Our recommendations

**CHRONIC DISEASE MANAGEMENT AT KOOTENAY BOUNDARY REGIONAL HOSPITAL: AN INTERPROFESSIONAL PERSPECTIVE**

**Mini charts**
- Wallet cards and/or booklets to record relevant lab values after every test
- Section to record diagnoses and medications
- The patient keeps this record with them so that other professionals can see and use this information to make decisions regarding therapy
- Also shows lab value trends over time

**Patient exercise program**
- Monthly/bi-weekly orientation for all interested clinic patients to the Aquatic Centre Gym
- Physiotherapist orients patients to exercise techniques and equipment
- Patients can meet each other and form a “support group”
- Organize a “hospital discount” pass program with the Aquatic Centre

**Patient resource room**
- A “library” with several sections for each disease state
- Patient-focused information in many different formats:
  - video tapes
  - books
  - pamphlets
  - computers with internet access & printer
- Open 9-5 Mon-Sat
- Patients can sign out materials for a designated time
- Could be staffed by volunteers

“Healthy living with a chronic condition” binder
- Condensed, condition-specific information organized according to topic and disease state
- Patients with more than one condition would have sections devoted to each
- Sections include:
  - general healthy living information
  - appointment calendar
  - chronic condition education packages
  - reliable internet resources
  - hospital resources
  - community resources

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