



My Role on My IBD Medical Team:

How Patients May Take an Active Role in Their Care



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My Medical Team and Me: Empowering Patients and Advocating for Health
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UPMC HEALTH PLAN

IBD MEDICAL TEAM

Gastroenterologists

Nurses

Advanced Practice Providers (APP)

Dietitians

Mental Health Professionals

Colorectal Surgeons

Pharmacists

Scheduler

Medical Assistant

YOU!

WHO TO ADD TO MY TEAM

Family
Friends
Advocates



CHRONIC ILLNESS TEAM SPORT

Healthcare Providers are the Coaches
Patients are the Super Stars



My Role On The Team

Cultivate a Relationship

Communicate

Advocate

Active Participant

Shared Decision Making

Follow Treatment Plan

My Clinic Appointment

- Lists, Lists, and More Lists
- Express your Concerns
- Medication
- Surgery
- Shared Decision-Making
- Tears to Smiles
- Quality of Life



Expectations and Responsibilities

Medical Team

- Listen
- Clinical Judgement
- Treatment Planning
- Patient Education
- Follow up & Care coordination
- Accessible
- Kindness & Patience

Patient

- Advocate
- Be Transparent
- Compliance
- Knowledge is Power
- Active Participant
- How Best to Access your Team
- Kindness & Patience

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LIFE CHANGING MEDICINE

THANK YOU