



Eating Disorder Interprofessional
Community Capacity Building Program

Working Together in Managing Chronic Mental Illness: The Power of Partnerships

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Disclosures



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No disclosures



Chronic Mental Illness: Practice Challenges



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- Complex needs of client **and** family
 - Impact of illness
 - Interaction between pre-existing and current issues
 - Mental and physical components to illness
 - Professionals often feel overwhelmed



Solution to Practice Challenges



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- Evidence-based interprofessional care
 - Increases provider competence and confidence
 - Reduces burnout
 - Improves client satisfaction and outcomes



Evidence-based Interprofessional Care



- What's needed?
 - Education on effective collaboration
 - Education on best practices for managing the illness
 - Support for collaboration and using best practices

Evidence-based Interprofessional Care



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How to accomplish this?

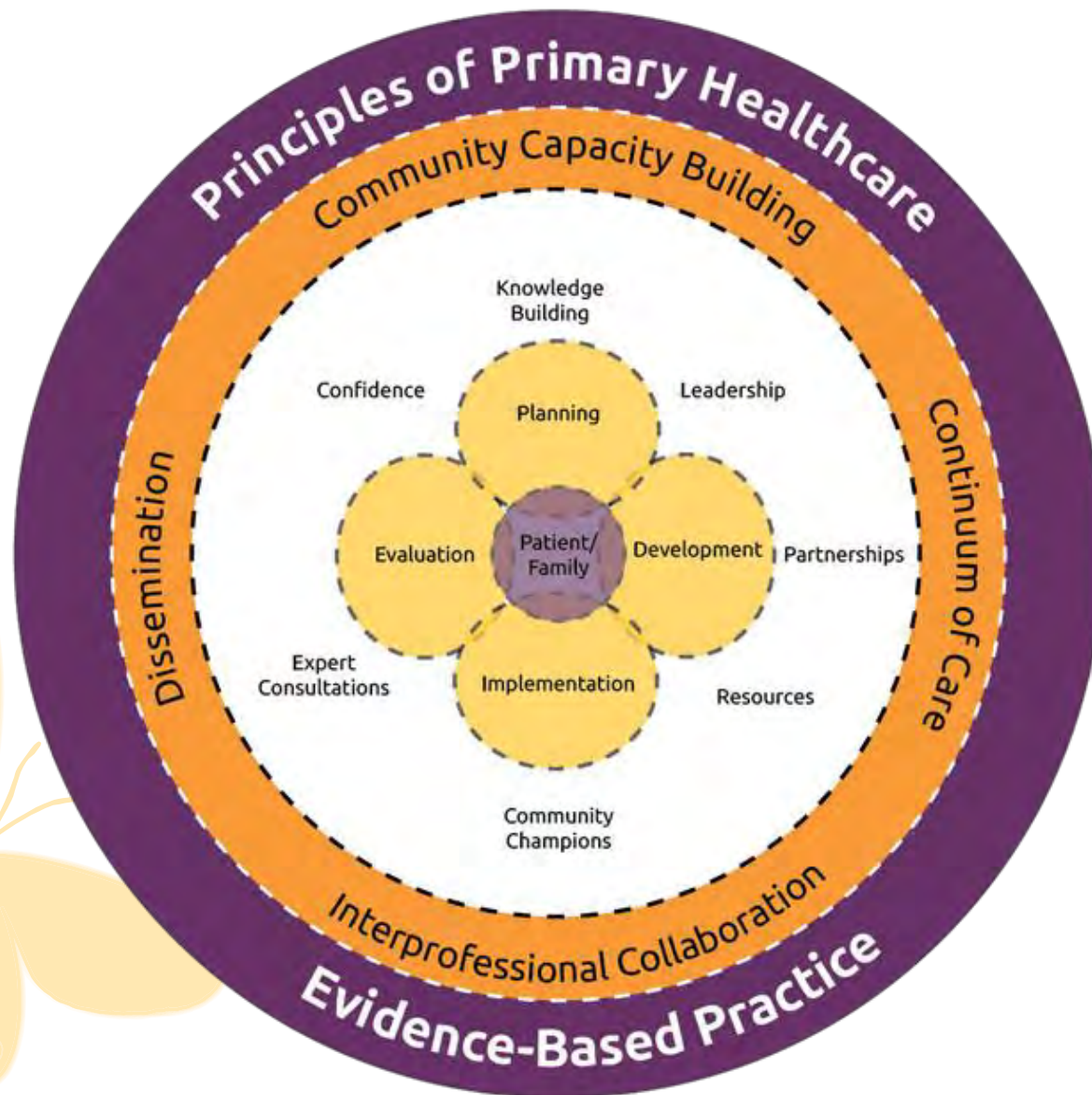
- Example of model used in Newfoundland and Labrador for Eating Disorders
 - Eating Disorder Interprofessional Community Capacity Building Project (EDICCBP)



EDICCBP Model



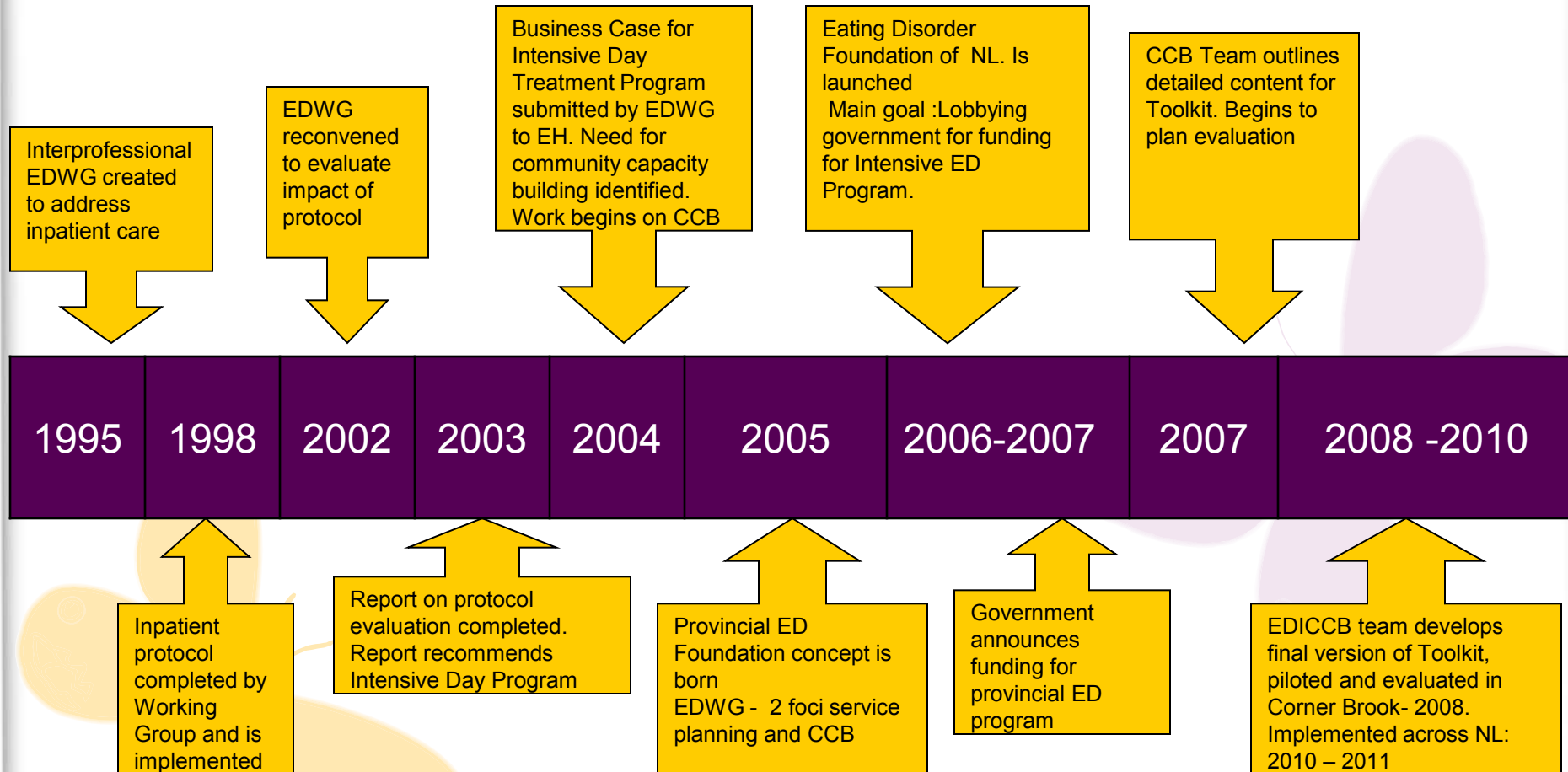
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EDICCBP History



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Professional Collaboration in EDICCBP



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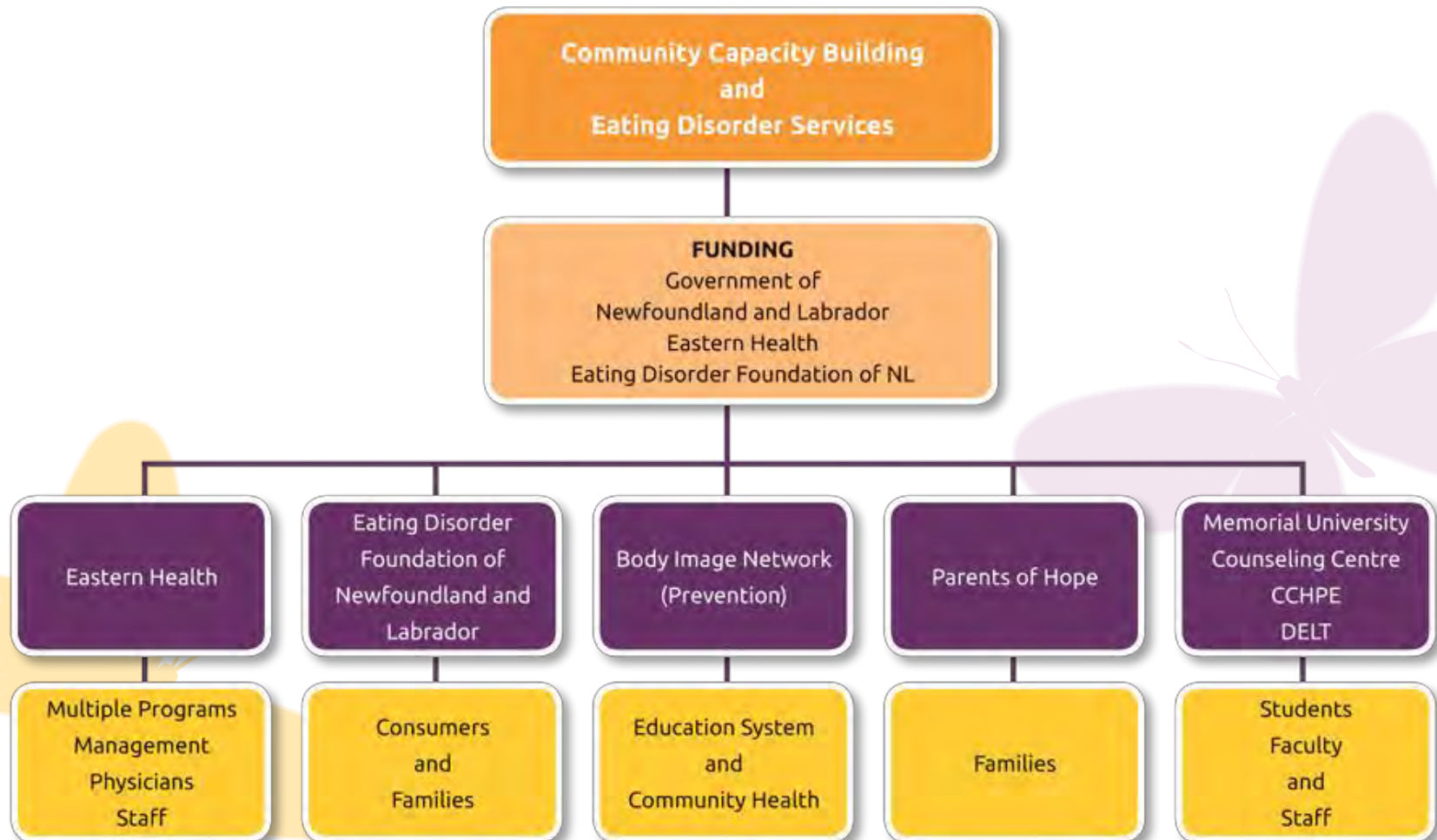
- Identification of need
- Planning & development
 - Educational content & model for implementation
- Evaluation/research framework
- Workshop delivery
- Ongoing support for participants
- Dissemination



EDICCBP Partnerships



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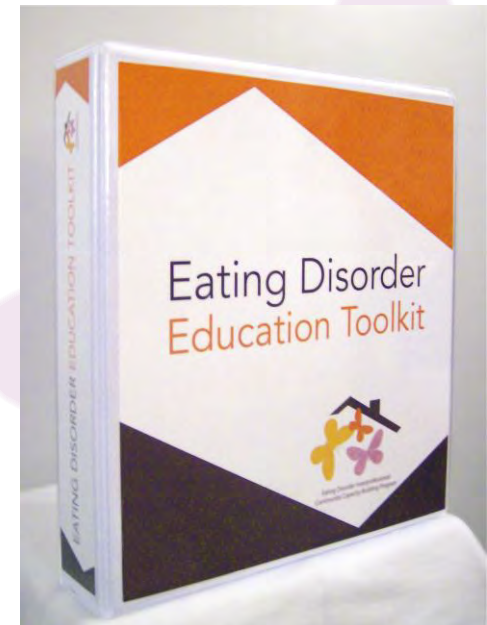


Partnerships in EDICCBP



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- **Community Agencies and Consumer Representatives**
 - Content development
 - Body Image Network
 - Eating Disorder Foundation of Newfoundland & Labrador (EDFNL)
 - Canadian Mental Health Association-NL Chapter
 - RHA Health Promotion Division
 - Eastern Regional School District-Student Services
 - Parents of Hope Family Support Group



Partnerships in EDICCBP



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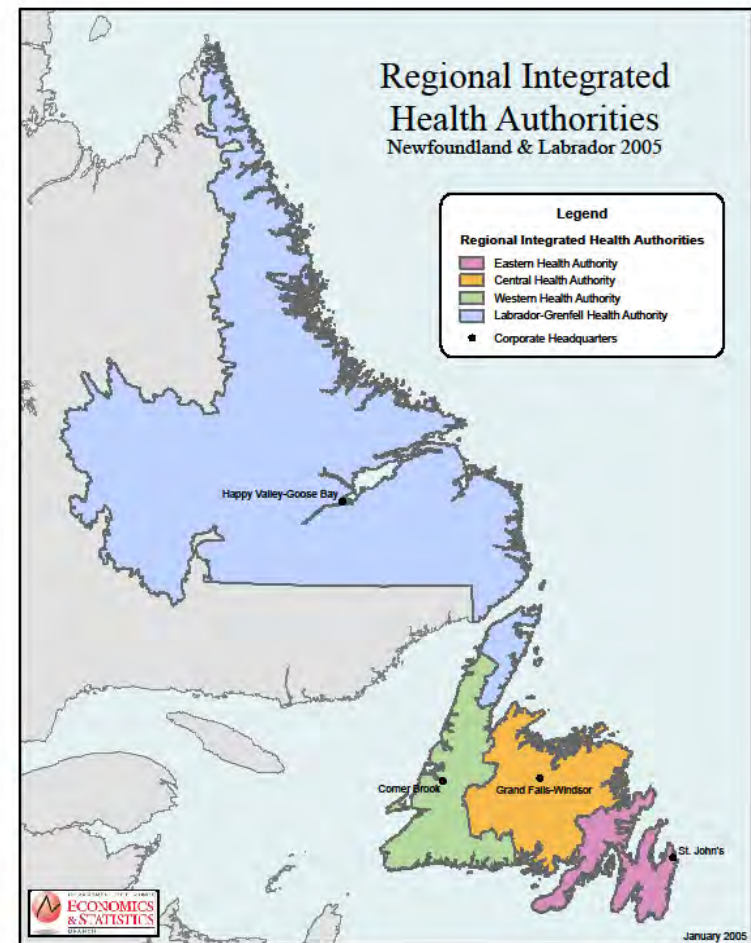
Partnerships in EDICCBP



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- **Government Agencies**

- NL Government, Department of Health & Community Services
- All Regional Health Authorities
- Eastern Regional School District- Student Services



Educational Content

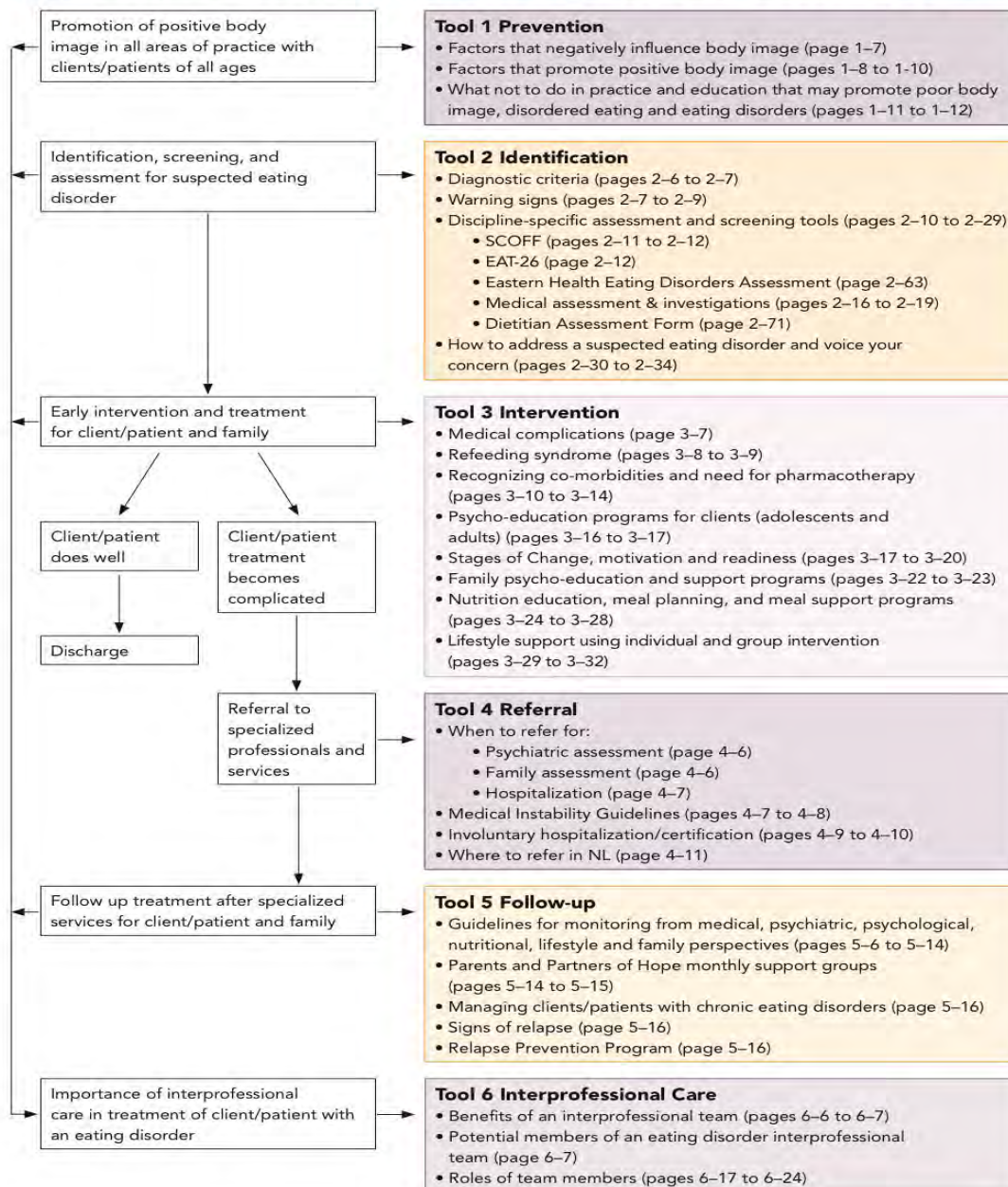


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- Two day workshop for professionals covering continuum of care:
 - **Tool 1** – Prevention
 - **Tool 2** – Identification
 - **Tool 3** – Early Intervention
 - **Tool 4** – Referral
 - **Tool 5** – Follow-up
 - **Tool 6** – Interprofessional Care



Algorithm for Navigating the Eating Disorder Education Toolkit



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Practice Support



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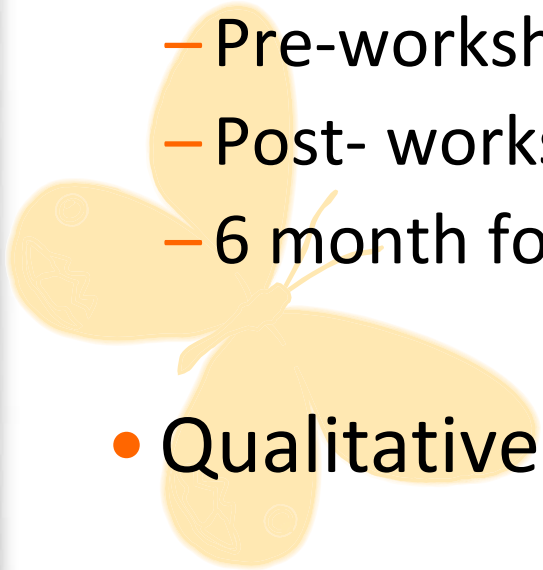
- Public info evening-focus: consumer empowerment
 - Partnership with Eating Disorder Foundation of NL and Parents of Hope
- E-mail distribution list for professionals
- Ongoing consultation with experts in St. John's
- Development and support of Community Facilitation Groups
 - Interprofessional focus
 - Identified by Regional Mental Health Directors
 - Serve as a regional resource for implementation and sustainability

Evaluation Framework



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- Mixed methods
 - Surveys
 - Focus groups and interviews
- Surveys
 - Pre-workshop
 - Post- workshop
 - 6 month follow-up
- Qualitative follow-up measures: 4 months



Evaluation Framework by Objectives



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- Project objectives
 - ↑ ED knowledge
 - ↑ Confidence
 - ↑ Number of interprofessional interactions
 - ↑ Attitudes toward the value of IP Care
 - ↑ Perception of their own IP skills in ED care
 - ↑ Access to consultation
 - Change practice



Program Pilot



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- Corner Brook - November 2008
 - Worked with interprofessional (physician, psychologist, social worker and 2 dietitians) group to identify participants and coordinate workshop
 - Became critical in implementation and follow-up
 - Redefined role as “Community Facilitation Group”
 - 10 different professions
 - Largest group - Social workers (n=11)
 - Second largest - nurses (n=7)
 - Physicians (n=6)
 - Psychologists (n=5)
 - 73% of participants had more than 10 years of professional experience

Perceived Need for Education by Own Profession



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Eating Disorders

1 Not Important

2

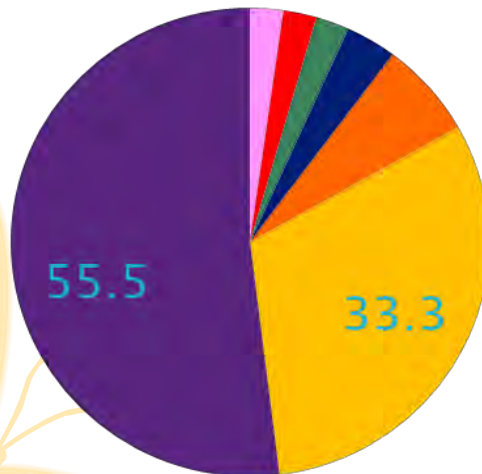
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7 Very Important



Interprofessional Care

1 Not Important

2

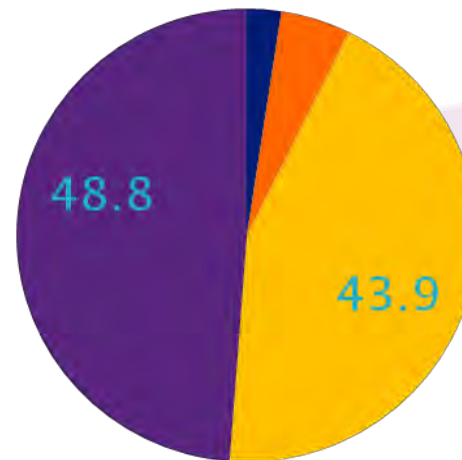
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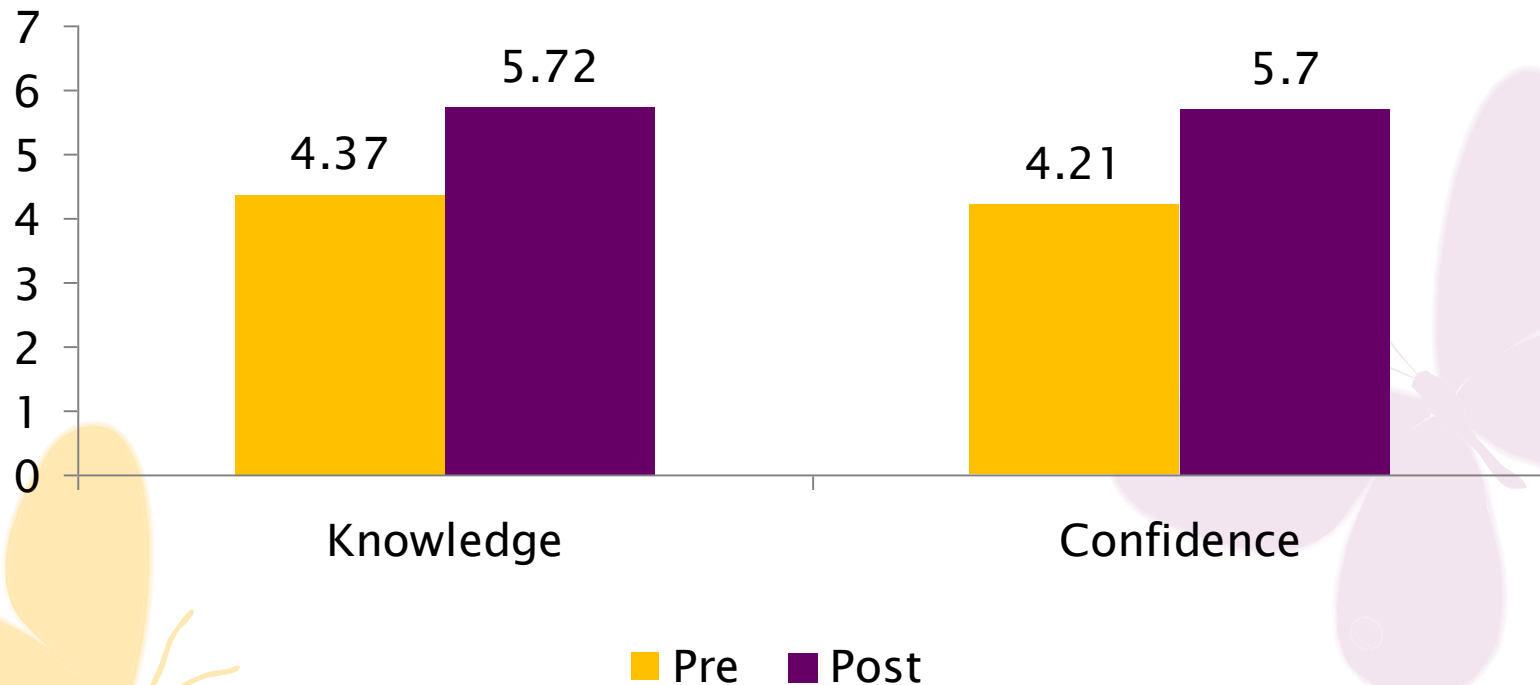
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7 Very Important



Changes in Knowledge and Confidence Pre to Post Workshop



Paired sample t-tests revealed significant increases in self-reported knowledge ($p=.00$, $\eta^2 = .62$) and confidence ($p=.00$, $\eta^2 = .72$)

Practice Change



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- Interprofessional parent education group implemented by 4 months post workshop
- Survey Monkey - 6 months post workshop
 - Response rate was 40.7% of those who agreed to be contacted or 27% of those who attended the workshop
 - Practice change
 - 70% indicated their practice had changed as a result of the workshop
 - 60% reported using information or materials provided
 - 66% reported increased collaboration in their practice

EDICCBP: Innovation for Managing Chronic Mental Illness



- **Interprofessional, intersectoral collaboration** from inception to completion
- Involvement of **consumers and families** in program development
- Cover **continuum of best practice** service delivery

EDICCBP: Innovation for Managing Chronic Mental Illness



Eating Disorder Interprofessional
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- Explicit **interprofessional** content AND process
- Built in **ongoing education and support** for professionals post-workshop
- **Community education, mobilization and empowerment** through Public Info Night and media coverage during workshop
- **Development and support of CFGs** interested and willing to serve as “**champions**” in the region

Summary



Eating Disorder Interprofessional
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- EDICCBP as a successful model for increasing professional capacity in managing chronic mental illness
 - Developed in partnership with key stakeholders
 - Client/family centred
 - Evidence based educational content
 - Integrates Primary Healthcare principles
 - Interprofessional focus

Questions?



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Acknowledgements



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- Funding
 - Eating Disorder Foundation of Newfoundland and Labrador
 - Government of Newfoundland and Labrador, Department of Health and Community Services
 - Eastern Health
 - Memorial University (DELT)
- In-Kind
 - Eating Disorder Interprofessional Community Capacity Building Team (Eastern Health, Centre for Nursing Studies, Memorial University)
 - Centre for Collaborative Health Professional Education, Faculty of Medicine
 - Parents of Hope

Contact Information



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