

## Health Care Provider Roles

### Primary Care Provider (PCP)

- A PCP is a health care provider, usually a doctor or nurse practitioner, who sees people for common medical problems.
- Your health care needs or concerns are often initially assessed by your PCP.

### Personal Support Worker (PSW)

- PSWs complete a standardized training program so they can provide basic care and assistance to clients of all ages.
- PSWs provide assistance with Activities of Daily Living such as dressing, grooming, personal hygiene, toileting assistance, and mobility.
- PSWs also provide assistance with Instrumental Activities of Daily Living such as light housekeeping and meal preparation.
- PSWs provide supportive, non-medical assistance for activities that clients could be expected to perform by themselves if physically and/or cognitively able.

### Nurses

- Nurses are frontline care providers who deliver care in a number of ways. This includes assessing patients' health status and living circumstances, developing and carrying out care plans, and constantly evaluating care plans to make sure patients are achieving their health goals.
- **Registered Nurses (RN)** are nurses with a university degree with a comprehensive and deep knowledge base who often care for patients with more complex needs in unpredictable situations.
- **Registered Practical Nurses (RPN)** are nurses with a diploma in practical nursing who care for patients with less complex needs and patients with stable or predictable conditions.
- **Nurse Practitioners (NP)** are RN's with advanced university education who are qualified to provide a full range of primary health services to patients, including diagnosis and prescribing medications, often in partnership with doctors, social workers, pharmacists and mental health professionals.

### Occupational Therapist (OT)

- OTs are health care providers who help to solve problems that interfere with a person's ability to do the things that are important to them - everyday activities like getting dressed or eating, going to work or school, mobility and leisure activities like sports or gardening.
- Occupational therapy can also prevent an issue or minimize its effects. They help people resume or maintain participation in a variety of tasks.
- OTs are regulated medical professionals who must be registered with their provincial college in order to practice legally in Canada.

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### **Physiotherapist (PT)**

- PTs are health care professionals who combine an in-depth knowledge of the body and how it works with specialized hands-on clinical skills to assess, diagnose and treat symptoms of illness, injury or disability.
- PTs may provide interventions such as; prescribing an exercise program, training people how to walk safely or helping people manage their pain.
- PTs must meet national entry-level education and practice standards, and successfully pass a standardized competence examination prior to being registered with the College of Physiotherapists in their province/territory.

### **Speech Language Pathologist (SLP)**

- SLPs are skilled, autonomous professionals with specialized knowledge, skills and clinical training to assess and manage communication and swallowing disorders in children and adults. They also provide education and counseling services for people experiencing these difficulties.
- SLPs' expertise includes prevention, identification, evaluation, and treatment of congenital, as well as acquired communication and swallowing disorders.
- SLPs work closely with other health care professionals to provide a coordinated program of care so the patient can achieve their desired goals.
- SLPs are regulated healthcare professionals who must be registered with their provincial college.