

# Current trends in interprofessional practice and education of healthcare professionals in Portugal

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# Definitions



- **Health workforce**

- Health workers are *"all people engaged in actions whose primary intent is to enhance health"* (WHO - World Health Report, 2006)
  - **Physicians, nurses, midwives, laboratory technicians, public health professionals, community health workers, pharmacists, and all other support workers** whose main function relates to delivering preventive, promotive or curative health services

- **Interprofessional education**

- *"When two or more professions learn about, from and with each other to enable effective collaboration and improve health outcomes"* (Framework for Action on Interprofessional Education & Collaborative Practice. WHO, 2014)



<http://www.rowan.edu/som/njisa/subpage/educational-program/interprofessional-educational-offerings/>

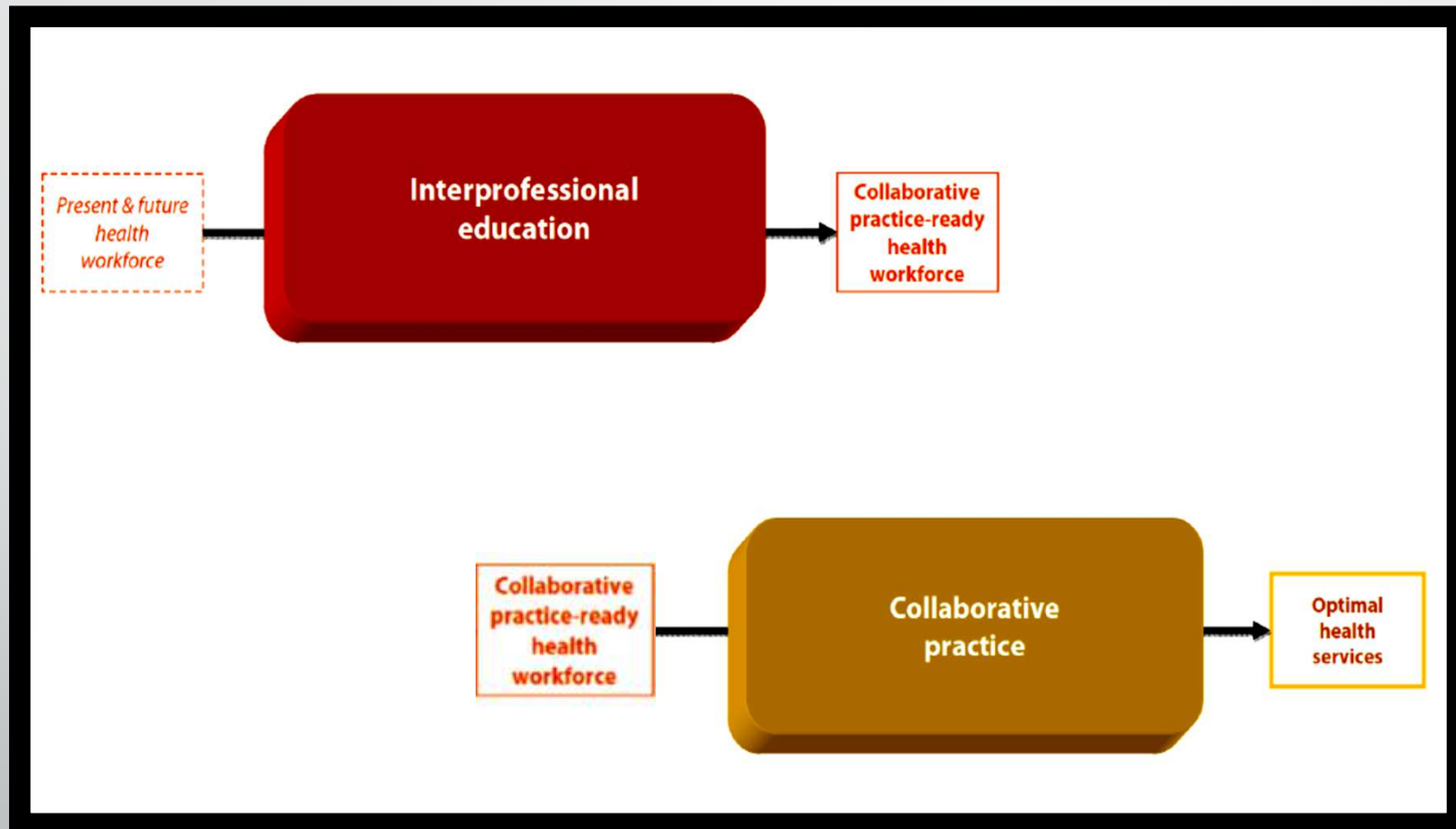
# Definitions

- **Interprofessional & collaborative practice**
  - *"Multiple health workers from different professional backgrounds providing comprehensive services by working with patients, their families, careers and communities to deliver the highest quality of care across settings."* (Framework for Action on Interprofessional Education & Collaborative Practice. WHO, 2014)

## Why is it important?

Interprofessional education and collaborative practice **maximize the strengths and skills of health workers**, enabling them to function at the highest capacity

# Steps for optimal health services towards One Health



# One Health

- A **worldwide strategy** for expanding **interdisciplinary collaborations** and **communications** in all aspects of health care for **humans, animals** and the **environment**

## Main areas of interest

- Zoonotic diseases
- Antimicrobial resistance
- Food safety & security
- Climate change & environment sustainability



# What is happening in Portugal?



## • Interprofessional education

- From existing 9 schools of pharmacy, only one (UBI, public university) performs integrated teaching/learning between medical and pharmaceutical students on basic subjects (mostly in the 3 first years)

## • Interprofessional practice

- No national mandatory/legal framework involving pharmacists, only individual/local experiences
  - Family Health Units (since 2005): primary care based on autonomous and quality certified work of multidisciplinary teams
    - Team: physicians, nurses, administrative staff, no mention to pharmacists
  - Between 2005 and 2007: working groups with a mix of primary care physicians ([www.apmgf.pt](http://www.apmgf.pt)) and community pharmacists ([www.anf.pt](http://www.anf.pt))
  - Community Units of Care (since 2008): health and social support homebased and at community level for most vulnerable citizens
    - Team: nurses, social workers, physicians, psychologists, nutritionists, physiotherapists, speech therapist, other professionals, no explicit mention to pharmacists



# What is happening in Portugal?

- **Collaborative practice examples**
  - Hospital pharmacy – *Centro Hospitalar de Lisboa Ocidental, São Francisco Xavier Hospital, Lisbon, Portugal*
    - Through e-means: centralised informatics system allows pharmacists to work with
      - **Physicians**: validation of all ward prescriptions e.g. antibiotics (aminoglycosides), caffeine citrate
      - **Physicians and other pharmacists** (clinical analysts): requesting lab analysis/tests for therapy monitoring
      - **Nurses**: registering notes and alerts in the patient clinical file e.g. drugs posology adjustments
    - Through personal contact
      - Prescribing counselling services
      - Ward rounds integrated in a multidisciplinary team



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- Collaborative practice examples
  - Hospital pharmacy – *Centro Hospitalar de Lisboa Ocidental, São Francisco Xavier Hospital, Lisbon, Portugal*

The screenshot displays a software interface for a hospital pharmacy. The main window is titled "CENTRO H. LISBOA OCIDENTAL HSFX - Farmácia Hospitalar - 2016/11/07". It features a menu bar with options like "Favoritos", "Gestão de Produtos", "Gestão de Compras", "Gestão de Requisições", "Planeamento Operacional", "Execução Operacional", "Controlo Operacional", and "Administração". Below the menu is a toolbar with various icons and a search box containing the name "ERICA".

An "Editor" window is open, displaying a warning message: "A administração de atazanavir e ritonavir deve ser simultânea. Por favor verificar horários de administração." (The administration of atazanavir and ritonavir must be simultaneous. Please check administration times.)

The background window shows a prescription form for "GHPH3121 - Recepção de Prescrições". The patient information includes: "Serviço: TESTE", "Doente: CHLO / 11341821 - GAB...", "Data Nascimento: 01/01/1977", "Idade: ...", "E. Responsável: 990004 / Entidade Desc...", "Médico: MED - Medico CPCHS", "Data: 2016/11/07 15:43", and "Dieta: 60 - Adequada à idade".

Below the patient information, there are sections for "Prescrição" and "A Recepcionar". The "Medicamentos prescritos" section shows a list of medications:

Soro	Medicamento	Data	Forma	Dose	Un.	Via	Freq.	Hora	Qt.	PPR?	Recepção
	ATAZANAVIR 300 MG CAPS	2016/11/07 15:42	CAPS	300, MG	ORAL	24/24 H	9 H		1		

The "Medicamentos a distribuir" section includes a legend for various medication statuses and a table with columns for "Medicamento", "Mapa Med. Forma", "Alt? Farm? Trad? Farm.", "Dose", "Un.", "Via", "Adm.", "Freq.", "Hora", "Qt.", "PPR?", and "Tipo". The table lists the following medications:

Medicamento	Mapa Med. Forma	Alt? Farm? Trad? Farm.	Dose	Un.	Via	Adm.	Freq.	Hora	Qt.	PPR?	Tipo
ATAZANAVIR 300 MG CAPS			CAPS	300, MG	ORAL		24/24 H	9 H	1		
RITONAVIR 100 MG COMP			COMP	100, MG	ORAL		24/24 H	21 H	1		
EMTRICITABINA 200 MG + TENOFOVIR 245 MG COMP			COMP	1,	COMP	ORAL	24/24 H	9 H	1		



# What is happening in Portugal?

- **Collaborative practice examples**
  - Community pharmacy – Farmácia Saúde, Figueira da Foz, Portugal  
[www.farmaciasaude.pt](http://www.farmaciasaude.pt)
  - **Physicians:** primary healthcare interventions
    - Physicians referrals to the pharmacy for medical devices instructions e.g. insulin pens/pumps
    - Medication review and monitoring of ~95 chronic patients: on average, up to 2 phone calls per day and 9 structured written communications per year to local primary care physicians (since 2011)
      - No need for the patients to return to their physician
    - Active patient screening e.g. pharmacists' intervention in early detection of respiratory asymptomatic patients by spirometry and referral to the local Healthcare Centre, increasing in 5% the estimated prevalence of COPD



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The screenshot shows a prescription form with the following details:

- Header:** Receita Nº 1, Utente: ANTÓNIO SILVA, Data: 01-10-2004
- Medications Table:**

Designação	RA	CI	IN	TD	Stk	QD	P.V.P.	Iva	Qt	Frequência	DT	H	G	%	Liquido	R
Xanax, 0,25 mg x 20 comp	G	L			6	1	3,42€	5	7	1 vez ao dia	7			100,0	3,42€	\$
Inderal, 10 mg x 100 comp revest	M	M	G		3	1	2,56€	5	7	1 vez ao dia	00			100,0	2,56€	\$
Ventilan Inalador, 100 mcg/dose x 200 ae	M	G			3	1	4,07€	5	7	quando necessário	0			100,0	4,07€	\$
Teovent, 125 mg x 30 cáps lib prol		M	G		6	1	2,01€	5	7	de 12/12 horas	15			100,0	2,01€	\$
- Contraindications Table:**

AMA	ARR	asm	DCO	DCV	dep	DES	dmd	DMU	DPD	DTI	dvp
emr	GER	glc	GRA	HEF	hta	IHE	inr	ire	mgr	PED	POR
psi	sra	UGA									
- Summary:** Valor Liquido: 12,06€

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    - **Veterinary doctors:** local veterinary hospital
      - Agreement for the preparation dosages adjusted to small dogs: changing paper doses to capsules (saving 7h of pharmacy lab work)
    - **Public health authorities and community-based interactions:** pharmacy located on the beach front
      - Blood donation and other campaigns on the pharmacy premises
      - Local media news and shared school visits for public health education



# What is happening in Portugal?

- **In conclusion**

- Great potential for collaborative work towards patient-centered care
- Only sparse examples of true interaction, although usually very productive
- No systematic information exists, but actual field cooperation could be frequent and besides administrative issues

- **Thank you for your attention!**

