

multidisciplinary treatments.

What is a multidisciplinary team?

A team of health care practitioners from different disciplines working together to provide comprehensive care.

This may include Doctors and Specialists, Psychologists, Social Workers, Exercise Physiologists, Nurses and Psychiatrists (though there may be other disciplines too).

How does it work?

Each practitioner works with the patient from their own area of expertise. After an individual assessment, each team member works collaboratively to consider each perspective so treatment is a cohesive and coordinated process across disciplines to maximise treatment outcomes.

Team members should have the capacity to regularly meet and discuss patient needs.

Benefits of a multidisciplinary approach.

The patient's wellbeing is considered from a holistic approach. It is evidenced to provide improved health outcomes and satisfaction for patients in the level of care and treatment provided.

If your treatment providers are not part of a multidisciplinary team, ask them to communicate and work together so all treatment providers understand you from a holistic perspective.

self efficacy

MAXIMISING YOUR
TREATMENT OUTCOMES.

Maximising treatment outcomes.

The importance of “Medication Compliance”.

Medication compliance means following the doctors directions for taking your medication.

Request a blister or “Webster” pack to help with medication dispensing and making sure you take all medications at the right time.

Tell your doctor about all medications you take; prescribed and non-prescribed even if it seems unimportant. Some medications may interact to make you unwell or may not offer therapeutic benefit.

Talk to your doctor about your alcohol, cigarette and/or substance use as this may impact on how medications work in your body.

Return to see your doctor if your symptoms fluctuate, you feel side effects from medications.

Plan to refill your prescription before you run out of medication.

Responsibly throw away any medications you no longer use.

The importance of Homework.

Homework may mean a number of things depending on the discipline. For a psychologist it may be psychological strategies, looking at how you think in different situations. For an exercise physiologist, it may be doing the physical tasks or exercises at home. Homework is designed to support a sustained improvement or recovery. Practicing your homework a few times per day or integrating it into your daily life allows;

Gradual habituation and skill in applying positive or proactive strategies aimed at improving your wellbeing and/or recovery.

Keeps you actively engaged in treatment and proactively managing your situation, increasing your self-esteem and self-efficacy long term.

Identification of barriers so that in your next session with the clinician you can work to manage and/or overcome obstacles you might encounter after treatment has finished.

Builds your threshold and tolerance levels consistently and increases your resilience.

Reduces the risk of relapse, injury and re-injury.

motivation

Some of the reasons you may not respond to treatment is a lack of motivation or energy. Remember that it is hard to get results if you don't make the effort.

Some tips and ideas:

Ask questions!

Understand your Symptoms.

Talk to your practitioner about known barriers to you being able to practice the exercise or homework, eg. lack of time, space or maybe it's hard to remember to do the homework every day.

Brainstorm solutions to barriers.
(with your practitioner if possible)

Sometimes if the homework is complicated it is hard to stay motivated. Ask your practitioner to help you between sessions (by email or text) if you get confused.

Ask yourself whether your lack of energy or interest is also a symptom of depression or fear? Talk about this with your Psychologist or practitioner.

Plan your exercise or homework activities at times when you know you feel energised, have least disruption or can maximise the benefit.

Use memory aides and motivational statements to keep you focused on the longer term goals and your time frames for change.

If your motivation is waning because you don't see results, talk to your treating team about what this might mean.

Keep asking questions!

A good practitioner's goal is to see you finish treatment feeling better than when you started. It is also to minimise or prevent any potential for relapse or re-injury. Practicing homework and following medical advice gives you the maximum potential for achieving improvements and is within your control to manage. Clinicians give you the tools and knowledge, it is up to you to use them.