client care. It also encourages the client to take an active role in their health and well-being.

Learning Community

INTER

University Partnerships

Working Group

Research

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- Mental Health
- Okotoks Healthy Family Resource Centre
- Speech/Language Therapy
- Occupational Therapy
- Community Care
- Public Health
- Environmental Health
- Urgent Care
- Laboratory and Diagnostic Imaging