

Barbara Cubic
Ruben Tinajero

Advances in Psychotherapy –
Evidence-Based Practice

Integrated Primary Care



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1 Description

1.1 Terminology and Definitions

Primary care (PC) is defined as “the provision of *integrated, accessible* health care services by clinicians who are *accountable* for addressing a large majority of personal health care needs, developing a *sustained* partnership with patients, and practicing in the context of *family and community*” ([Institute of Medicine, Committee on the Future of Primary Care, 1994](#)). Typically, PC providers are from the disciplines of family medicine, internal medicine, pediatrics, and sometimes obstetrics and gynecology, as these specialties provide care that is preventative, for acute or chronic conditions, across the spectrum of clinical presentations. These specialties also assist patients in the coordination of referrals as needed, often utilize team-based care models, and have continuous relationships with their patients, at times from birth through end of life. PC practices are embedded in communities and integrally connected with community resources. *Primary care providers* (PCPs) provide services in a variety of health care settings including hospitals, outpatient clinics, critical care settings, long-term facilities, and within patients’ homes. In addition to the provision of medical services, PC settings are the most common locations for the provision of behavioral health care. However, PCPs often report being ill-prepared to deal with the behavioral health needs of their patients, and describe this as a point of stress for their practices. In fact, PCPs write prescriptions