



Health Care Teams Proving to Deliver Better Care to Canadians Coping with Chronic Diseases



Teams Should be "Standard of Care" for Canadians with Chronic Health Conditions

As Canada's health care system deals with an aging population, collaborative health care teams are an effective way to treat the increasing number of Canadians with chronic health conditions.

The Health Council of Canada released **Teams in Action: Primary Health Care Teams for Canadians** today, a report on the state of teams throughout Canada. We found that teams look different across the country and that they could be made up of two or more health care professionals, usually from different disciplines, working together in a coordinated, integrated effort to provide a patient's basic health care.

Some examples of the positive effects of team-based care:

- Patients with heart disease who received team-based follow-up care were less likely to be hospitalized than those who did not.
- Diabetes patients receiving team-based care reported better health results such as lower blood pressure.
- Alzheimer's patients receiving collaborative care had significantly fewer psychological symptoms of dementia at 12 and 18 months, without increasing their medication.
- Terminally ill patients receiving team-managed home-based care reported significant improvements in factors such as their level of pain and mental health.

We welcome you to SHARE-A-LINK to this report with your own viewers and readers

www.healthcouncilcanada.ca/teamsinaction.pdf

To read the report, to provide your feedback, or to request a CD, please visit:
www.healthcouncilcanada.ca.

Canadians can also share their experiences with primary health care teams on the message board at: www.canadavalueshealth.ca.

Sincerely,
The Health Council of Canada