

Leaders for a healthy Ontario

YEAR IN REVIEW 2020-2021

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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 <u>Strategic Plan</u> – 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.

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

Jeanne Varke

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 <u>COVID-19</u> <u>Community of Practice</u>, coorganized 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



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 <u>shared</u> 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 <u>OCFP repository</u> 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."

Some OCFP Resources created during the pandemic:

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



Ontario College of Family Physicians	30
BALANCING DEMAND CONSIDERATIONS FO FAMILY PHYSICIANS	
Introduction	
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	GENERAL RESOURCES FOR PHYSICIAN WELLNESS AND RESILIENCE Canadian Medical Association (CMA) Physician Wellows Hub - Resources for physicians on mental Analist and coping and links to adjor for adjords support - canadian/buckdaw wellows hub
	Ortario Medical Association (OMA) Physican visitib Program - Written mutation for physican, residents and medical students and supportion services for their families - structures.
	Access No. 112 solite pld resource for part patients at <u>antipetitiethytysblass.co.ths</u> and

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

OCFP member

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 <u>the public</u>, and through <u>research support</u>.

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, <u>Medical Assistance in Dying</u> and <u>Planning</u> for and Providing Quality End-of-Life Care.
- Shared <u>input on proposed home and community</u> <u>care regulations</u>, stressing the importance of coordination and timely communication with the patient's 'most responsible provider'.

We made strides in health equity:

- Our new <u>Strategic Plan</u> lays out our commitment: "To enable equitable health care for Ontarians."
- Took a step in this direction with our <u>statement on racism and inequity</u> 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."

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



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ADVOCATING FOR YOU AND YOUR PATIENTS (cont'd)

NEWS KITCHENER

KITCHENER News

Nearly 80 per cent of Ont.'s eligible population has received at least one vaccine dose. How do we reach the rest?

THE ROLE OF FAMILY DOCTORS Dr. Muggah said family doctors will be an important part of the next stage of the vaccine rollout.

"We have a unique role to play right now," she said. "Our patients, we've known ou patients for their lifetime, their health history, they trust us."

Multiple, nuanced and individual conversations between doctors and vaccine-hesitant patients are needed to increase uptake, Dr. Muggah said.

"There are people that are just not sure about getting the vaccines, and we know it takes multiple visits and conversations with people in terms of getting them ready," she explained.





Family doctors want to come off the bench for the "last mile" of vaccinations

July 16, 2021 | Jordan Heath-Rawlings

Most vaccines in Canada are administered by family doctors, so when Covid-19 vaccinations began to receive approval take in 2020, those physicians got ready to roll up their seleves and dive in. But the call never came. While a lew pilot englescient a relative handful of doctors offices receiving does, the vast majority of family physicians were left out.

And now that Canada's vaccine uptake has plateaued and begun to decline, those doctors could be the key to reaching the holdouts. They want to leverage their relationships with patients to get results that mass clinics can't. Will growinoid governments let them into the game?

GUEST Dr. Elizabeth Muggah, President, Ontario College of Family Physicians



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 <u>letter to the</u> <u>editor</u> 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 – <u>highlights here</u> (mp4).
- Ongoing <u>advocacy</u> 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 <u>affirmed by Prime</u> <u>Minister Trudeau</u>.

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 <u>pre-budget submission</u> 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 <u>Primary Care Collaborative</u> (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 <u>here</u>) 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



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 thoughtprovoking 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!"



Increase in registrations from our last conference





Certified sessions addressing pressing topics today for family doctors

43,000¹ Mainpro 🕂

> credits available to be earned

The total number of credits available based on participation by all conference registrants in all available sessions.

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 <u>Practising Well</u> 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-oflife 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 <u>Practising Well Community of Practice</u>, held with UofT DFCM.
- <u>Practising Well Information Exchange</u> is in development, to provide an easy-tonavigate online repository that connects you to information for patient care and complementary resources available to support you.
- <u>Peer to Peer Connect</u> 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 <u>Practising Wisely: Reducing</u> <u>Unnecessary Testing and Treatment</u> 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 <u>educational</u> <u>suite</u> – 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 <u>Residents</u> <u>Committee</u> 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 <u>e-newsletter</u>, which shares <u>opportunities</u> and tools to support their work.





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.



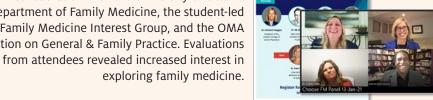
Led by the OCFP's Residents Committee and with the support of OCFP staff, <u>Transition</u> to Practice: A Guide for Family Medicine <u>Residents in Ontario</u> and the companion <u>Transition to Practice</u> <u>Checklist</u> were developed to support the oftenchallenging move from residency to practice.

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.



122 medical students participated in our inaugural <u>Choose Family Medicine</u> 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



SGPP Servers B All

Choose Family Medicine

OCFP YEAR IN REVIEW 2020-2021

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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**, <u>Dr. Curtis</u> <u>Handford</u> 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 differentlooking 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



Reg L. Perkin Award

Acknowledging the accomplishment as one o

Canada's 2020 Family Physicians of the Year

For providing exceptional care to patients and communities, and dedication as a researcher and educator of future generations of family doctors in the province of

> Ontario oported by the College of Family Physicians o da's foundation for Advancing Family Medici November 6, 2020





Mayor John Tory and Members of Toronto City Council warmest congratulations and best wishe

Dr. Curtis Handford

Recipion of the 2020 Reg L. Perkin Assand for Outstrie Family Physician of the Year The City of Toronto is proved of individuals committed to making a difference and recognizes their contributions to the health and well being of one communities. Headford, thenky and for your dedicator work as a detext, tacher and mentor is our

As a family physician in downtrown Toronto caring for patients with complex problems, you see coverete and lasting solutions to exist them. One example is the national clivical practice quicklose you created, for the use of paterorphilostakanes as an opical maintenance transmert. This growablending work will help guide doctors not only in North America, hat aromatid the work!

In Deputy Chief of Department of Earnily and Community Medicine at St. Michael's Hospital you are instrumental in helping ensure all patients who come through the doors receive a high quality of care.

It is very admirable that you also provide teaching and scholarly achine to medical students at the University of Toronto's Dalla Lans School of Pablic Health. Dr. Bandjeet, theorem Segures and your provide the second school and takents, to an resident a students, It is people falls you who help made Toronto a great place in which to line. Places accord more but values that the second school according to the sc



CELEBRATING OUR PROFESSION (cont'd)

World Family Doctor Day

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

Read more at **FamilyDocsCare.ca**

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

Ontario College of Family Physicians Leaders for a healthy Ontario

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Leaders for a healthy Ontario

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