



Ontario College of  
Family Physicians

*Leaders for a healthy Ontario*



# YEAR IN REVIEW 2020-2021

## TABLE OF CONTENTS

Message from the OCFP's President and CEO.....	1
COVID-19 Resources .....	2
Advocating for You and Your Patients.....	4
Highlights in CPD.....	6
Supporting the Next Generation .....	9
Celebrating Our Profession .....	10

# MESSAGE FROM THE OCFP's PRESIDENT AND CEO



Elizabeth Muggah



Leanne Clarke

In this year of challenges and change, our profession continued to step up for our patients. Time and time again, you did what you always do – put your patients first.

In turn, the Ontario College of Family Physicians (OCFP) continued to do what *we're* here to do – support you in your day-to-day work and uphold the calling of family medicine. We never lose sight of the fact that family doctors are at the heart of our health system. Ensuring you can excel and thrive in your practice, and do so within a profession that is recognized and rewarding, motivates us and drives our work.

This past year has been an especially busy one for your college. Whether focused on COVID-19 and 'just-in-time' resources, media outreach and advocacy to reinforce your vital role, or clinical supports through our innovative Family Medicine Summit and new Practising Well program, the OCFP's initiatives focused firmly on strengthening your practice environment, and reached more people than ever before.

We are grateful for the many individuals and organizations that enable the achievements outlined in this Year in Review. First and foremost, you – our members – whose needs determine our priorities. In addition: our Board of Directors, who generously share their insight and guidance; our various committees and faculty that inform and implement our work; OCFP staff who keep members at the centre of everything we do; and our terrific partners in primary care who share our commitment to a healthier Ontario.

Together, we will build on what has been accomplished so far and continue to support you in your critical work, champion what you do and your role, and advocate for your needs. Please take a moment to read our new [Strategic Plan](#) – this is the OCFP's 'north star' and will guide our work on your behalf for the next three years.

*[Note from Dr. Liz Muggah: As we shortly welcome a new CEO to the OCFP, I would like to recognize the immense contributions of Leanne Clarke, who recently left the role. We are grateful for her inspiring leadership and for the tremendous legacy she leaves for our organization and our many strengthened partnerships.]*

We have huge faith and pride in our profession, and are honoured to be representing you and supporting our collective work at every chance. Signing off with gratitude to you for your hard work, and the difference you continue to make in your patients' lives.

**Dr. Elizabeth Muggah**  
President (Sept. 2020 – Sept. 2022)

**Ms. Leanne Clarke**  
CEO (to July 31, 2021)

# COVID-19 RESOURCES

COVID-19 changed the way family doctors work in ways we could not have imagined just 18 months ago. As the pandemic progressed this past year, so too did your need for timely information and tools to keep up with evolving evidence and best care for your patients.

## Clarity amid confusion: COVID-19 Community of Practice (CoP)

At a time when the new normal is anything but routine, family doctors from across the province have looked to the COVID-19 Community of Practice, co-organized with the Quality and Innovation Program, UofT Department of Family and Community Medicine (DFCM).

From mutating viruses, IPAC/PPE precautions and vaccine science to office flow and prioritizing in-person visits, these interactive sessions have been untangling the evidence and what it means for family practice.



**“These sessions are excellent and have become a main source of clear information which I in turn share with the rest of our team.”**

OCFP member



**14K**  
**Attendees** in **28**  
interactive CoP sessions  
and hundreds of  
participant questions  
answered



CoP participants from **all practice models**, working in communities throughout Ontario

**600+**  
Accessed **CoP session recordings** and resources  
for certified on-demand  
self-learning



# COVID-19 RESOURCES (cont'd)

## Communicating the evidence: COVID-19 supports

Family doctors have adapted and innovated to ensure continued care for patients during the pandemic. To support you in this work, OCFP President Dr. Liz Muggah has shared new information, useful tools and timely guidance on an ongoing basis.

From clinic scripts and FAQs, to pictorials and infographics that summarize protocols, OCFP information and tools were made available in an OCFP repository and shared widely across the sector.

**“The OCFP has been the BEST, clearest and most comprehensive resource through this entire pandemic... Your team has sent us the information that we need in Family Medicine consistently ahead of any other resource.”**

OCFP member

## Some OCFP Resources created during the pandemic:

- Considerations for Family Physicians: Balancing In-person and Virtual Care
- COVID-19 Vaccinations for Special Populations
- Top PPE-IPAC Questions
- Balancing Demands: Considerations for Family Physicians
- FAQs about Long COVID
- Answering patient questions about COVID-19 vaccines
- Patient requests for work accommodations: Information for family doctors
- Mental health resources for you and your patients



**22** Member updates to share new information and tools, including **resources developed by the OCFP**



**2,600+** Downloads of **COVID-19 Vaccination in Canada modules**, an initiative of the UofT DFCM with input from the OCFP



# ADVOCATING FOR YOU AND YOUR PATIENTS

Family doctors, within a strong primary care foundation, are the backbone of high-functioning health systems – and ensuring that potential is fully realized here in Ontario has been an ongoing challenge. We recognize and are inspired by the efforts of so many of you who have advocated for your patients, colleagues and communities.

The OCFP took every opportunity, often in collaboration with partners in primary care, to elevate your role and articulate the value and needs of family doctors and primary care this past year. Here are some of the ways we did this.

## We set the record straight:

- Countered the false narrative of family doctors' office closure, with messages to government, stakeholders and the public, and through research support.

## We helped clear up some administrative tasks:

- Augmented communications across sectors to reinforce that no clearance notes were required from you for return to work or school.
- Increased messaging to emphasize that no consent forms/prescriptions were needed for those vaccinating your patients in LTC/retirement homes.

## We made sure your context informed key policies:

- Provided feedback to the CPSO on its draft policies, Medical Assistance in Dying and Planning for and Providing Quality End-of-Life Care.
- Shared input on proposed home and community care regulations, stressing the importance of coordination and timely communication with the patient's 'most responsible provider'.

## We made strides in health equity:

- Our new Strategic Plan lays out our commitment: "To enable equitable health care for Ontarians."
- Took a step in this direction with our statement on racism and inequity which outlines our commitment to action.
- Signed a Relationship Accord with Nishnawbe Aski Nation (NAN).

**"We recognize that if we are to live into our mission as leaders for a healthy Ontario, we must listen, learn, and grow in our own journey as a profession: to help bring together Western medicine with traditional healing practices; to provide more culturally safe care; to do our part in removing systemic barriers to better care."**

Remarks by OCFP President Dr. Liz Muggah on Signing of a Relationship Accord with NAN





# ADVOCATING FOR YOU AND YOUR PATIENTS (cont'd)



## We set out a vision for virtual care:

- Drafted 'considerations' for care delivered virtually – notably, that it must be anchored within the context of comprehensive primary care.
- Dr. Liz Muggah's published [letter to the editor](#) of the *Globe and Mail* shares some of our perspectives.

## We pushed for your role in vaccination:

- 400+ media stories followed our call for greater family physician involvement in vaccinating patients – [highlights here](#) (mp4).
- Ongoing [advocacy](#) by the OCFP and partners helped to expand the number of practices involved in vaccination – 700+ primary care sites, most with family doctors, are currently administering vaccines.
- Our efforts continue to bring more vaccines into family practices – we are trusted by our patients and are experts in vaccination, as [affirmed by Prime Minister Trudeau](#).

## We formed new partnerships to strengthen primary care's role:

- Outlined recommendations for building a system with primary care at the heart of health care, in our [pre-budget submission](#) with the Association of Family Health Teams of Ontario, the OMA Section on General & Family Practice and the Nurse Practitioners' Association of Ontario.
- Helped form the [Primary Care Collaborative](#) (PCC) – an alliance of organizations with mandates in comprehensive primary care. The PCC provides an opportunity for government to consult with the sector and ensure a unified response, and the group has taken several public positions (example [here](#)) since it was formed in late March 2021.

**"This collaboration will only strengthen our ability to achieve comprehensive, continuous, coordinated and equitable health care for all patients and families across Ontario as envisioned by the Patient's Medical Home."**

Leanne Clarke, OCFP CEO

**"The PM affirmed what we know to be true: family doctors are 'most knowledgeable and most trusted' and 'a core part of getting everyone vaccinated.'"** Dr. Liz Muggah, OCFP President

# HIGHLIGHTS IN CPD

The pandemic may have caused us to pause our in-person workshops, but it did not stop us from delivering innovative new opportunities to support your continuing professional development (CPD). Here are some of the key developments for members on the education front.

## 2021 Family Medicine Summit: Knowledge for the Now

### Featured Speakers



Dr. James Makokis



Dr. Onye Nnorom



Dr. Isaac Bogoch



Dr. Samantha Yamine

## A virtual first for our flagship annual conference

The OCFP's annual conference – the Family Medicine Summit – went fully virtual this past year, offering the information you need to meet the demands of today.

By all accounts, attendees valued the full spectrum of relevant and thought-provoking talks available, and the

convenience and flexibility to create a learning schedule that fits within their busy clinical practice. In the evaluations completed to date, 98 per cent said that FMS 2021 resulted in an enhanced ability to provide high-quality patient care and improved wellbeing in practice.

“Great speakers. Great topics. I can use the information next day in my office.”

“Honestly, the best family medicine conference I have ever attended. The website works really well, and the on-demand presentations are excellent with respect to topics, IT, and downloadable slides!”

<sup>1</sup>The total number of credits available based on participation by all conference registrants in all available sessions.



**40%**  
Increase in  
registrations from  
our last conference

**39%**  
More residents and  
medical students  
registered



**66**  
Certified sessions  
addressing pressing topics  
today for family doctors

**43,000<sup>1</sup>**  
**Mainpro** +  
credits available  
to be earned



## HIGHLIGHTS IN CPD (cont'd)



“Nice to hear real life experiences of colleagues, such speakers have lasting impression on listeners.”

### The Launch of Practising Well

The OCFP created the Practising Well program for family physicians in 2021, thanks to funding from the Ministry of Health. With a small team of clinical leaders guiding implementation, the program builds on our decades of experience in mentoring to help you manage care for your complex patients.

Current areas of focus are mental health, substance use disorders and chronic pain – with plans to expand to complex seniors, palliative and end-of-life care, MAiD, and other clinical areas where needs emerge.

#### Key facts

In the six months since launch:

- 500+ family physician attendees have learned more about mental health, substance use and chronic pain in the Practising Well Community of Practice, held with UofT DFCM.
- Practising Well Information Exchange is in development, to provide an easy-to-navigate online repository that connects you to information for patient care and complementary resources available to support you.
- Peer to Peer Connect lets you partner with another family doctor to help you learn more about complex care scenarios.

“Love this session as a kind of ‘Kitchen Table Wisdom’ session.”

# HIGHLIGHTS IN CPD (cont'd)

## Child and Adolescent Health

Best Evidence for Preventive Care



### PRACTISING WISELY



### Reducing Unnecessary Testing and Treatment

## Mood Disorders

Comprehensive and Realistic Strategies for Primary Care

## The Growth of Practising Wisely

Our popular Practising Wisely: Reducing Unnecessary Testing and Treatment workshop, which began to be offered in other provinces in 2015, is now supported by all provincial chapters of the College of Family Physicians of Canada (CFPC). With renewed support from the CFPC, expansion continued this year to enable virtual delivery of a renewed curriculum.

Since national implementation began, 108 workshops have been delivered to 1,768 participants in eight provinces. The program has trained 25 faculty across Canada and is currently exploring ways to make it even more accessible by opening virtual sessions to pan-Canadian participants. Two new modules addressing respiratory illness are in development for launch in Fall 2021 – *Unnecessary Prescribing of Antibiotics for Viral Infections* and *Overprescribing of Inhalers*.

## Updated Workshops

In addition to introducing new programs and expanding the reach of others, we made sure our existing workshops continue to meet your needs. For *Child and Adolescent Health* and *Mood Disorders* – two offerings in the OCFP's educational suite – updates this year included:

- **Refreshed and recertified content**, ensuring timely, relevant resources and guidelines
- **Modular format**, so that you have the flexibility to tailor your focus and suit your schedule
- **Interactive online learning**, including real-time discussions with like-minded colleagues

# SUPPORTING THE NEXT GENERATION

Family medicine residents and medical students are the future of our profession — destined to be carers for their communities, advocates for their patients, leaders of system transformation, and the trusted entry point to health care for Ontarians.

So that we can support learners to thrive in this early stage of their family medicine career, we ensure resident perspectives are woven throughout our work. We do this with the OCFP Residents Committee and by including resident members in OCFP initiatives and consultations. Here are a few examples of our work with and for residents.

**70%** of family medicine residents regularly accessed the OCFP's new resident e-newsletter, which shares opportunities and tools to support their work.



Led by the OCFP's Residents Committee and with the support of OCFP staff, Transition to Practice: A Guide for Family Medicine Residents in Ontario and the companion Transition to Practice Checklist were developed to support the often-challenging move from residency to practice.

**122 medical students** participated in our inaugural Choose Family Medicine panel discussion, held in collaboration with the University of Ottawa Department of Family Medicine, the student-led Family Medicine Interest Group, and the OMA Section on General & Family Practice. Evaluations from attendees revealed increased interest in exploring family medicine.



Thanks in part to focused promotions and targeted conference content, residents and medical students accounted for **16%** of participants at our 2021 Family Medicine Summit – a **39%** jump from our previous conference.

**11 events** organized by and for medical students and family medicine residents were funded by the OCFP at Ontario's medical schools to increase and promote residents' wellbeing during the pandemic.



# CELEBRATING OUR PROFESSION

In these most unusual of times, family doctors have gone above and beyond to keep our healthcare system strong. In turn, we made sure to shine a spotlight on the extraordinary commitment and achievements that mark our profession.



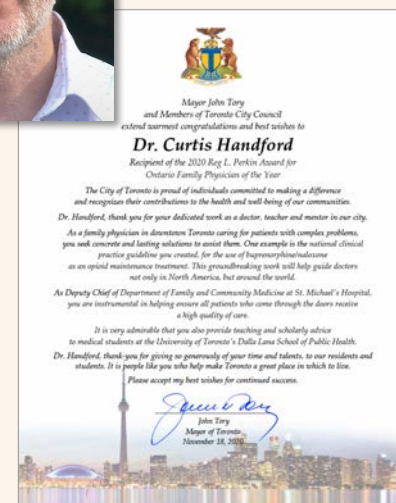
## The OCFP Awards

The pandemic did not dampen the enthusiasm of family doctors to nominate their peers for an OCFP Award in 2021. Indeed, this past year our dedicated Awards Committee adjudicated 76 nominations – the highest number in years. Stay tuned for a formal announcement of the recipients at the College of Family Physicians of Canada's Family Medicine Forum in November 2021.

In accepting his award as Ontario's **2020 Family Physician of the Year**, Dr. Curtis Handford eloquently captured the continued dedication and essential role of family doctors.

"To all my family physician colleagues out there across the province who are up to their ears balancing virtual and in person care for thousands of patients, supporting long-term care homes, swabbing in COVID assessment centres, setting up medical care systems in shelters, working in very different-looking hospital settings, teaching the next generation of physicians, continuing to create and disseminate knowledge, improving quality of care and leading improvements in the health system – you are all an inspiration to me and I'm so proud to be part of this community of family physicians."

Dr. Curtis Handford





# CELEBRATING OUR PROFESSION (cont'd)

## World Family Doctor Day

To mark World Family Doctor Day on May 19, the OCFP's One Day, Many Stories campaign showcased inspiring stories of family physicians across Ontario.

Read more at [FamilyDocsCare.ca](https://familydocscare.ca)

Promotional efforts included partnering with the OMA Section on General & Family Practice to include a note of gratitude in the Globe and Mail, distributed across Ontario, as well as digital ads on LinkedIn, Twitter, Instagram, and Facebook.

**One Day. Many Stories.**



# Ontario College of Family Physicians

*Leaders for a healthy Ontario*



[ontariofamilyphysicians.ca](http://ontariofamilyphysicians.ca) • [ocfp@ocfp.on.ca](mailto:ocfp@ocfp.on.ca) •  [@OntarioCollege](https://twitter.com/OntarioCollege)