

Practising Well: Your Community of Practice

March 5, 2021

Panelists:

Dr. Michael Kaufmann

Dr. Marcia Kostenuik

Dr. Mark Weiss

With Dr. Javed Alloo, Dr. Peter Selby

Dr. Melissa Hollowaty and Dr. Lisa Lefebvre



Challenging times: Managing our own mental health and substance use during the pandemic



Ontario College of
Family Physicians

**Practising
Well**
Teaching.
Learning.
Connecting.



Family & Community Medicine
UNIVERSITY OF TORONTO



We acknowledge that the lands on which we are hosting this meeting include the traditional territories of many nations.

The OCFP and DFCM recognize that the many injustices experienced by the Indigenous Peoples of what we now call Canada continue to affect their health and well-being. Even today, as we meet in this virtual space for reasons of improving wellness, many Indigenous communities face barriers of access to the internet and the opportunities it brings.

The OCFP and DFCM respect that Indigenous people have rich cultural and traditional practices that have been known to improve health outcomes.

I invite all of us to stay mindful and reflect on this from the territories where you sit or stand today, as we commit ourselves to gaining knowledge, forging a new, culturally safe relationship, and contributing to reconciliation.

Our Stories : First Peoples in Canada

Online living narrative and downloadable book
Centennial College.

<https://ecampusontario.pressbooks.pub/indigstudies/>



<https://ecampusontario.pressbooks.pub/indigstudies/chapter/four-direction-teachings/>



Introducing



Ontario College of
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**Practising
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Practising Well is a new OCFP program, designed to support you in providing the best care possible for your patients with mental health, substance use disorders and chronic pain. It's a flexible community and self-guided resource that is here to give what you need at any time.

At the core of *Practising Well* are three distinct, yet interrelated parts



Community of Practice



Information Exchange

coming soon



Peer to Peer Connect

A Community of Practice by family physicians, for family physicians, to connect in real time with, and learn from, others who are working with patients to address their mental health, substance use disorder and chronic pain.

Anchored by monthly virtual sessions.

Educational Credits

This one-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 1 Mainpro+ credits.

The Practising Well Community of Practice includes a series of planned webinars. Each session is worth 1 Mainpro+ credits, for up to a total of 12 credits.



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At the core of **Practising Well** are three distinct, yet interrelated parts:



Community of Practice

A Community of Practice by family physicians, for family physicians, to connect in real time with, and learn from, others who are working with patients to address their mental health, substance use disorder and chronic pain. Anchored by monthly virtual sessions

coming soon



Information Exchange

An easy-to-navigate online repository of information on treating patients in the areas of mental health, substance use disorder and chronic pain, designed to help you quickly find what you're looking for.



Peer to Peer Connect

An opportunity to partner with another family physician in a one-on-one setting, and share experiences and best practices in the treatment of mental health, substance use disorder and chronic pain.

Learning Objectives

- 1. Give examples of how this community of practice has increased your ability** to identify barriers and solutions to diagnose, treat, counsel and connect patients to local resources for a range of complexities in mental health, chronic pain and substance use disorders ([Family Medicine Expert, Health Advocate](#)).
- 2. Identify strategies to provide patient-centred approaches** to diagnosing, treating, counselling and connecting patients who have a range of complexities in mental health, substance use disorders and chronic pain ([Communicator, Collaborator, Health Advocate](#)).
- 3. Implement strategies in your own practice** that will advance integrated care at a local/regional (including Ontario Health Team) level for patients who have a range of complexities in mental health, chronic pain or substance use disorders ([Collaborator](#)).
- 4. List strategies developed or re-enforced through the community of practice** to identify and manage physician burnout, build personal and professional resilience, and support a sustainable practice ([Professional](#)).

Disclosure of Financial Support

This program has received funding from the Ontario Ministry of Health and in-kind support from the Ontario College of Family Physicians and the Department of Family and Community Medicine, University of Toronto.

Potential for conflict(s) of interest:

N/A

Mitigating Potential Bias

- The Scientific Planning Committee (SPC) has control over the choice of topics and speakers.
- Content has been developed according to the standards and expectations of the Mainpro+ certification program.
- The program content was reviewed by the SPC.

SPC: Dr. Javed Alloo, Dr. Lisa Lefebvre, Dr. Melissa Holowaty, Susan Taylor (OCFP Staff) and Leigh Anne Butler (OCFP Staff)

Please introduce yourself in the chat!



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@OntarioCollege

#PractisingWell



Challenging times: Managing our own mental health and substance use during the pandemic

Your Panelists:



Dr. Michael Kaufmann
Medical Director Emeritus
Physician Health Program, Ontario
Medical Association



Dr. Marcia Kostenuik
Creator of Psychological First
Aid Tools for COVID-19
[@DrKostenuik](#)



Dr. Mark Weiss
Medical Director at Renascent



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Your Panelists:



Dr. Michael Kaufmann
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Physician Health Program, Ontario
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Speaker Disclosure

- Relationships with financial sponsors (including honoraria): Ontario College of Family Physicians
- Others: William Osler Healthcare System, OMA Physician Health Program and OMA Insurance, Director of Physician Wellness



Challenging times: Managing our own mental health and substance use during the pandemic

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Dr. Marcia Kostenuik
Creator of Psychological First
Aid Tools for COVID-19
[@DrKostenuik](#)

Speaker Disclosure

- Relationships with financial sponsors (including honoraria): CMA, Joule, Health Canada, McMaster, Vaughan CHC, YMCA, Medical Psychotherapy Association of Canada, Ontario College of Family Physicians



Challenging times: Managing our own mental health and substance use during the pandemic

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Dr. Mark Weiss
Medical Director at Renascent

Speaker Disclosure

- Relationships with financial sponsors (including honoraria): Ontario College of Family Physicians
- Others: Renascent, Medical Director



A community of practice supporting family doctors in managing mental health and substance use disorders, and chronic pain.



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With the support of:



Dr. Peter Selby

Interim Vice-Chair of Research and
Giblon Professor;
Vice-Chair, Mental Health &
Addiction at the Department of
Family & Community Medicine,
University of Toronto.

[@drpselby](#)



Dr. Melissa Holowaty

Co-chair, Implementation Committee
Practising Well, OCFP

[@MnHolowaty](#)



Dr. Lisa Lefebvre

Co-chair, Implementation Committee
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[@DrLisaLefebvre](#)

Speaker Disclosure

Speaker Name: **Dr. Peter Selby**

- Relationships with financial sponsors (including honoraria): York Region, CAMH, ECHO, ASAM, FAME, Local CHC, Veteran's Affairs Canada
- Advisory Board/Speaker's Bureau: Canadian Centre on Substance Use and Addiction, CCO, ECHO Ontario, MOHLTC, CAMH – Medical Advisory Committee, Dalla Lana (U of T) – Youth Vaping Cessation
- Other: Pfizer Inc., Johnson & Johnson, Novartis

Speaker Name: **Dr. Melissa Holowaty**

- Relationships with financial sponsors (including honoraria): Ontario Medical Association - Board Director, VP HPE Medical Society, Society of Rural Physicians of Canada – Board Member (ended May 2020), College of Family Physicians of Canada – Chair, MIG on Addiction Medicine, ECHO Liver – Advisory Board Member, META:PHI – Advisory Board Member, Ontario College of Family Physicians – CMNs (ended 2019) and Practising Well SPC
- Grants/Research Support: Canadian Institute of Health Research (2019)
- Speakers Bureau/Honoraria: Allergan – Botox Injection Instruction (2019)

Speaker Name: **Dr. Lisa Lefebvre**

- Relationships with financial sponsors (including honoraria): Indivior, Ontario Pharmacists Association, Canadian Pharmacists Association, Ontario College of Family Physicians – Practising Well SPC



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With the support of:

Susan Taylor

Director,
Education and Practice Supports
Ontario College of Family Physicians



Leigh Anne Butler

Program Analyst
Education and Practice Supports
Ontario College of Family Physicians

June Yee

Manager
Member Engagement
Ontario College of Family Physicians



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Facilitating our conversation:

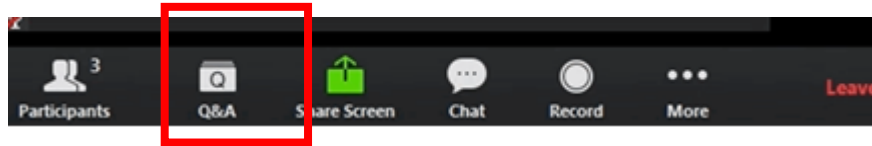


Dr. Javed Alloo
Clinical Lead,
Primary Care Integration,
Ontario College of Family Physicians
[@javedaloo](#)

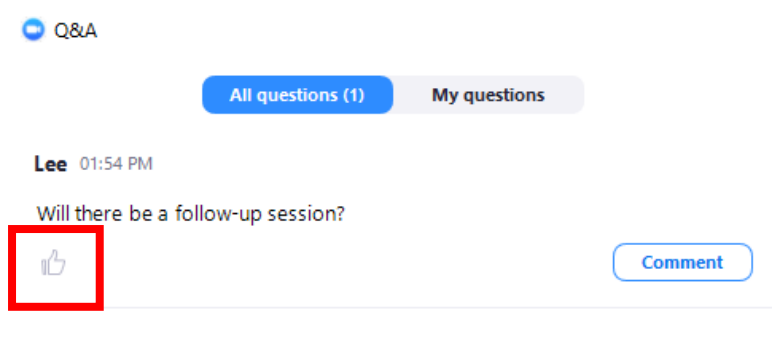
Speaker Disclosure

- Relationships with financial sponsors (including honoraria): College of Family Physicians of Canada, Centre for Effective Practice, Ontario Medical Association, Section on General and Family Practice, Centre for Addiction and Mental Health, Trillium Hospitals, Memotext, Ontario College of Family Physicians – Practising Well SPC
- Grants/Research Support: Canadian Institute of Health Research, U of T
- Speakers Bureau/Honoraria: Novo Nordisk Canada, Boehringer Ingelheim, Lupin, Astra Zeneca, Roche, Novopharm, Eli Lilly

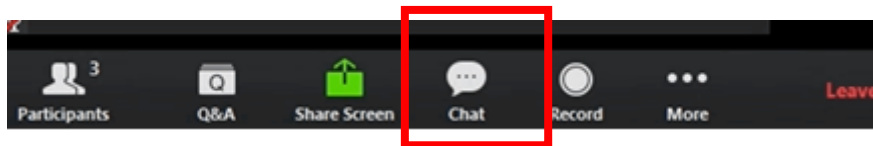
How to Participate



- Use the Q&A window to ask questions to the panelists; some questions will be answered verbally and some answers will be written directly in the Q&A window.



Click “thumbs up” to up-vote questions you see on the list, to make sure they’re answered.



- Use the chatbox to share reflections or resources.

Challenging times:
**Managing our own mental health and
substance use during the pandemic**



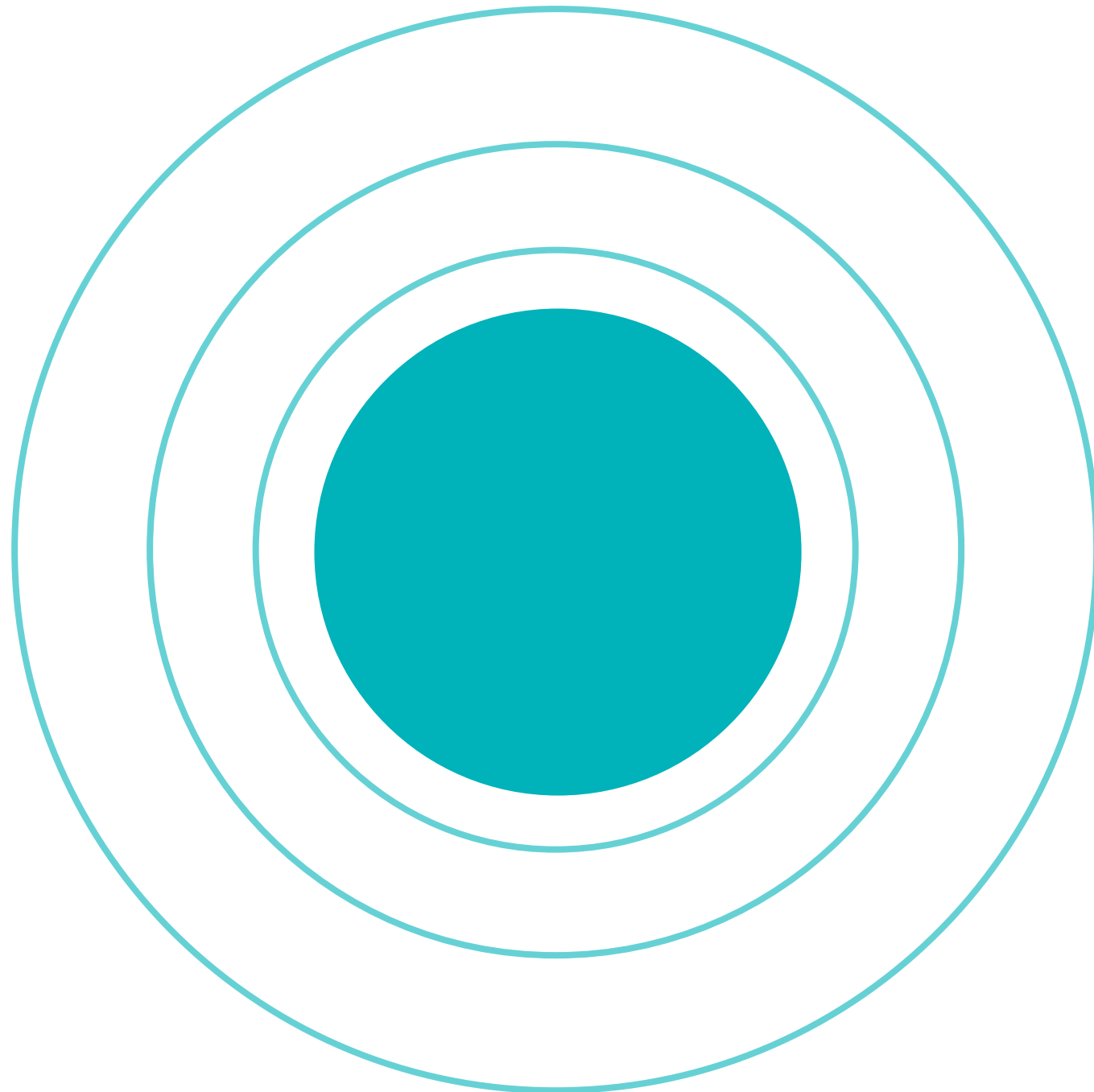
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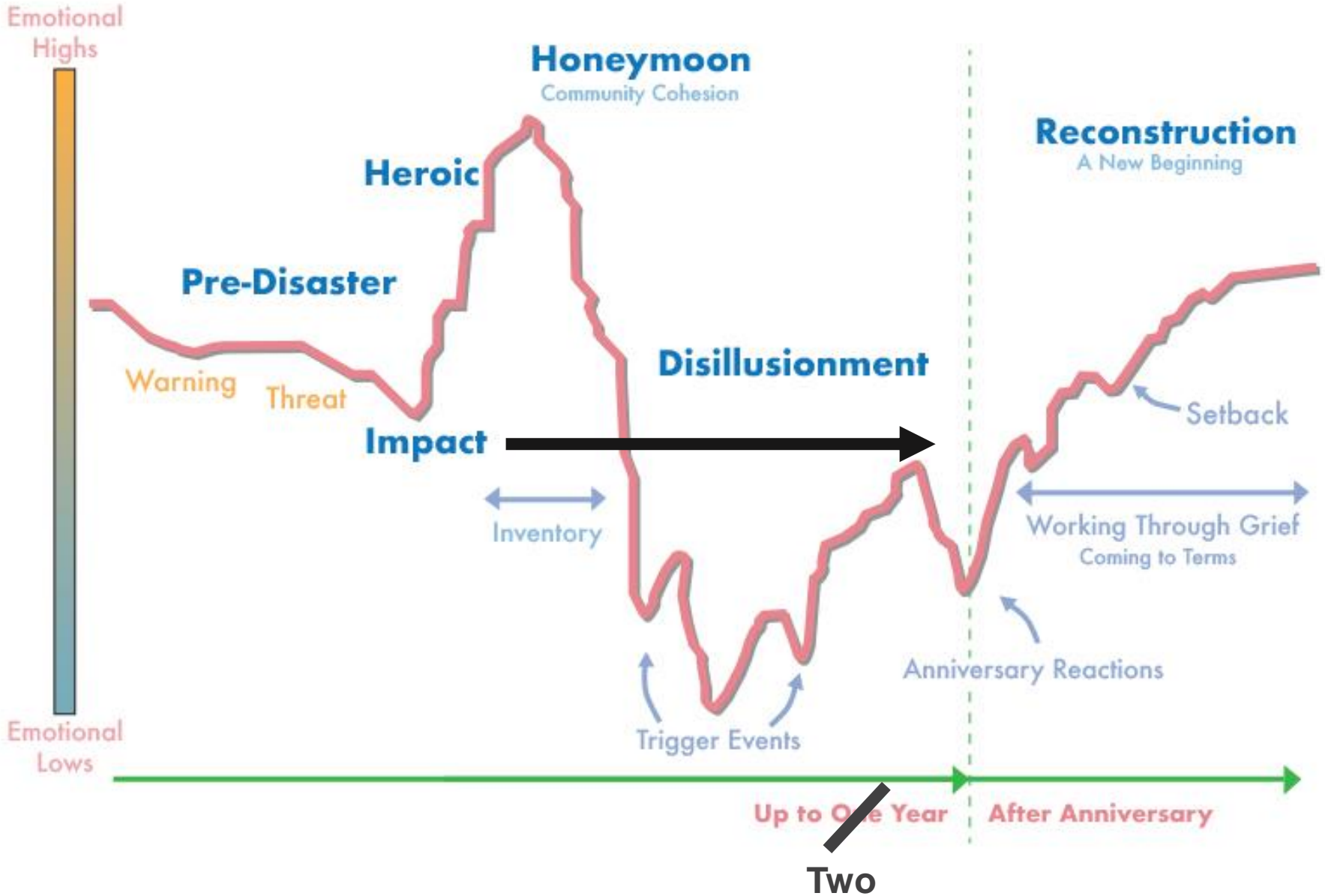
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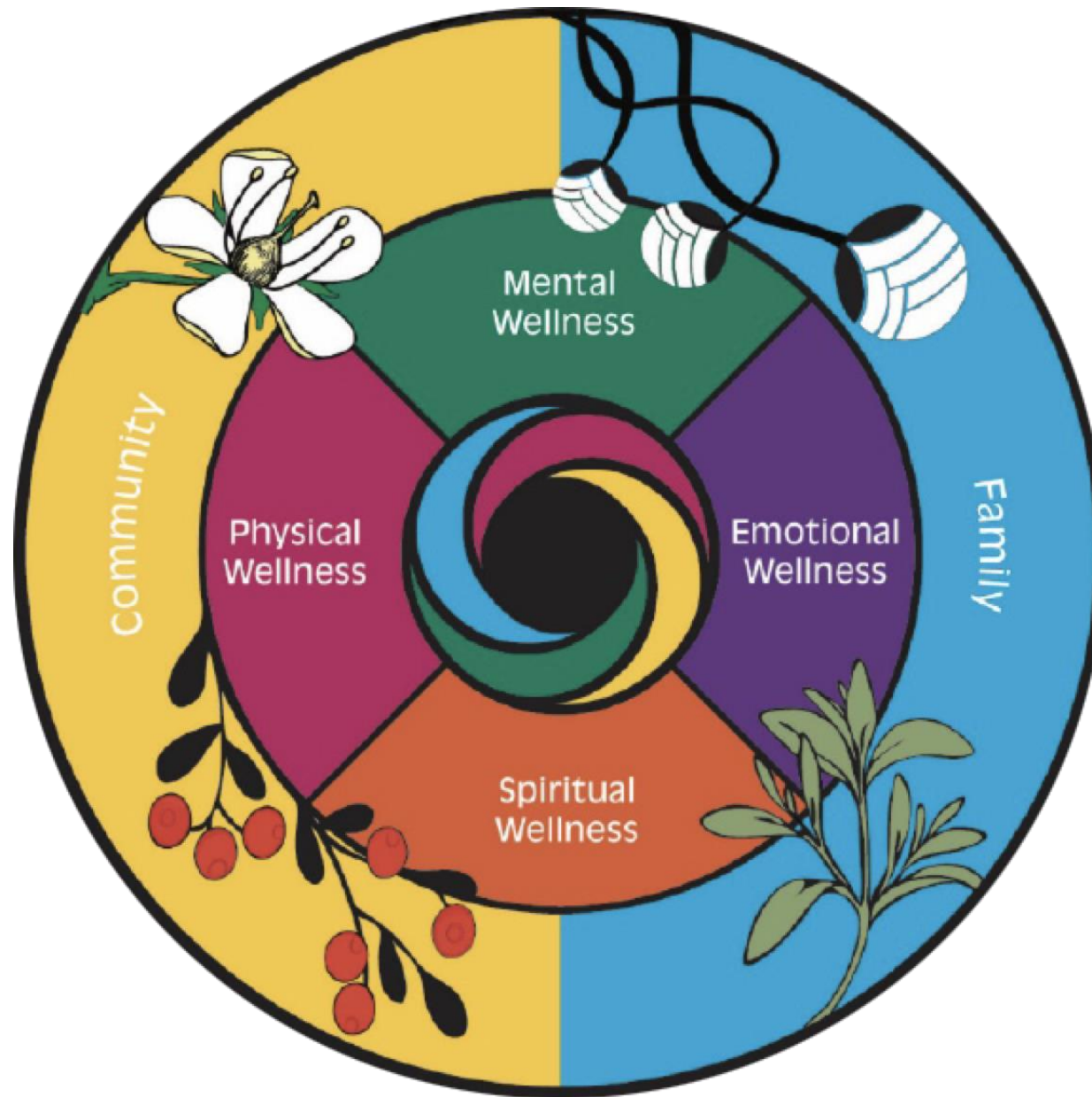


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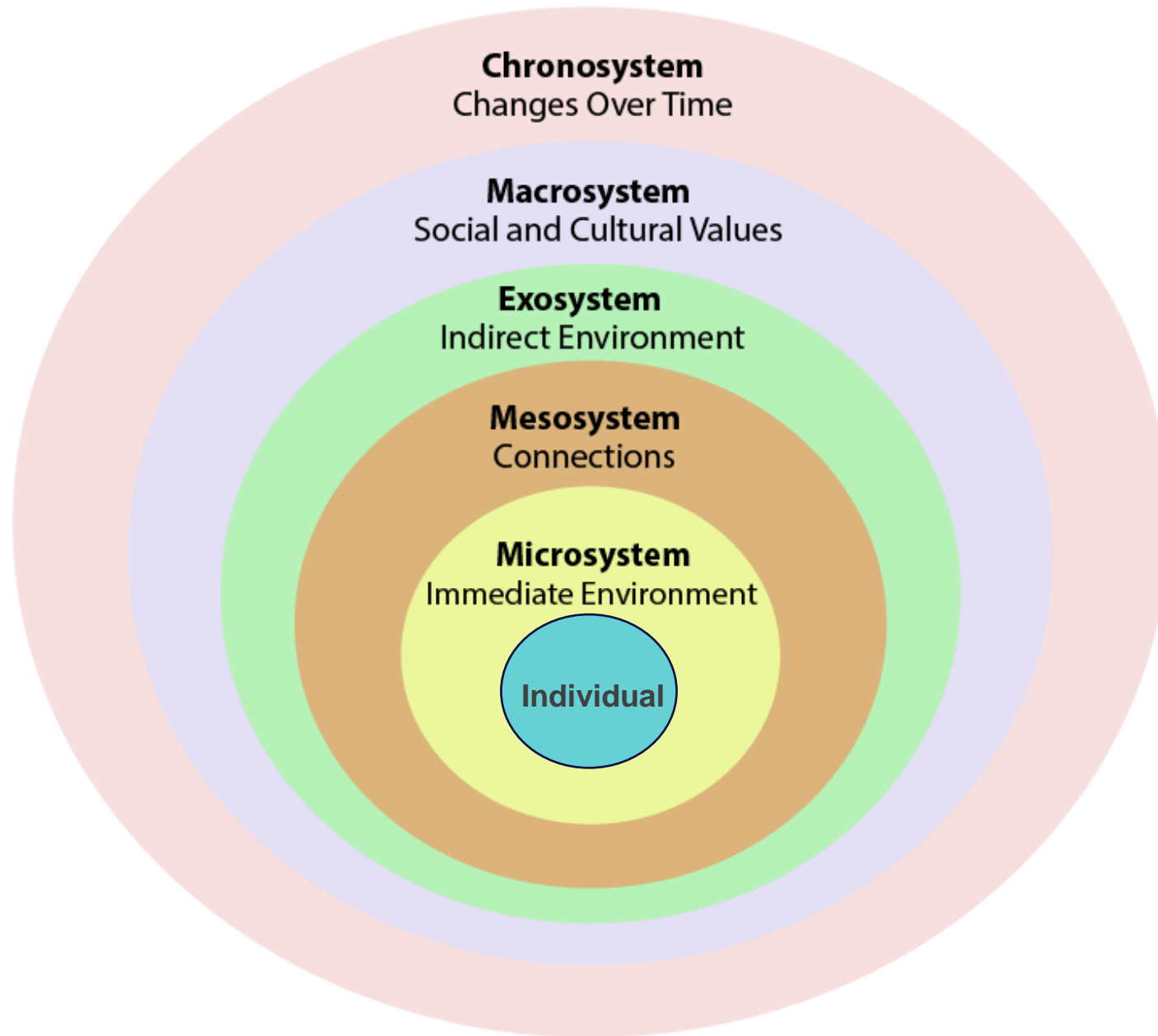


Two



Medicine Wheel

First Nations, Inuit and
Metis Wellness ECHO
at CAMH



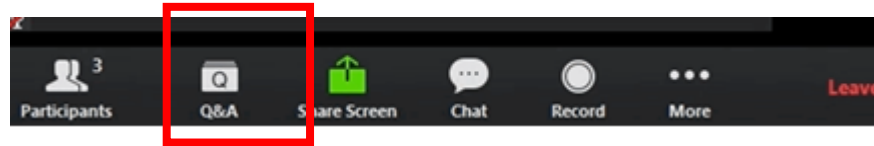
**Ecological Systems
Perspective of Health**

Bronfenbrenner et al.

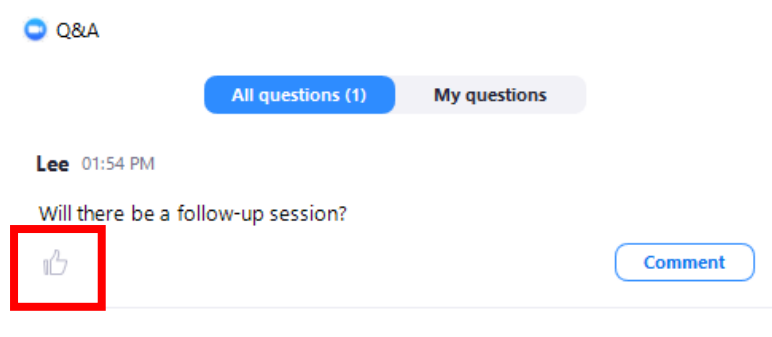


Quadruple Aim
Institute for Healthcare
Improvement (IHI)

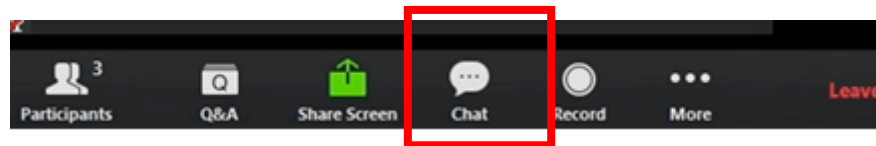
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Dr. Marcia Kostenuik
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Resources

Links to resources shared today will be sent to participants following the session.

Resources

- [Ontario College of Family Physicians](#)



Physician Wellness Resources

▶ ONE-ON-ONE SUPPORT FOR PHYSICIANS

- **Ontario Medical Association (OMA) – 24/7 Confidential 1:1 Support**, including weekly group chat sessions, and wellness resources for physicians, residents and medical students and supportive services for their families as part of the Physician Health Program – confidential line **1-800-851-6606** or email php@oma.org | cma.ca/supportline/ontario
- **Canadian Psychological Association (CPA)** – Psychologists on the list will respond within 24 hours to requests from healthcare workers and provide services at no charge – cpa.ca/corona-virus/psychservices/#Ontario

Resources

- [OMA Physician Health Program](#)
 - 1-800-851-6606
 - [Burnout Podcast Series](#)
 - [Mental Health in the Context of COVID-19 Webinar Recording](#)
- [CMA Physician Wellness Hub](#)
- [CMA Wellness Connection Calendar for Peer Support](#)
- [CMA Joule COVID-19 Learning Series: Mindfulness workshops](#)
- [Psychological First Aid Tools for COVID-19](#)
- www.drkostenuik.com

Physician Wellness Hub Physicians and Medical Learners Leaders Topics A to Z

A new era in physician health and wellness

Now more than ever, physician wellness is a priority. Together we can create a way forward. This Hub provides reliable wellness tools and resources to empower physicians, medical learners and leaders to create change in the culture of medicine.

[About the Physician Wellness Hub →](#)



COVID-19 is putting unprecedented pressures on medical professionals and health care systems. This learning series is intended to provide expert support and guidance to help physicians and medical learners cope.

Mindfulness workshops (LIVE)

These 60-minute interactive, online workshops introduce the core components of Mindfulness Practice, an internationally recognized program to help physicians incorporate mindfulness into their clinical work. Instructors are graduates of the University of Rochester Medical Center Mindful Practice longitudinal internship program.

Coping during COVID-19: expert webinar series

PRINTABLE POSTERS

PSYCHOLOGICAL FIRST AID TOOLS FOR COVID-19

Feel free to print these tools for personal use.

ABC123 TOOL

Reduce Acute Emotional Distress including Anxiety, Panic and Dissociation

[Download ABC123 printable PDF](#)

Resources



- PARO 24/7 Helpline for Residents, Family Members, Medical Students
- 1-866-HELP-DOC



- <https://www.ontario.ca/#support-health-care-worker>
 - Self-led / With peers / Talk to a clinician
- [Ontario Shores Centre for Mental Health Sciences, Whitby](#)
- [St. Joseph's Healthcare, Hamilton](#)
- [The Royal Ottawa Mental Health Centre, Ottawa](#)
- [Waypoint Centre for Mental Health Care, Penetanguishene](#)
- [Centre for Addictions and Mental Health \(CAMH\), Toronto](#)

ECHO·ONMH

Project ECHO® Ontario Mental Health
at CAMH & The University of Toronto

- ECHO Coping with COVID
 - for health providers (educational credits)
 - Fridays 2-3pm EST

<https://camh.echoontario.ca/echo-coping-with-covid/>

Psychological First Aid Tools for COVID-19



Psychological First Aid Tools®

For Acute Emotional Distress: ABC123 tool

A	Awareness	Notice your body, hands, legs, feet. Orient to self, place, date, time
B	Breathe	Take 3 long slow comfortable breaths with prolonged exhale
C	Count	3 things you can see, hear, feel, smell, taste
1	ONE THING	What is the 1 next thing for you to do right now?
2	TWO STRENGTHS	What are 2 strengths you can draw on? (internal and external resources)
3	THREE THANKS	What are 3 things you are grateful for? (large or small)

Psychosocial Support During a Pandemic: L.A.R.G.E. tool

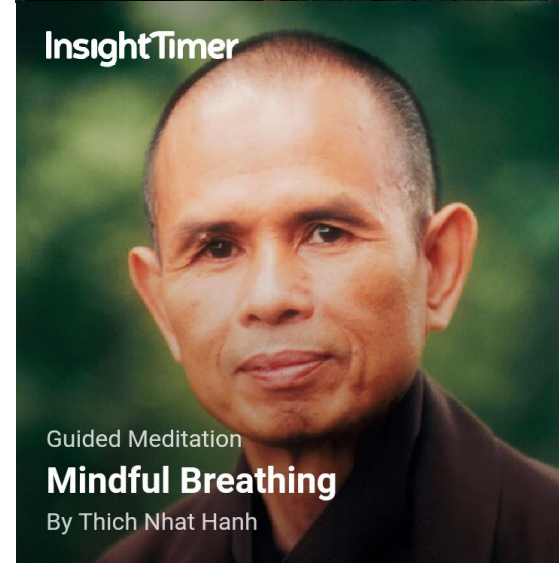
L	Listen	Listen actively, show concern, be patient. Listening helps.
A	Answer	Provide facts related to pandemic; help with problem-solving
R	Refer*	Recognize red flags and the need for more specialized care
G	Group	Facilitate connection with groups (E.g. family, friends, community, religious, spiritual support)
E	Engage	Encourage follow-up with yourself or designated other

*Referral Criteria: persistent or worsening symptoms; serious difficulties in family, work, social life; risk of complications, especially suicide; substance abuse; major depression, psychosis, post-traumatic stress disorder; any other serious safety concern.

Resources

Practising meditation:

- <https://palousemindfulness.com/>
- Insight Timer App:
- Tara Brach: Breath and Awareness
- <https://insig.ht/oqDEPksKmeb>
- Jack Kornfield: Equanimity
- <https://insig.ht/LrPsKH8Jmeb>
- UCLA: Loving Kindness Meditation
- <https://insig.ht/wHdTnWnKmeb>
- Thich Nhat Hanh: Mindful Breathing
- <https://insig.ht/QwXRKXlKmeb>





Questions?

Thank You!

Please complete the session evaluation that will be emailed to you shortly following this session.

Please join us for the next live online session on Wed Apr 28!
Questions? Contact the OCFP at practisingwell@ocfp.on.ca.

This one-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 1 Mainpro+ credit.

The Practising Well Community of Practice includes a series of planned live, interactive sessions. Each session is worth 1 Mainpro+ credits, for up to a total of 12 credits.

Certificates will be emailed to attendees within the two weeks.



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