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Connecting People to Pathways: The Future of Alberta's Pathway Hub

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Disclosure of Financial Support

- ❖ This program has received no financial support.
- ❖ This program has received in-kind support from Primary Care Alberta in the form of logistical support.
- ❖ Potential for conflict(s) of interest:
 - Dr. Julia Carter has received funding from Primary Care Alberta as Medical Lead of the Provincial Pathways Unit.
 - Dr. Chris Koo has received funding from Primary Care Alberta for participating in provincial pathway development.
 - Dr. Chris Koo has received funding from the University of Alberta for his work in the Department of Family Medicine.



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Mitigating Potential Bias

- ❖ The scientific planning committee has contributed to the consideration of learning needs, the determination of learning objectives, the development of program content, and the choice of speakers or presenters.
- ❖ No sponsorship funds have been received.
- ❖ The scientific planning committee has reviewed the content of the presentations and ensured that content presented is evidence-based and free of undue influence.



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Faculty/Presenter Disclosure

Faculty: Dr. Julia Carter

- ❖ Relationships with financial sponsors:
 - ❖ None

Faculty: Dr. Chris Koo

- ❖ Relationships with financial sponsors:
 - ❖ None





The Path(ways) Ahead Connecting People to Pathways

- ❖ Inform the enablers for successful pathway implementation.
- ❖ Influence how pathways support team based care in the medical home.
- ❖ Participate in a pathway prioritization exercise.



Benefits to the health system
evident in the literature.



Increased screening rates, better management
of complex patients in the medical home and
reduced progression of disease.



Reduction in overall health spending per
patient, hospital admissions and
physician visits.



Increase in return on investment,
quality of referrals and fair and
equitable access to specialty care.



Why Do Pathways Matter?



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Vision

Seamless, Integrated Care



Mission

To standardize, coordinate and enable the co-design, access and utilization of pathways.



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Provincially Developed Pathways are...



Standardized

Developed with standardized templates and processes.



Co-Designed

Designed with patients, primary care and specialists.



Primary Care Focused

Designed with primary care in mind.



Electronic

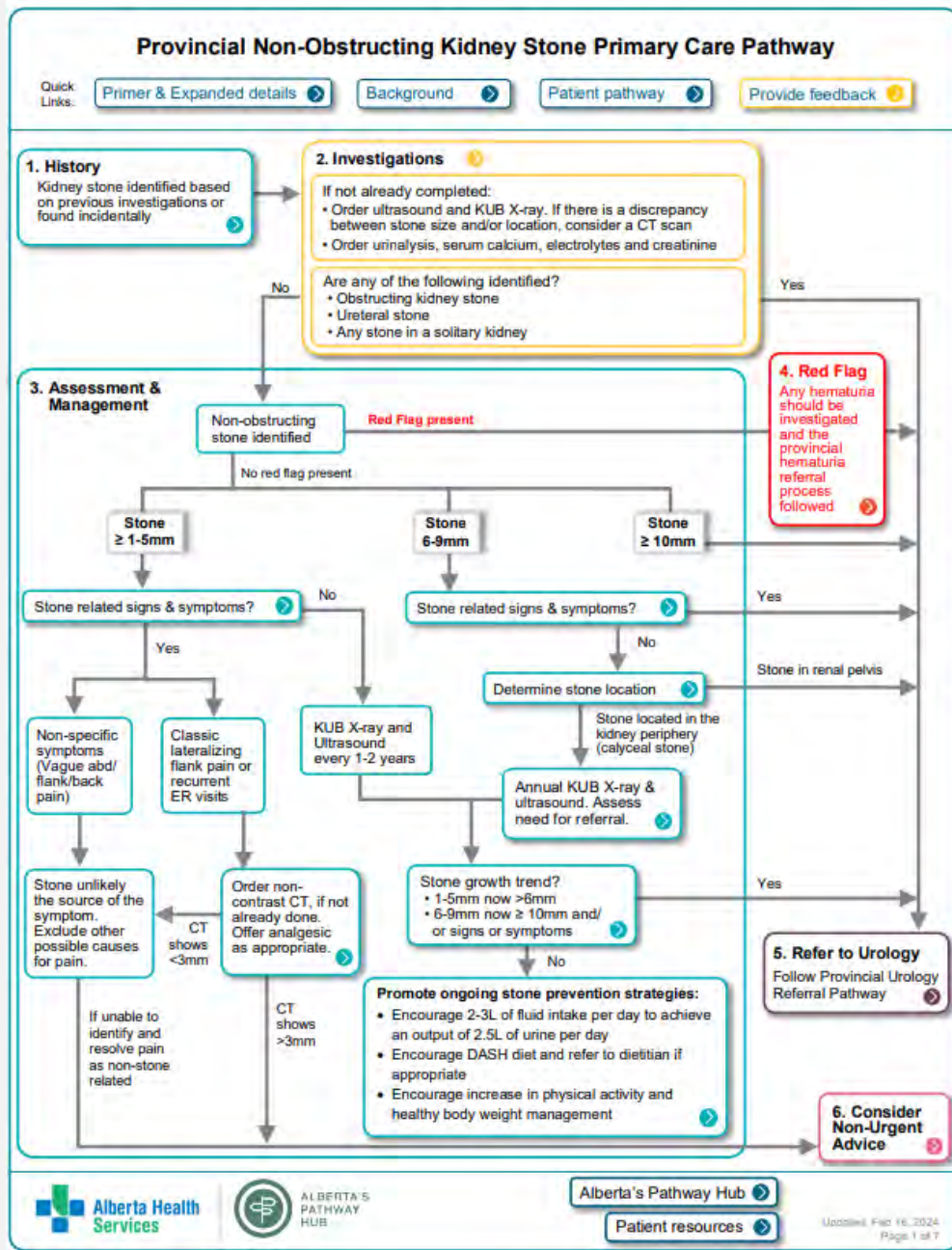
Pathways are housed on Alberta's Pathway Hub.



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Clinical Pathways

- ❖ Designed for use in Primary Care
- ❖ First Page: Algorithm.
- ❖ Subsequent Pages: Expanded Details.
- ❖ Design informed by Calgary Zone Specialist Link learnings and Dr. Lee Green's research on the mental models used by primary care providers.



Your Journey with Kidney Stones



For more information scan this QR code or go to myhealth.alberta.ca/kidney-stone-pathway

Kidney stones are formed when substances normally found in your pee (urine) clump together. They can be different sizes and shapes. You may have pain depending on the size of the stone and where it is located in your body. You are the most important part of your healthcare team. This guide will help you to know what to expect as you work with your team to manage and treat your kidney stones. If you have any questions along the way, please ask your healthcare team.

Before your appointment

- Write down how you feel, and your questions, symptoms and concerns.
- Symptoms you may have with kidney stones are pain, blood in your urine, changes in how often or how much you pee, and nausea and vomiting.



Visit your healthcare provider

- Consider bringing a family member or friend to support you.
- Share all of your symptoms and concerns. Your health includes physical, emotional, spiritual, financial, and social elements.
- In order to better manage your health condition, your healthcare provider needs to hear from you and understand who you are and what matters to you.



Get your tests

Your tests may include:

- Ultrasound
- CT Scan
- X-ray of your Kidney, Ureter and Bladder (called KUB)
- Collection of your urine (called an urinalysis)
- Bloodwork (testing for electrolytes and creatinine)



Review your test results

- Find your test results on MyHealth Records or MyAHS Connect (myhealth.alberta.ca/myhealthrecords).
- Talk with your healthcare provider so you know what your test results mean and how they will help your team and you decide what to do next.



Review your management & prevention options

- For most people with kidney stones, the use of over-the-counter pain medication is recommended.
- Always follow your healthcare provider's recommendation on how much fluid you should drink.
- Most people should drink enough water (2 to 3 liters) to pee 2.5 liters a day (about 7 to 8 pees a day).
- Your pee should be pale yellow or clear.
- To prevent kidney stones some dietary and lifestyle changes may be needed.



Talk with your healthcare provider about a referral

- Not all patients need a referral to see a kidney stone specialist.
- A referral is determined based on the size of the kidney stone, your symptoms, where the kidney stone is located in your body, and your test results.



Start your management & watch your symptoms

- If you have a fever or blood in your urine make sure to tell your healthcare team.
- Take an active role in your management. For example, if you have a change in symptoms or notice a new symptom consider writing down what it feels like, the date, time and what you were doing when it began.



Keep taking care of yourself

- Keep taking care of your overall health.
- Look for other healthy-lifestyle resources and supports.



Whole-person health

Important Tips:

Need a family doctor?

ahs.ca/findadoctor

Need a translator?

Let your healthcare provider know

Need health advice?

Call Health Link at 811

Need to find programs and services in your community?

Call 211 or visit ab.211.ca



Patient Pathways

- ❖ First Page: Summary.
- ❖ Subsequent Pages: Expanded Details.
- ❖ Mirrors Clinical Pathway.
- ❖ Designed by Albertans.
- ❖ Housed on myhealth.alberta.ca and linked to clinical pathways.



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Alberta's Pathway Hub Optimization Project

www.AlbertaPathways.ca



Alberta's Pathway Hub

Transforming Healthcare: One Pathway at a Time



Welcome to Alberta's Pathway Hub: The provincial location for trusted, evidence-informed clinical, patient, and referral pathways.

Created right here in Alberta, each pathway is developed in collaboration with patients, primary care teams, and specialty providers from across the province. Designed and supported by the Provincial Pathways Unit, the hub guides healthcare providers in delivering seamless, community-centered care.

Together, we are enabling providers with locally tailored tools to help Albertans stay healthy and access the right care, at the right time, close to home.

Clinical Pathway Development Survey Now Open

Participating in this short, anonymous survey is primary care providers opportunity to share conditions for which pathways will help in their clinical practice. Clinical pathways address common conditions where there is either variation in approaches to care, a lack of Alberta-specific guidance, or frequent requests for advice. Clinical pathways also provide clear referral points that can help reduce declined referrals.

Questions about clinical pathway work? Email albertapathways@primarycarealberta.ca

Take the Survey >



Pathways Defined



Why Use Pathways?



Resources



Latest Pathways



Contact

Select a Topic

All Resources

Addiction & Mental Health

Cardiology

Infectious Disease

Gastroenterology

General Surgery

- ❖ Transform and enhance the Hub's digital experience, streamlining workflows and reducing administrative burden in primary care.
- ❖ User feedback from primary care providers who use the hub accessing clinical and referral information.



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Current Strategic Context

Modernizing Alberta's Primary Health Care System (MAPS)

2-Year Implementation Plan



Launched in September 2022 to improve access to high-quality primary care and build a long-term, care-oriented system.



Includes **Specialty Access and Pathways**.



MAPs proposes expanding programs to support patient transitions

Primary Care Alberta (PCA)



Launched February 1 to coordinate primary care services across Alberta.



Includes **Specialty Access and Provincial Pathways Unit**



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Team Based Care

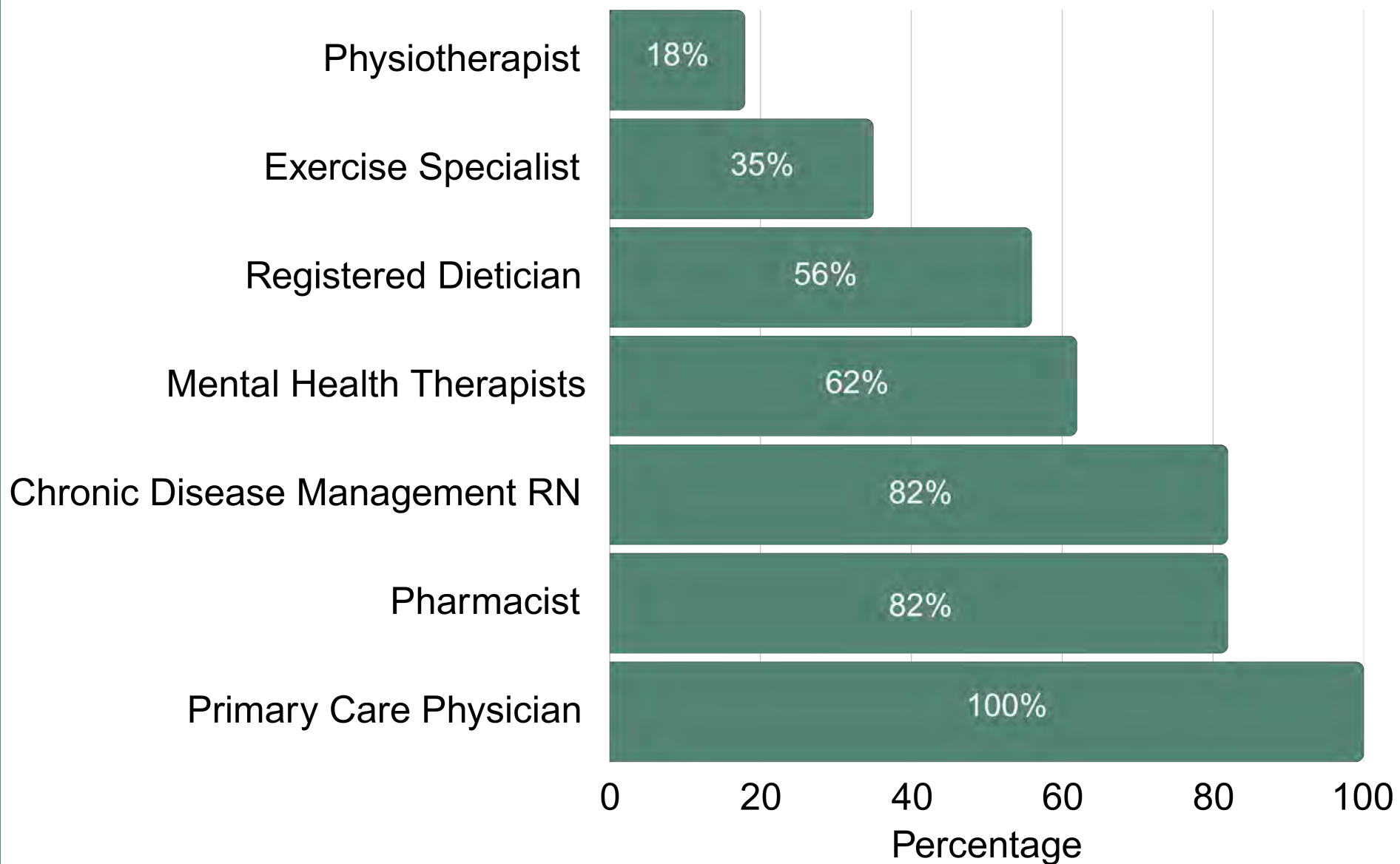
How can pathways
support team based care?



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Audit of Provincial Pathways n=34 (Excludes Provincial Diagnostic Pathways)

Which provincial pathways *could* be used by multidisciplinary teams?



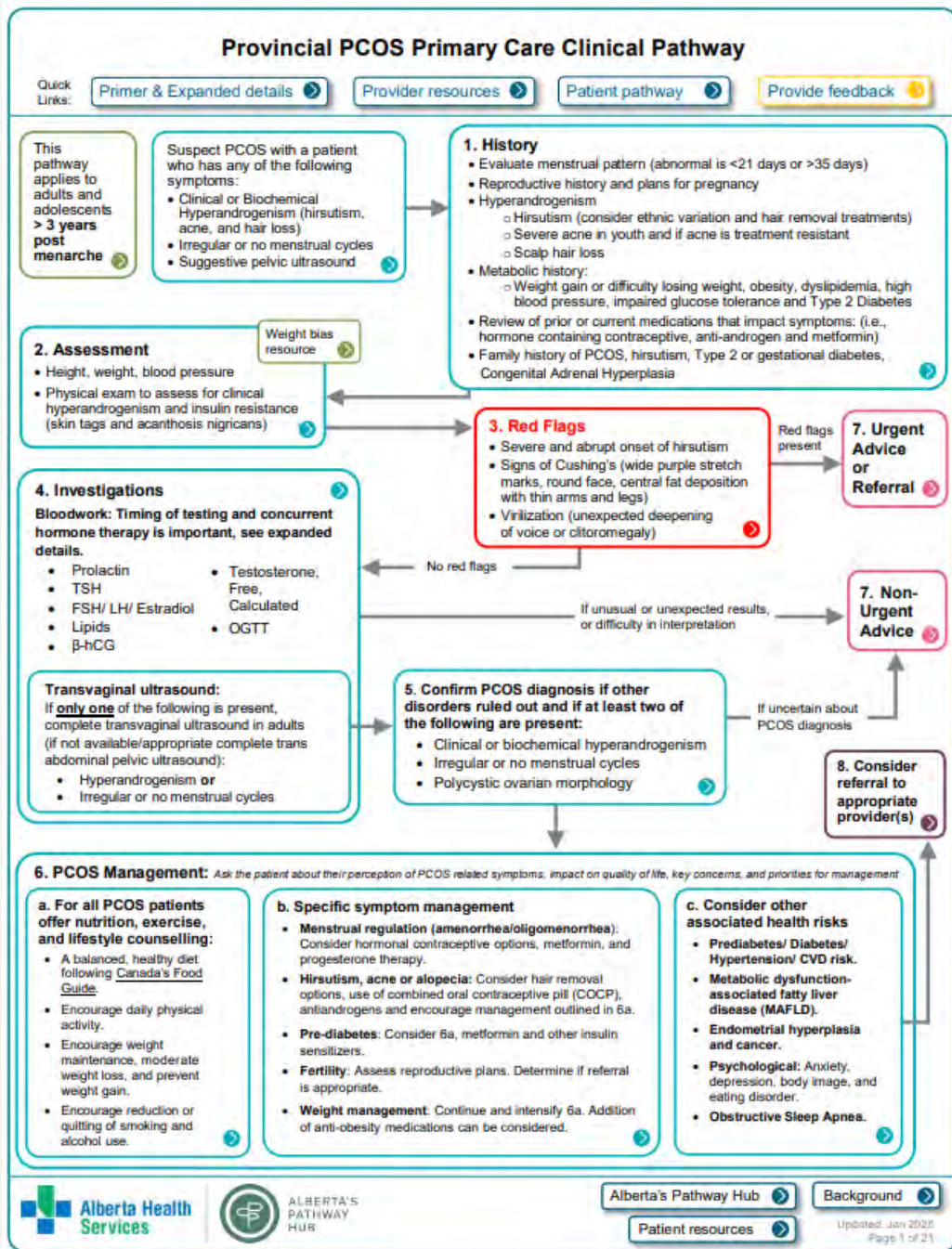
Polycystic Ovarian Syndrome (PCOS)

❖ One of the most common endocrine-metabolic disorders in females.

❖ Approximately 10-15% of females live with PCOS and this disorder impacts health and quality of life across the lifespan, from adolescence to post-menopause.



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Who could use the PCOS Pathway to support patient management?

- ❖ Physicians/NPs
- ❖ Pharmacists
- ❖ Nurses
- ❖ Dietitians
- ❖ Psychologists or Behavioral Health Consultants








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6. PCOS Management: Ask the patient about their perception of PCOS related symptoms, impact on quality of life, key concerns, and priorities for management







a. For all PCOS patients offer nutrition, exercise, and lifestyle counselling:





- A balanced, healthy diet following Canada's Food Guide.   
- Encourage daily physical activity.  
- Encourage weight maintenance, moderate weight loss, and prevent weight gain.   
- Encourage reduction or quitting of smoking and alcohol use.  

b. Specific symptom management

- **Menstrual regulation (amenorrhea/oligomenorrhea):** Consider hormonal contraceptive options, metformin, and progesterone therapy.  
- **Hirsutism, acne or alopecia:** Consider hair removal options, use of combined oral contraceptive pill (COCP), antiandrogens and encourage management outlined in 6a. 
- **Pre-diabetes:** Consider 6a, metformin and other insulin sensitizers.  
- **Fertility:** Assess reproductive plans. Determine if referral is appropriate.
- **Weight management:** Continue and intensify 6a. Addition of anti-obesity medications can be considered.   

c. Consider other associated health risks

- **Prediabetes/ Diabetes/ Hypertension/ CVD risk.**  
- **Metabolic dysfunction-associated fatty liver disease (MAFLD).**  
- **Endometrial hyperplasia and cancer.**
- **Psychological:** Anxiety, depression, body image, and eating disorder. 
- **Obstructive Sleep Apnea.** 

Legend:  Dietician  Chronic Disease Management  Pharmacist
 Psychologist / Behavioral Health Consultant



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Benefits of Continuity

The Impact of Primary Care Clinic and Family Physician Continuity on Patient Health Outcomes: A Retrospective Analysis From Alberta, Canada

Terrence McDonald, Paul E. Ronksley, Lisa L. Cook, Alka B. Patel, Judy Seidel, Brendan Cord Lethebe and Lee A. Green

The Annals of Family Medicine May 2024, 22 (3) 223-229; DOI: <https://doi.org/10.1370/afm.3107>



- Increased continuity reduces ED visits, admissions and healthcare expenditures
- Physician continuity AND clinic continuity are important
 - "There may be a team effect of seeing the same nurses, medical assistants and other professionals, despite seeing a different FP in the same clinic"



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What is
needed to get
the *whole*
primary care
team using
pathways to
manage
clinical
conditions?



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RECIPES FOR SUCCESS



ALBERTA'S
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Question:

What is needed to get the whole primary care team using pathways to manage clinical conditions?

Instructions:

Write down one idea surrounding our question.

Share your big idea: Bring a team of trainers into every PC clinic.

SCORE THIS IDEA (1-5 SCALE)

Impact Rating Scale

- 1 - Low Impact: Little to no effect on patient care and team effectiveness.
- 3 - Moderate Impact: Noticeable improvements in patient care consistency and team effectiveness.
- 5 - High Impact: Major improvements in patient care and team effectiveness.

Feasibility Rating Scale

- 1 - Low Feasibility: Very difficult to implement due to barriers like time, resources, or team resistance.
- 3 - Moderate Feasibility: Some challenges, but adoption is achievable with effort and support.
- 5 - High Feasibility: Easy to implement with minimal barriers and strong team readiness.

Round 1 Score:

Impact: **4**

Feasibility: **2**

Round 2 Score:

Impact:

Feasibility:

Round 3 Score:

Impact:

Feasibility:



Total:

Total:

Survey Question

What health conditions do you manage in your clinic or PCN(s) that could be supported by a clinical pathway?

www.menti.com with **Code:**



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Primary Care Survey Question:

What health conditions do you manage in your practice that could be supported by a clinical pathway?



42 Participants



72 Conditions



17 Categories

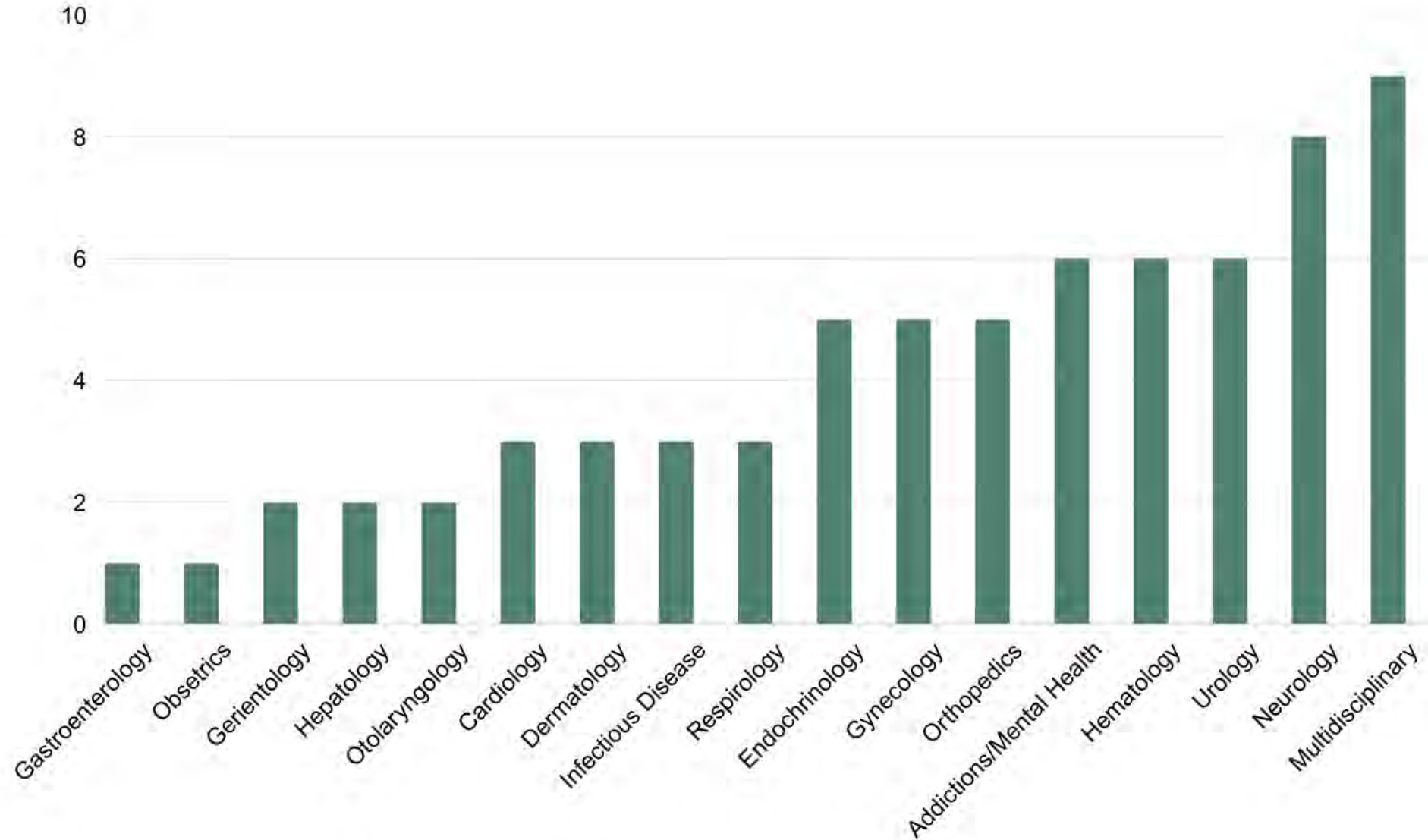


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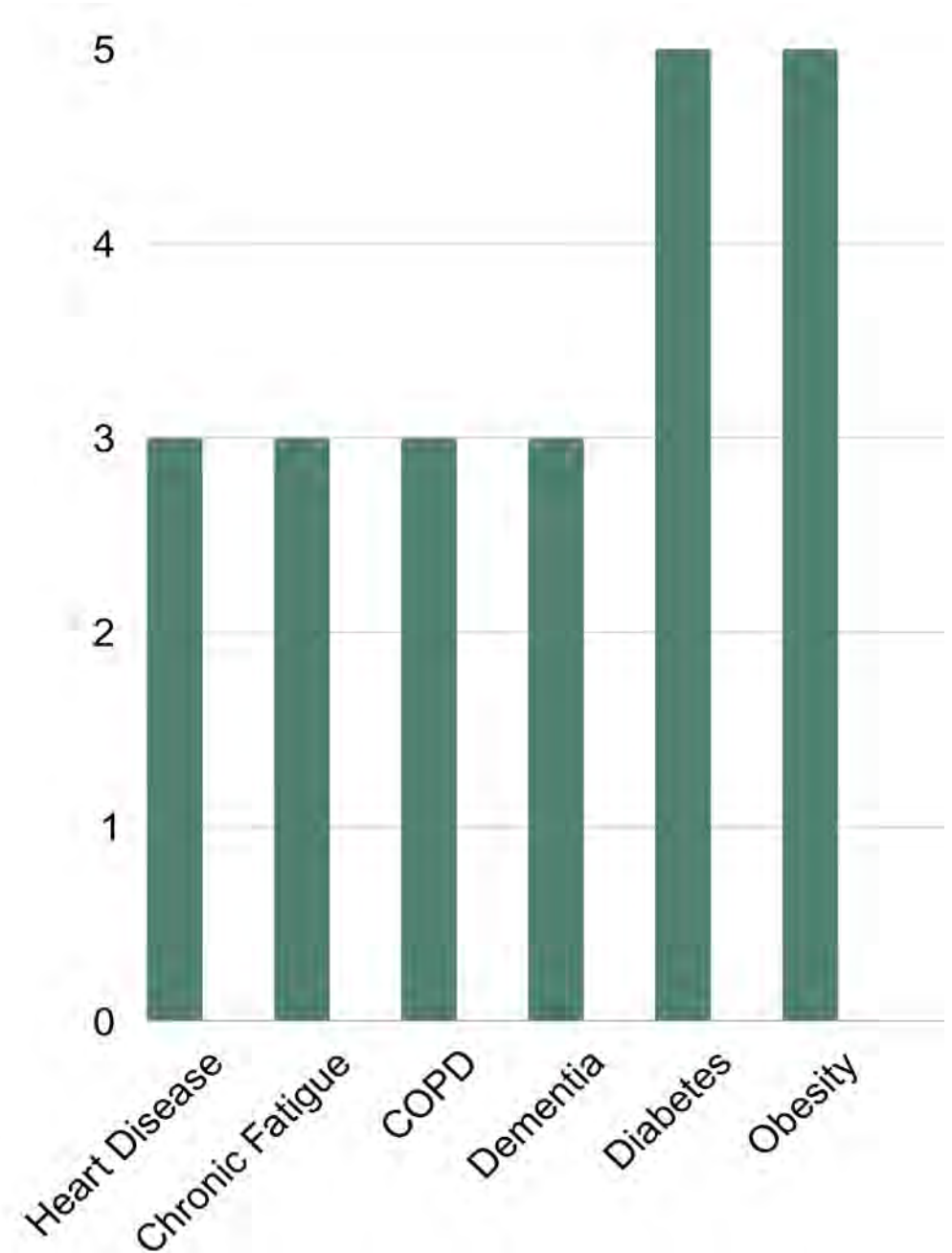
Primary Care Survey Results



Primary Care Survey Results

Top 6 Conditions

The most common requests were for complex medical conditions.





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Bringing it all together

We've heard a lot
today!

How might you as a
primary care leader
connect people to
pathways?



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Thank you.

Any questions?

Any suggestions?

