Seven Oaks/Inkster

My Health Teams (MHT)

Formal partnerships between a regional health authority (RHA), fee for service practice(s), and other community organizations.

My Health Team members work together to plan, develop and provide primary care services for their community.

My Health Teams share resources, information and responsibilities (including joint-decision-making) and offer quality care to patients in a timely, efficient and coordinated way.

My Health Team Partners

- Access Norwest
- Leila Medical Clinic
- Prairie Trails at The Oaks
- Kildonan Medical Clinic
- Dr. Gera

My Health Team Stakeholders

- Seven Oaks General Hospital
- Wellness Institute
- Pulmonary Rehab Program

My Health Team Interprofessional Team

- Chronic Disease Management Clinician: Chronic Disease Self-Management Support (Diabetes, HTN, Dyslipidemia), Insulin starts/adjustments, Weight management and GI conditions, Service Navigation, Spirometry, Smoking Cessation
- Clinical Pharmacist: Medication review, Discharge reconciliation, Smoking cessation, Diabetes education, Spirometry – Testing, device teaching and respiratory action plans
- Physiotherapist: Assessment of a variety of musculoskeletal conditions, mobility and balance, self-management education in chronic disease, exercise and physical activity promotion and prescription, smoking cessation, falls prevention
- Occupational Therapist: Functional assessments, Home safety, Falls Education, Cognitive assessment, Home modification recommendations, Mental Health – CBT, Coping skills education, Smoking cessation, service navigation, chronic pain, goal-setting with lifestyle (sleep & time management)

Groups/Classes

- Diabetes Education
  - Diabetes 101
  - Nutrition and Diabetes
- Heart Healthy Nutrition
- Cognitive Behavioral Therapy (CBT) & Chronic Pain
- Living Well with Arthritis
- Commit to Quit Smoking Cessation (coming Fall 2017)
- Get Better Together
- Tackling Stress Busting Anxiety (TABS)
- Falls Education

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