Creating your preferred future in retirement - now!

Navigating the Health Care System
Navigating the Health Care System

A Four Part Series

- The Family Doctor and Beyond...
- Overtaken By Illness...
- No Longer Independent...
- Advocating For Health
The Family Doctor and Beyond...

Piecing Together the Puzzle of Primary Health Care and Building Your Team:

- Understanding primary health care
- Finding a primary care provider
- Putting together your team
- Who’s responsible for what?
- Getting the most out of your appointments
What is Primary Health Care?

- Foundation for the entire health system
- Model for improving health care delivery
The 5 Principles of Primary Health Care

- Accessibility
- Public participation
- Health promotion
- Appropriate technology
- Intersectoral cooperation

(Canadian Nurses Association 2003)
Primary Health Care (PHC) VS Primary Care (PC)

- PHC is an approach grounded in the 5 principles

- PC refers to “first line” clinical services providing an entry point into the health care system, traditionally
  - Provider driven
  - Focused on clinical diagnosis and treatment
  - Institutionally oriented
  - Individually focused
  - Emphasizing service provision
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Resulting Impact

- Hospital centrism
- Commercialization
- Complexity
- Fragmentation
- Access issues
- Difficulty navigating the system
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So what do you want in a PC provider within the PHC framework?

- Focus on illness management and referral

PLUS

- Holistic approach to factors determining health
- Focus on health promotion and disease prevention as well as health problems
- Clients engagement as true partners in care
- Hospital to community agency continuum of access, referral and care
Build a Strong Health Care Team

- PC Provider – FP/FHT/CHC/NP
- Dentist
- Pharmacist
- Allied Health Specialists
  Nutritionists/Physiotherapists etc.
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Taking Responsibility For Your Health

- Be an Informed Consumer
- Self-Care – Healthy Lifestyle
- Regular Check-Ups
- Medical Work and Age Related Screening

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Taking Responsibility For Your Health

Be a Partner In Your Care
- Journaling Symptoms
- Preparing for App’ts – Questions and Note Taking
- “Little White Lies”
- Follow-up
- Keep and Up-to Date Medical and Dental File
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Medical and Dental File

- Options
  - Folder
  - Flash Drive
  - Web-Based
    - Safety and Security
    - Access Issues

- Future: Digital Health Care Management
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Medical and Dental File

- Your Medical History/Family History
- Diagnostic Tests
- Diagnosed Conditions/Details/Info
- Rx Drugs/Reactions
- Immunization Records
- Hospitalization Records/Surgery Details
- Correspondence with Providers/Specialists
- Dental Records
- Health Insurance Documents
- Insurance Medicals
- Personal ID info/Emergency Contact Info
- Power of Attorney for Medical/Living Will
- Organ Donor Authorization
- Info About Your Health Practices
Additional Resources:

- Public Health Agency of Canada
  http://www.phac-aspc.gc.ca
- Ontario Ministry of Health and Long Term Care Public Information
Questions?

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Please Join Us For the Next Session in the Four-Part Series

Overtaken by Illness...
Getting the Care You Need When You Need It

October 20, 2015
12 – 1 PM
The Family Doctor and Beyond...

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