# USING ĒQUILIA IN YOUR PRACTICE

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| 1 | **Determine if an ēquilia program is appropriate for the patient/client**<br><br>A person is likely to benefit from an online program if they:<br>○ Are interested and motivated to learn how to help themselves manage their symptoms.<br>○ Have access to online program materials (e.g., reliable internet connection, access to e-mail) and are comfortable navigating the web.<br>○ Understand why this program was recommended and how it might benefit them.<br>○ Feel encouraged by their healthcare provider to complete this program. Enrolment in the online program should be delayed for patients who are suicidal or acutely unwell. Concurrent use of benzodiazepines for anxiety or distress is discouraged while doing a program as this interferes with the development of self-management skills. |
| 2 | **Introduce the program**<br><br>You could say: "There is an online program which teaches practical skills and strategies to manage [patient's symptoms] and could help you work through your difficulties to improve how you're feeling. You can access it on your computer or smartphone, so you can do it from home. It's not a quick fix, but if you stick with the program, there's a good chance it will help you. I can e-mail you instructions for how to access the program." |
| 3 | **Email a recommendation for a clinician-supervised program**<br><br>Log in to your ēquilia Clinician Dashboard, select an appropriate program and email the registration instructions to your patient. This will link their program registration to you as their supervising clinician. (NB: Users can enroll in a different program when they register, so it is good to reinforce why you think a particular program is most suitable for them). |
| 4 | **Explain how it works**<br><br>Ask your patient to click on the link in the email they received from ēquilia to start the online registration. They can begin the program by following the on-screen instructions. |

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| 5 | **Provide clinical supervision**<br><br>When you email your patient a 'supervised' program via the ēquilia Clinician Dashboard, the patient remains in your clinical care. We recommend scheduling regular consultations as they do the program, especially if their questionnaire scores (e.g., K10, PHQ-8, GAD-7) are in the moderate-to-severe range. People scoring in the mild range can often be left to work through the program themselves. People in the severe range will need considerable support, which might include weekly reminder phone calls from a clinician, additional consultations, and the use of medication and/ or consultation a psychotherapist. |
| 6 | **Review patient progress reports**<br><br>ēquilia programs are typically 6 lessons long, and your patient has 90 days to complete the lessons (NB: The Chronic Pain program is 8 lessons with 120 days of access). Prior to each lesson, your patient will complete a K10 (Distress) questionnaire. If the K10 score is 30 or above (the severe range), you and the patient will receive an automatic email notification, and you should contact your patient for assessment or ask the patient to return for an urgent review. |
| 7 | **Offer regular contact**<br><br>A brief weekly reminder phone call/email/voice or text message from a practice nurse, clinic manager, or receptionist to patients completing an online program leads to better adherence to treatment, which can lead to better outcomes. |

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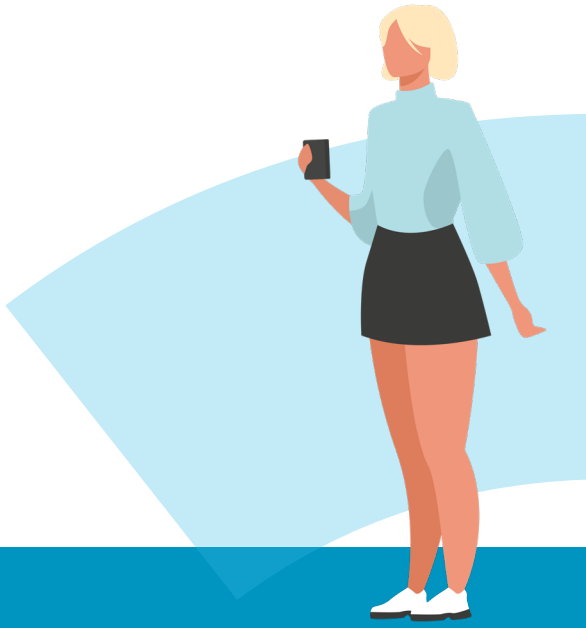

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