

Creating your preferred future
in retirement - now!



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



The Family Doctor and Beyond...

What is Primary Health Care?

- Foundation for the entire health system
- Model for improving health care delivery



The Family Doctor and Beyond...

The 5 Principles of Primary Health Care

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

(Canadian Nurses Association 2003)

The Family Doctor and Beyond...

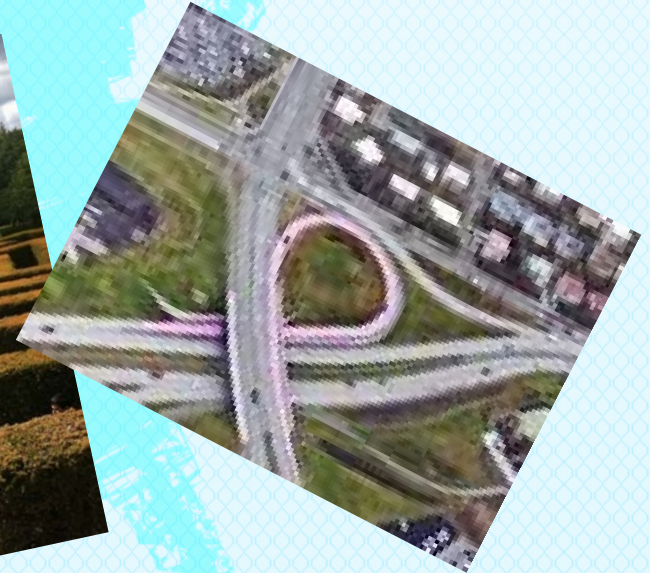
Primary Health Care (PHC) VS Primary Care(PC)

- **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

The Family Doctor and Beyond...

Resulting Impact

- Hospital centrism
- Commercialization
- Complexity
- Fragmentation
- Access issues
- Difficulty navigating the system



The Family Doctor and Beyond...

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**

The Family Doctor and Beyond...

Build a Strong Health Care Team

- **PC Provider – FP/FHT/CHC/NP**
- **Dentist**
- **Pharmacist**
- **Allied Health Specialists**
Nutritionists/Physiotherapists etc.



The Family Doctor and Beyond...

Taking Responsibility For Your Health

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



The Family Doctor and Beyond...

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**



The Family Doctor and Beyond...

Medical and Dental File



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

- **Future: Digital Health Care Management**

The Family Doctor and Beyond...

Medical and Dental File

- **Content:** 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



The Family Doctor and Beyond...

Additional Resources:

➤ **Public Health Agency of Canada**

<http://www.phac-aspc.gc.ca>

➤ **Ontario Ministry of Health and Long Term Care
Public Information**

<http://www.health.gov.on.ca/en/public/>

Questions?

Rebecca Metcalfe RN, BScN, MScN, PRP

President, Life Ventures

Email: [rebecca @lifeventures.org](mailto:rebecca@lifeventures.org)

Phone: 416-497-4911

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...

This presentation is provided to York University, Human Resources, Pension and Benefits for seminar participants
October 6, 2015

No part may otherwise be reproduced or transmitted in any format by any means without the prior permission of
Life Ventures