

Category	Code	Case	Text
Interdisciplinary management vs multidisciplinary management	Social Workers	Transcript 1_04_11_2021	Uhm, I found it really challenging, especially when there was like heavy stuff going on in the family and it's like, OK, almost like you feel the best you can do is refer them to the social worker, but the social worker, no matter where I've been, is never there. So yeah, I found it quite challenging just because I didn't feel like I had the skills to help the patient in those aspects. Yeah, I think that's why you have a social worker because they are trained in that stuff. It's challenging, like I am still in my 20s and now I have a 60-year-old telling me that their grandchild is abusing them. It's like what do you do you, know? So yeah, I think the best I felt I could do was just refer them to the social worker and just hope one of these days that she would be around so yeah.
Interdisciplinary management vs multidisciplinary management	Dietitians	Transcript 11_26_11_2021	It doesn't we can't do things to make it better and then explain to them the benefits of doing those things such as referring them to a dietitian
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Interdisciplinary management vs multidisciplinary management	Referrals	Transcript 11_26_11_2021	I also think definitely like counselling in terms of... I wouldn't say I counselled people and never actually referred patients. Maybe I should have but I never really actually referred someone to a psychologist to say look like your pain is coming from your mind so you know I've never done that but kind of counselling them to be like what's really causing this pain? Are you unhappy with your work or is it something pathological in your body that's causing the pain? I think those things are things besides actual treatment that affect pain.
Interdisciplinary management vs multidisciplinary management	Psychologists	Transcript 11_26_11_2021	I also think definitely like counselling in terms of... I wouldn't say I counselled people and never actually referred patients. Maybe I should have but I never really actually referred someone to a psychologist to say look like your pain is coming from your mind so you know I've never done that but kind of counselling them to be like what's really causing this pain? Are you unhappy with your work or is it something pathological in your body that's causing the pain? I think those things are things besides actual treatment that affect pain.
Interdisciplinary management vs multidisciplinary management	Referrals	Transcript 13_30_11_2021	We would write a referral that he would take to the doctor and then he would come back saying that the doctor said we must solve it. There was a lot of back and forth happening and it was just a weird picture that wasn't making sense to me... more than usual
Interdisciplinary management vs multidisciplinary management	Medical doctors	Transcript 13_30_11_2021	We would write a referral that he would take to the doctor and then he would come back saying that the doctor said we must solve it. There was a lot of back and forth happening and it was just a weird picture that wasn't making sense to me... more than usual
Interdisciplinary management vs multidisciplinary management	Referrals	Transcript 14_06_12_2021	Yeah, I think so. I think if I have more experience and see how the injuries are affecting them. Like with that Lady, she cried, she was shaking and she couldn't really speak about it, so I think I would look for those signs and then refer appropriately.

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Interdisciplinary management vs multidisciplinary management	Referrals	Transcript 15_08_12_2021	It is also difficult to be objective, especially with chronic pain when there is no physical damage. It is more mental. Then maybe it is about referring to psychology. I don't know if I can just keep doing that for all chronic pain patients and then say it is psych. I don't think that's how we can manage them.
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Interdisciplinary management vs multidisciplinary management	Referrals	Transcript 2_05_11_2021	So I was thinking that if she's saying eight years ago, I just could not understand why it hasn't been dealt with, you know? I was more concerned with how long she's been having it and if she's not getting any help. So I was also amazed as to the fact that she had not had a physio so it was her first time at the physio in the eight years. So I was I was thinking, OK, maybe hopefully now you know she will see that the pain will be influenced in some way.
Interdisciplinary management vs multidisciplinary management	Referrals	Transcript 2_05_11_2021	That something has to be done, whether it's referral, whether it's x-rays so that whatever it is, it does not worsen. For instance, let's say the patient had broken a bone, she must be referred so that she does not have any further implications. I think that would be my first reaction- I'd want to refer, whether it is x-rays or the doctor, whether it's asking them if they've been to a check-up recently. How often do they go? I'd be more concerned in finding out the actual problem.
Interdisciplinary management vs multidisciplinary management	Social Workers	Transcript 5_16_11_2021	So seeing a psychologist for stress and/or a social worker and working on all those different aspects of life in order to manage the pain.
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Interdisciplinary management vs multidisciplinary management	Medical doctors	Transcript 5_16_11_2021	OK, so he came in with a limp and he was experiencing lower back pain and presented with sciatica kind of pain as well. So he had pain down his leg and he went to the doctor prior to coming to the physio and, just bear in mind that he never had physio before, so he went to the doctor and his doctor told him to not weight-bear on that leg at all. So he, prior to coming to physio, for about 3 months, wasn't weight bearing on that leg at all. I mean a doctor to tell someone not to weight-bear just because it's painful is not OK.
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Interdisciplinary management vs multidisciplinary management	Medical doctors	Transcript 5_16_11_2021	I mean, he's only seen one doctor and this is a doctor speaking. I mean obviously patients put a lot of trust into doctors, especially because they're qualified. So if a patient may be seeing a student, then maybe like a student doctor or student physio, maybe they won't trust them as much as a qualified. With this patient, he really did take our advice and trusted what we were saying. By explaining the pain mechanisms, how pain works and that paint isn't just influenced by you know what's actually happening in the tissue, I think that actually made us get to him, you know.
Interdisciplinary management vs multidisciplinary management	Medical doctors	Transcript 7_18_11_2021	There was another one that one of the supervisors at Bara saw. She used to see her and this patient kept coming back with recurring headaches. She always felt very dismissed by the doctors because she felt like there was really something wrong. Like she felt maybe she had a stroke or she thought there was something severely wrong with her but everyone was just dismissing her and her pain and there was also quite severe.
Interdisciplinary management vs multidisciplinary management	Referrals	Transcript 7_18_11_2021	She actually was one of our patients for supervision and it was just sounding like VBI [Vertebrobasilar insufficiency]. Yeah, so we stopped immediately and we said we're going to send her straight to the doctor because you know, it's like a contraindication if there is vertebral insufficiency. It was with one of our university supervisors and he said it is sounding like VBI because there's nausea, dizziness and there's lots of those signs and symptoms so we will send her to the doctor.

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Interdisciplinary management vs multidisciplinary management	Referrals	Transcript 7_18_11_2021	I think it's the ability to communicate on a level that they understand and not using any of this medical jargon, or just being really relatable. Yeah and to be able to explain something in a way that they able to understand it. I think just promoting better health and more, yeah, I don't wanna say movement but more education, pain education, health education, mental health education, or even if you need referrals. I think referrals are quite important. If someone really needs to be seeing a psychologist or needs help to cope with emotional things that are difficult.
Interdisciplinary management vs multidisciplinary management	Social Workers	Transcript 7_18_11_2021	So I think we know the usual... the social work and the psychologist. I think lots of time, it's social issues and stuff, then you know social worker. If you picking up on symptoms and signs of depression and that sort of thing, then a psychologist is needed.
Interdisciplinary management vs multidisciplinary management	Psychologists	Transcript 7_18_11_2021	So I think we know the usual... the social work and the psychologist. I think lots of time, it's social issues and stuff, then you know social worker. If you picking up on symptoms and signs of depression and that sort of thing, then a psychologist is needed.
Interdisciplinary management vs multidisciplinary management	Referrals	Transcript 8_22_11_2021	I would try to understand it more, try to be more respectful and stuff, ask more questions. At Bara, it was then quite easy to like refer to a social worker or someone else as needed. Yeah, but it's not easy as a physio to be sure of how to address them or I felt that.
Interdisciplinary management vs multidisciplinary management	Referrals	Transcript 9_23_11_2021	I think so, yeah. I think it's also the hospital itself that would also affect this because it depends how easy the referral systems are. So I can't really remember, but I think at Bara you sign a form or you put a note in the file and then you just tell them to go to the doctor or something.
Interdisciplinary management vs multidisciplinary management	Dietitians	Transcript 9_23_11_2021	When I saw again the second time because she worked at Bara, she told me which ward she worked in and then I started to get to know her a little bit while she was on the table and she was a bit overweight and sometimes it's always a touchy subject to talk about weight and how it can affect pain in the back and all that stuff. I just mentioned it and she took her own initiative and went herself to the dietitian

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Interdisciplinary management vs multidisciplinary management	Referrals	Transcript 9_23_11_2021	To go and learn more about it because I don't know much about it. Yeah, I think like again, just knowing the holistic approach and getting all aspects of it because if we find that it's actually mostly a mental thing like referring them off to a psychologist could really help them with their pain or even a social worker if they're worrying about finances or something like that can really affect their pain. I think also working with MDT, and I'd also say because it was our first block, I never really worked a lot with the MDT.
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