

Practising Well Community of Practice

Caring for people with alcohol use disorder

May 26, 2021

The Practising Well Community of Practice is an intentional conversation for shared learning hosted by the OCFP. The Practising Well Community of Practice is one component of the **OCFP's Practising Well Program**. You can reach us by email at practisingwell@ocfp.on.ca.

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**. It is an active and engaged online community that gives you access to a deep well of knowledge to make your practice easier today, and to improve it in the future.

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

- Practising Well Community of Practice
- Practising Well Information Exchange: An easy-to-navigate online repository of information.
- Practising Well Peer-to-Peer Connect: An opportunity to partner with another family physician in a one-on-one setting, and share experiences and best practices.

General Resources

- Practising Well - <https://www.ontariofamilyphysicians.ca/education/practising-well>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

Shared Resources

- CEP Alcohol Use Disorder Toolkit - <https://cep.health/clinical-products/alcohol-use-disorder>
- META:PHI - <https://www.metaphi.ca/>
- OMA Physician Health Program - <https://php.oma.org/>
- Connex Ontario - <https://www.connexontario.ca/en-ca/>
- **Ontario Health Problematic Alcohol Use and Alcohol Use Disorder Quality Standard**
 - Quality Standard - <https://hqontario.ca/Portals/0/documents/evidence/quality-standards/qs-alcohol-use-disorder-quality-standard-en.pdf>
 - Patient Guide - <https://hqontario.ca/Portals/0/documents/evidence/quality-standards/qs-alcohol-use-disorder-patient-guide-en.pdf>
 - Case for Improvement Slides - <https://www.hqontario.ca/Portals/0/documents/evidence/quality-standards/qs-alcohol-use-disorder-case-for-improvement-en.pptx>
 - Quorum – Tools for Implementation - <https://quorum.hqontario.ca/en/Home/Posts/Problematic-Alcohol-Use-and-Alcohol-Use-Disorder-Quality-Standard-Tools-for-Implementation>
 - Getting Started Guide - <https://hqontario.ca/Portals/0/documents/evidence/quality-standards/getting-started-guide-en.pdf>
- Centre for Addiction and Mental Health Care Provider (HCP) Resource Site - <http://www.camh.ca/covid19hcw>
- Portico Primary Care Addiction Toolkit (CAMH) - <https://www.porticonetwork.ca/tools/toolkits/pcat>
- CCSA low risk drinking guidelines - <https://www.ccsa.ca/canadas-low-risk-alcohol-drinking-guidelines-brochure>
- The Bubble Hour Podcast (Jenny's path to recovery) - <http://www.thebubblehour.com/>

Screening Resources

- NIAAA Single Question “At Risk” Alcohol Use Question - <https://www.niaaa.nih.gov/health-professionals-communities>
- AUDIT-C questionnaire (3 questions) - <https://www.gmmh.nhs.uk/download.cfm?doc=docm93jjm4n639.pdf&ver=1017>
- AUDIT questionnaire (10 questions) (Alcohol Use Disorders Identification Test) - <https://auditscreen.org>

Resources to Share with Patients

- A ReThink of the Way we Drink - <https://www.youtube.com/watch?v=tbKbq2lytC4>
- App to track alcohol use - <https://www.camh.ca/en/camh-news-and-stories/introducing-the-saying-when-app>
- Low risk drinking guide - <https://www.camh.ca/-/media/files/canadas-low-risk-guidelines-pdf.pdf>
- Alcoholics Anonymous - <https://www.aatoronto.org/>
- Online Alcoholics Anonymous Meetings - <https://aa-intergroup.org/oiaa/meetings/>
- SMART Recovery - <https://www.smartrecoverytest.org/local/>
- Women for Sobriety - <https://womenforsobriety.org/>
- She Recovers Foundation - <https://sherecovers.org/>