

Practising Well: Your Community of Practice

May 26, 2021

Panelists:

Dr. Bjug Borgundvaag
Dr. Adam Newman
Dr. Natasha St-Onge

With Dr. Javed Alloo, Dr. Peter Selby and
Dr. Melissa Holowaty



Caring for people with alcohol use disorder



Ontario College of
Family Physicians

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



Family & Community Medicine
UNIVERSITY OF TORONTO

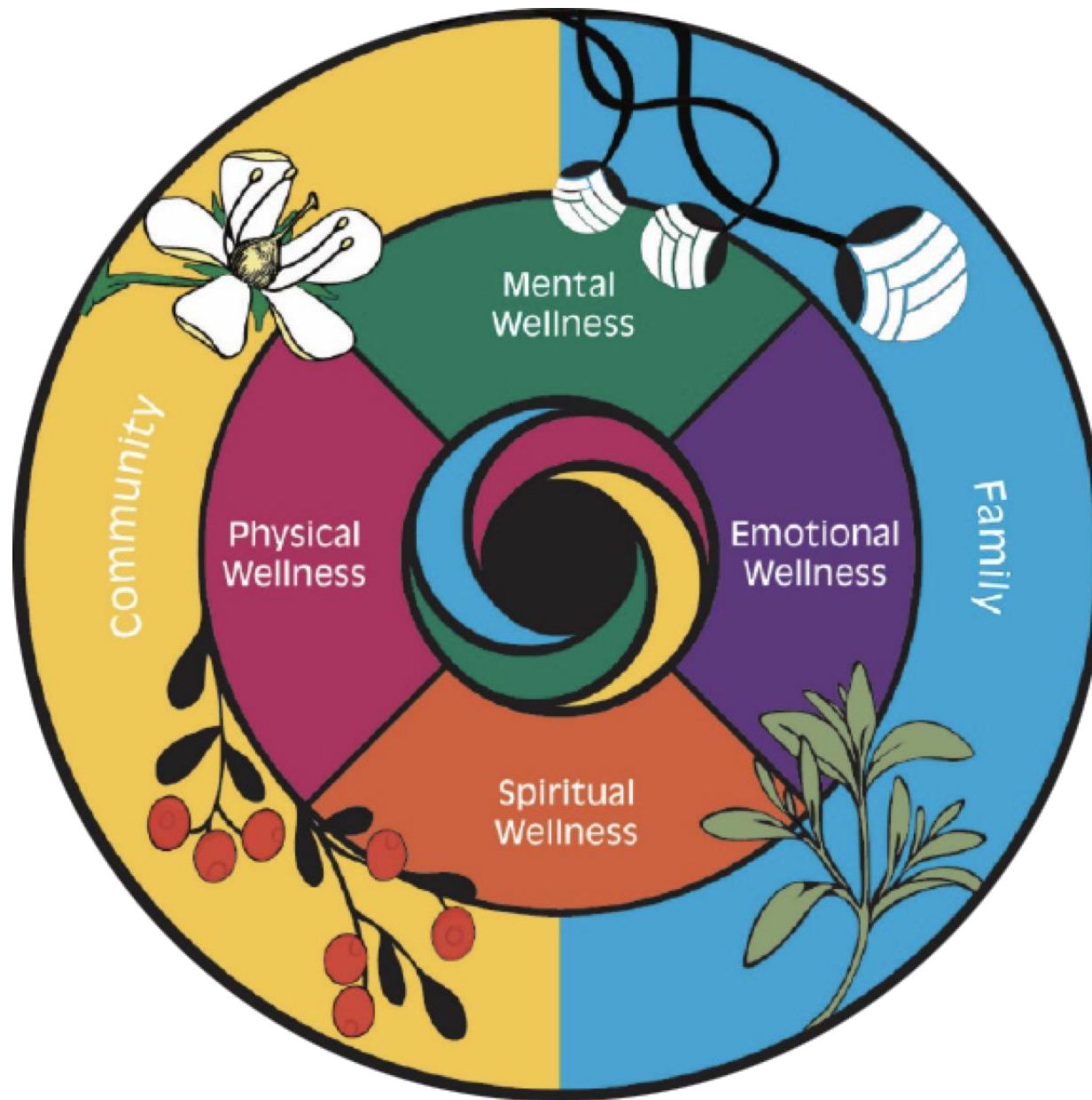


We acknowledge that the lands on which we are hosting this meeting include the traditional territories of many nations.

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.



Medicine Wheel

First Nations, Inuit and
Metis Wellness ECHO
at CAMH

Your Panelists



Dr. Bjug Borgundvaag

Relationships with financial sponsors (including honoraria):

- Speakers Bureau/Honoraria: Ontario College of Family Physicians (Practising Well CoP)
- Other: Schwartz/Reisman Emergency Medicine Institute, Sinai Health (employed)



Dr. Adam Newman

Relationships with financial sponsors (including honoraria):

- Speakers Bureau/Honoraria: Knight Therapeutics, Ontario College of Family Physicians (Practising Well CoP)



Dr. Natasha St-Onge

Relationship with financial sponsors (including honoraria):

- Speakers Bureau/Honoraria: Eli Lilly, Ontario College of Family Physicians (Practising Well CoP)
- Grants and Research: Centre for Effective Practice (Alcohol Use Disorder clinical practice tool)

Disclosures

Moderator Disclosures: **Dr. Javed Alloo** @javedaloo

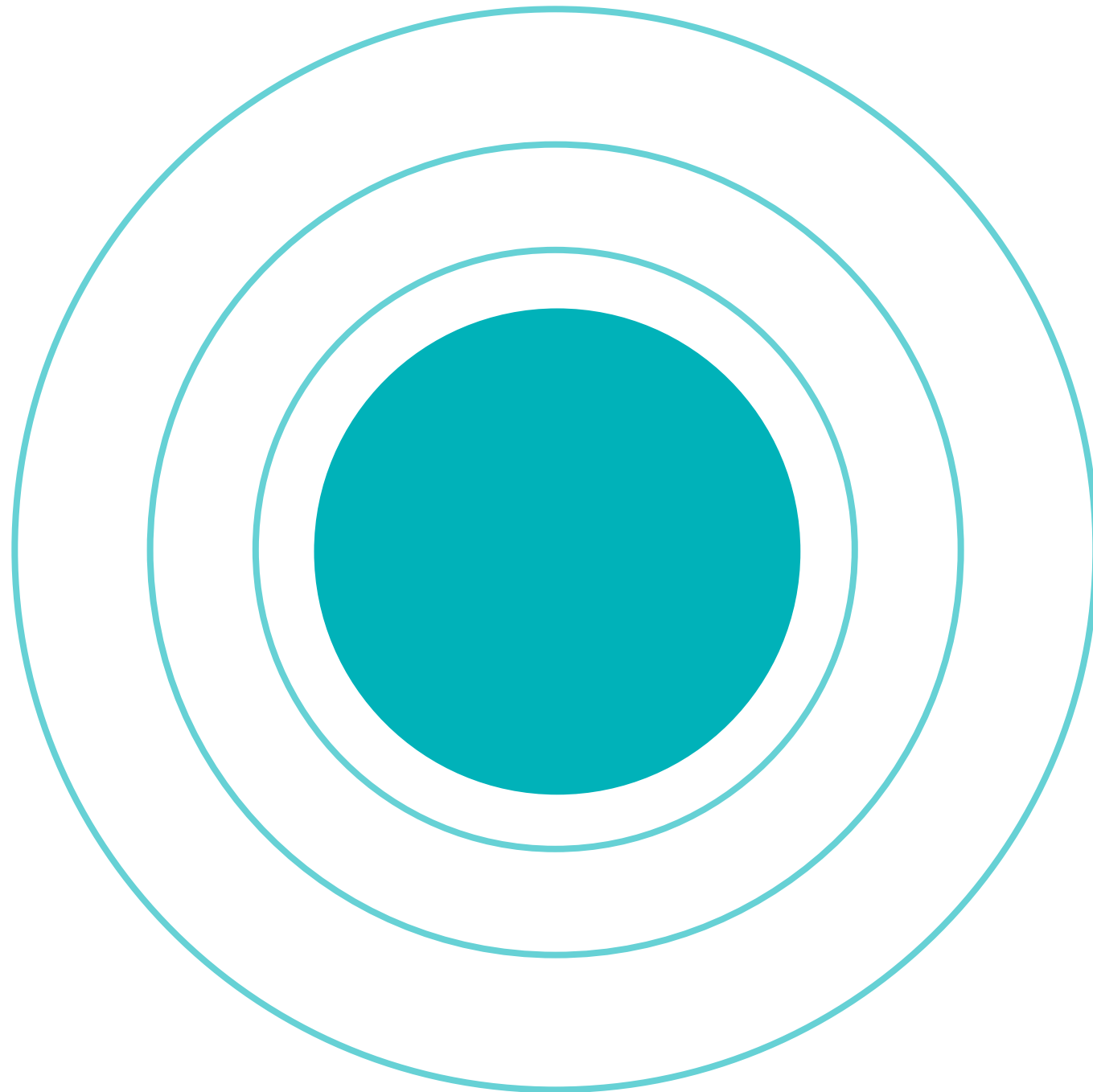
- Relationships with financial sponsors (including honoraria): College of Family Physicians of Canada, Centre for Effective Practice, Ontario Medical Association, Section on General and Family Practice, Centre for Addiction and Mental Health, Trillium Hospitals, Memotext, Ontario College of Family Physicians – 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

Name: **Dr. Melissa Holowaty** @MnHolowaty

- 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)

Name: **Dr. Peter Selby** @drpselby

- 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



Caring for people with alcohol use disorder

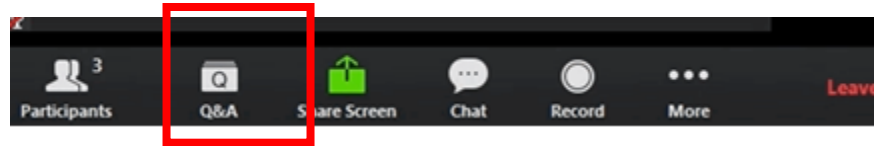
You raised important questions we'll try work through together today:

- What is the impact of the pandemic on alcohol use?
- How to support patient with adherence to programs?
- How to address access barriers to pharmacologic management?
- How to manage sleep & function for those recovering from alcohol use disorder

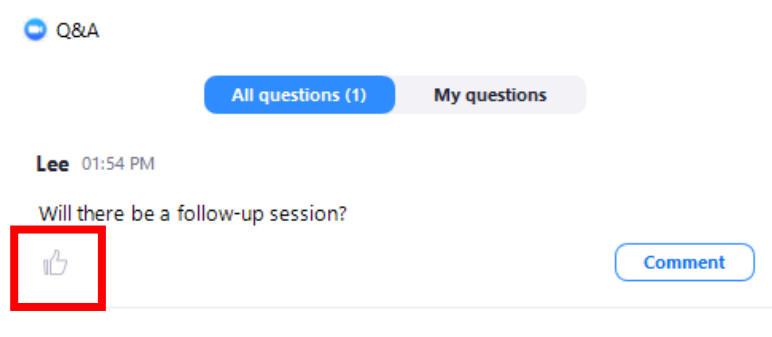
And other questions you add in the Q&A box...



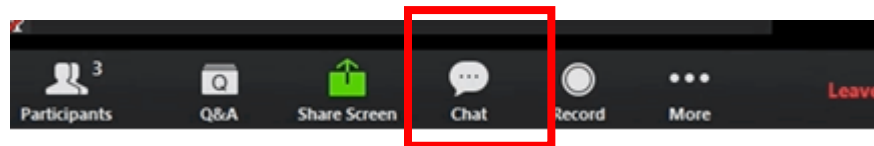
How to Participate



- 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 chat to share reflections or resources.

Please introduce yourself in the chat!



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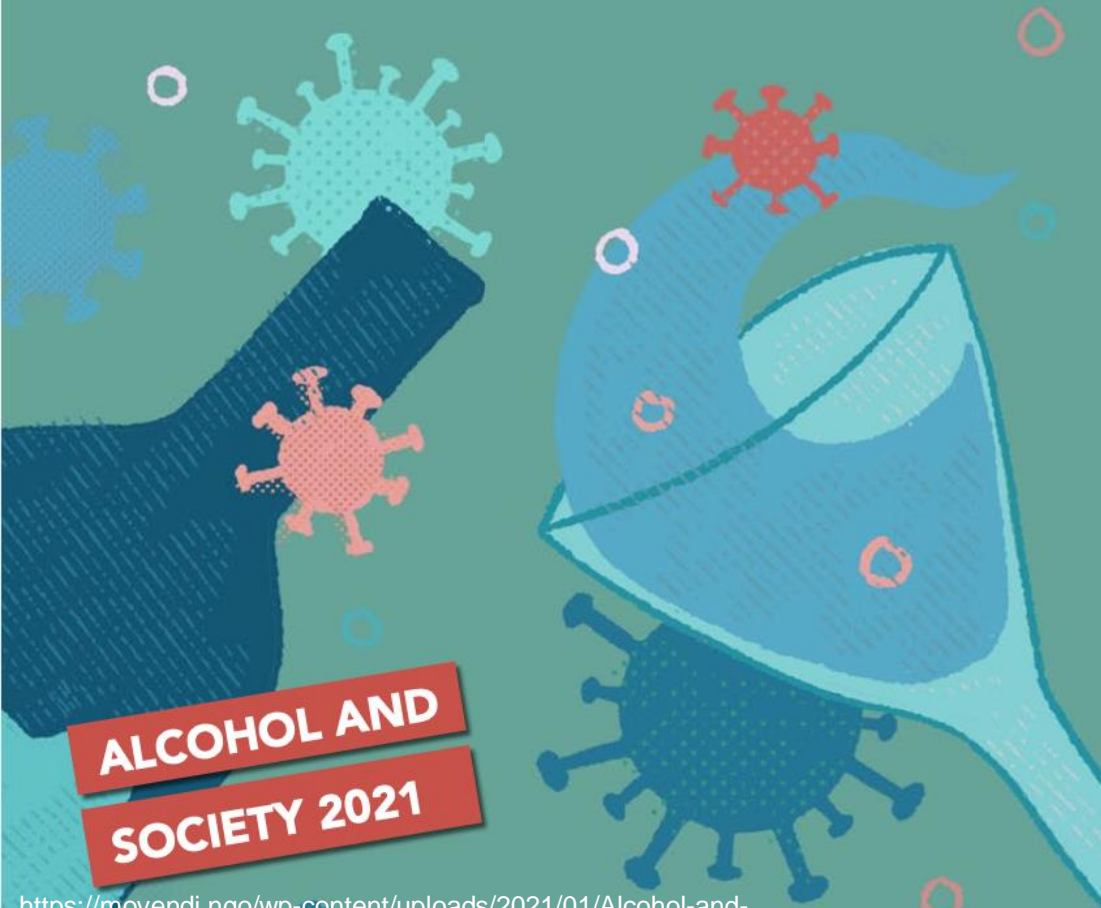
@OntarioCollege

#PractisingWell

SPECIAL EDITION

Alcohol and the coronavirus pandemic:

individual, societal and policy perspectives



ALCOHOL AND SOCIETY 2021

https://movendi.ngo/wp-content/uploads/2021/01/Alcohol-and-the-coronavirus-pandemic_Alcohol-and-society-2021_report_en.pdf
A REVIEW OF INTERNATIONAL AND SWEDISH RESEARCH

Don't mix melancholy with alcohol during a pandemic.

[Québec.ca/AlcoolDroguesJeu](https://www.quebec.ca/AlcoolDroguesJeu)



Votre gouvernement

Québec

<https://www.youtube.com/watch?v=7aXfewKsHto>



Alcohol	Total	♂	♀
Alcohol use	78.2%	79.5%	76.9%
Heavy Drinker	24.4%	28.1%	20.8%
Age 20-24 yrs	40.5%		

Increased alcohol consumption since the start of the pandemic:

18-35 yo : 21%

35-54 yo : 25%

Factors cited: lack of regular schedule, boredom (♂#1) and stress (♀#1).

Nanos poll: Canadian Centre on Substance use and Addictions April, 2020



- Increases in hazardous alcohol use
- >2-fold increase in rates of alcohol dependency or harmful use (data from China)

A cascade of care for alcohol use disorder: Using 2015–2019 National Survey on Drug Use and Health data to identify gaps in past 12-month care

Carrie M. Mintz, Sarah M. Hartz, Sherri L. Fisher, Alex T. Ramsey, Elvin H.

Geng, Richard A. Grucza, Laura J. Bierut

16 May 2021

<https://onlinelibrary.wiley.com/doi/10.1111/acer.14609>



PEOPLE WITH ALCOHOL

USE DISORDER GO

LARGELY UNTREATED

MAY 24TH, 2021

POSTED BY **JIM DRYDEN-WUSTL**

<https://www.futurity.org/alcohol-use-disorder-2570092-2/>

Of those meeting criteria for Alcohol Use Disorder:

- **81% had received medical care for other issues** in a doctor's office or spent time in a hospital or clinic during the previous year.
- **But only 12% reported they had been advised to cut down** on their drinking;
- **Only 5% were offered information** about treatment for AUD;
- **Only 6% received treatment**, some of whom did not receive a referral from their doctor but sought out treatment on their own.



Support for you and those you care about.

OMA Physician Health Program
<https://php.oma.org/>

Centre for Addiction and Mental Health
Health Care Provider (HCP) Resource Site
<http://www.camh.ca/covid19hcw>

OMA
Physician Health Program

Search

Cal Em

About PHP | Who We Serve | What We Do | Well-Being | News and Events | Need Help?

New 24/7 services available for you and your family.
Call the Wellness Support Line.

Home Health Info Services & Resources Education Get Involved Strong Change Research

Mental Health and COVID-19

The help you need is here

Self-referral for mental health care

Your Mental Health and Self-Care



Caring for people with alcohol use disorder

Your Panelists:



Dr. Natasha St-Onge
Northern Roots Medical Group
Sudbury, ON



Dr. Adam Newman
GP Focused Practice, Kingston ON
[@dradamnewman1](#)



Dr. Bjug Borgundvaag
Mount Sinai Hospital, Toronto ON

Resources

Tools



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

Resources



- NIAAA Single Question “At Risk” Alcohol Use Question:
“Any time in the past year when you had 4 ♀ / 5 ♂ drinks in one day?”
Yes = + screen
<https://www.niaaa.nih.gov/health-professionals-communities>

AUDIT
Alcohol Use Disorders Identification Test

[About AUDIT](#) ▾ [Check Your Drinking](#) [Translations](#) [Validation Studies](#) ▾ [Drink-Less Program](#)

The AUDIT (Alcohol Use Disorders Identification Test) is a simple and effective method of screening for unhealthy alcohol use, defined as risky or hazardous consumption or any alcohol use disorder.

Based on the data from a multinational World Health Organization collaborative study, the AUDIT has become the world's most widely used **alcohol screening instrument** since its publication in 1989. It is currently available in approximately 40 languages.

- AUDIT-C questionnaire (3 questions)
<https://www.gmmh.nhs.uk/download.cfm?doc=docm93jijm4n639.pdf&ver=1017>
- AUDIT questionnaire (10 questions)
(Alcohol Use Disorders Identification Test)
<https://auditscreen.org>

Resources

- CEP Alcohol Use Disorder Tool

<https://cep.health/clinical-products/alcohol-use-disorder/>

CEP | Providers

Alcohol Use Disorder (AUD) Tool

This tool is designed to support primary care providers (family physicians and primary care nurse practitioners) in screening, diagnosing and implementing pharmacotherapy treatments for adult patients (>18 years) with Alcohol Use Disorder (AUD). Primary care providers should routinely offer medication for moderate and severe AUD. **Pharmacotherapy alone to treat AUD is better than no therapy at all.**¹ Pharmacotherapy is most effective when combined with non-pharmacotherapy, including behavioural therapy, community reinforcement, motivational enhancement, counselling and/or support groups.^{2,3}

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SECTION A: Screening for AUD

All patients should be screened routinely (e.g. annually or when indicators are observed) with a recommended tool like the [AUDIT](#).^{2,3} It is important to screen all patients and not just patients eliciting an index of suspicion for AUD, since most persons with AUD are not recognized.⁴

Consider screening for AUD when any of the following indicators are observed:

- After a recent motor vehicle accident
- Frequent work avoidance (off work slips)
- Rosacea
- Rhinophyma
- High blood pressure
- Cardiac arrhythmia
- Insomnia
- Exacerbation of sleep apnea
- Liver disease
- Chronic pain
- Social problems
- Legal problems

Special Patient Populations

A few studies have reviewed AUD in specific patient populations, including youth, older adults and pregnant or breastfeeding patients. The AUDIT screening tool considered these populations in determining the sensitivity of the tool.



Youth⁵



Older Adults^{6,7}



Pregnant or Breastfeeding^{2,5}

Resources

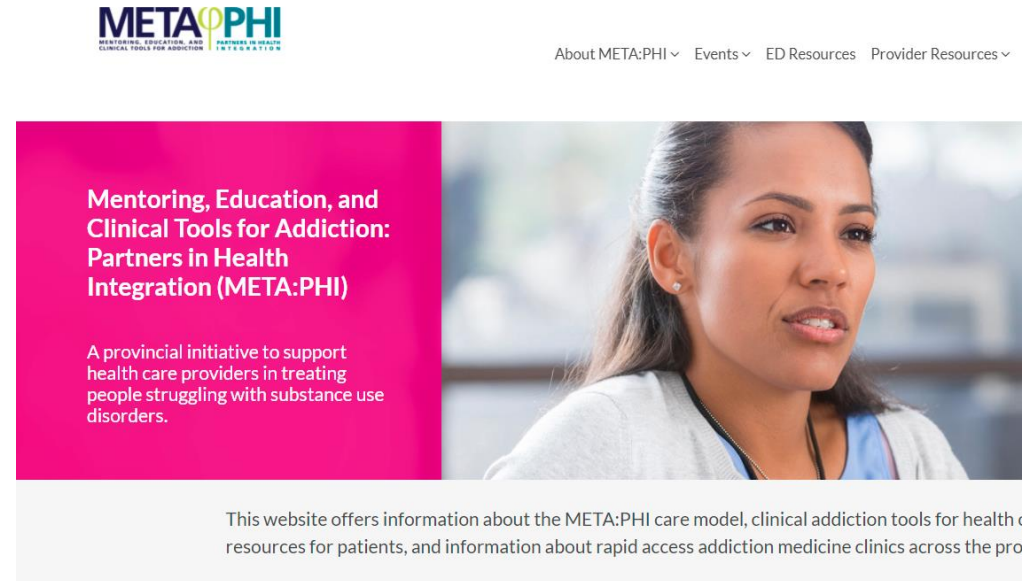
- META:PHI

<https://www.metaphi.ca/>

- ED Clinician Resources
- Provider resources
- RAAM clinic locations
- Patient resources

- Connex Ontario

<https://www.connexontario.ca/en-ca/>



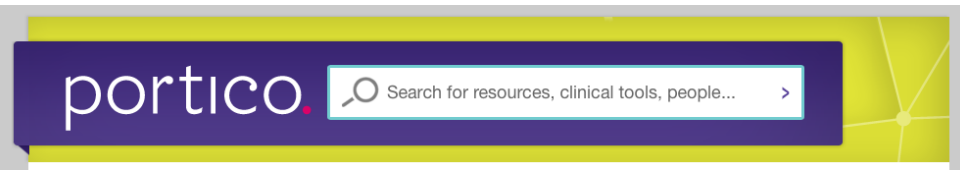
The screenshot shows the META:PHI website header with the logo and navigation menu. The hero section features a pink background with the text: "Mentoring, Education, and Clinical Tools for Addiction: Partners in Health Integration (META:PHI)". Below this, it states: "A provincial initiative to support health care providers in treating people struggling with substance use disorders." To the right is a photo of a woman. Below the hero section, a grey box contains the text: "This website offers information about the META:PHI care model, clinical addiction tools for health care providers, and information about rapid access addiction medicine clinics across the province."



The screenshot shows the Connex Ontario website header with the Ontario logo, social media icons, and the phone number 1-866-531-2600. The main logo reads "ConnexOntario" with the tagline "Discover Mental Health, Addiction and Problem Gambling Services". A green "Call Us" button is visible. The navigation menu includes: Home, About Us, What to Expect, Our Services, Products, and Contact Us. Below the navigation is a blurred green image.

Resources

- Portico Primary Care Addiction Toolkit CAMH
<https://www.porticonetwork.ca/tools/toolkits/pcat>



Primary Care Addiction Toolkit i

This practical reference is for health care providers who work in a primary care setting and who have patients with substance use problems. Based on current clinical evidence and the extensive clinical experience of the contributors and editors, the toolkit addresses common clinical issues, as well as providing useful clinical tools and resources for patients.

The *Primary Care Addiction Toolkit* includes five modules:

- [Fundamentals of addiction](#)
- [Dealing with alcohol problems](#)
- [Smoking cessation](#)
- [Opioid misuse and addiction](#)
- [Problem gambling](#)

The toolkit modules are organized into topics that include:

- screening
- assessment
- treatment and management.

Resources

- Problematic Alcohol Use and Alcohol Use Disorder

<https://www.hqontario.ca/evidence-to-improve-care/quality-standards/view-all-quality-standards/problematic-alcohol-use-and-alcohol-use-disorder>

PROBLEMATIC ALCOHOL USE AND ALCOHOL USE DISORDER

Care for People 15 Years of Age and Older

Resources ▾ The Quality Standard In Brief > Advisory Committee > About >


Search below for the quality standard; the guide for patients; slides to help share why the quality standard is needed; quality improvement tools and resources; and performance indicators to help clinicians and organizations track their progress against the standard.

Quality Standard

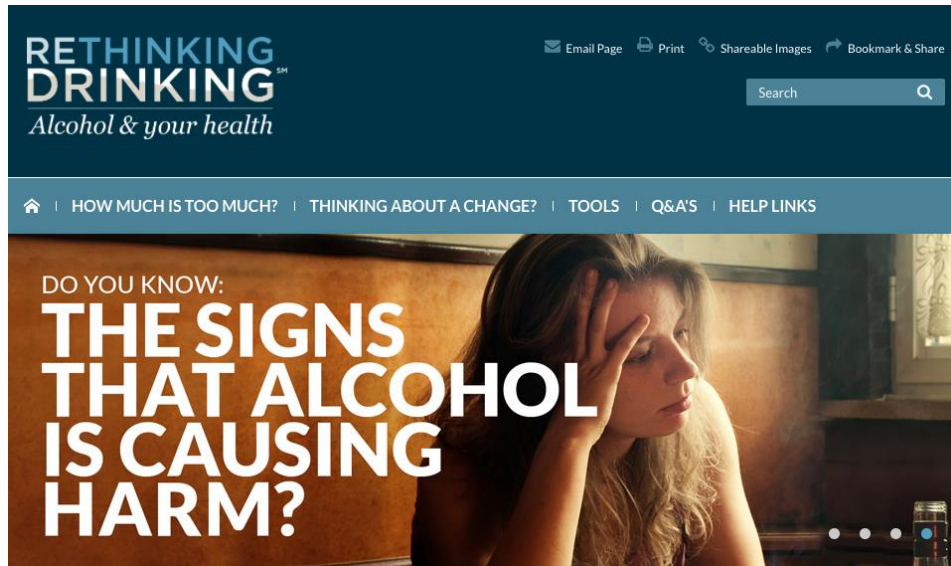
Know what quality care looks like, based on evidence and expert consensus

Problematic Alcohol Use and Alcohol Use Disorder
Care for People 15 Years of Age and Older

Patient Guide



Resources to share with patients

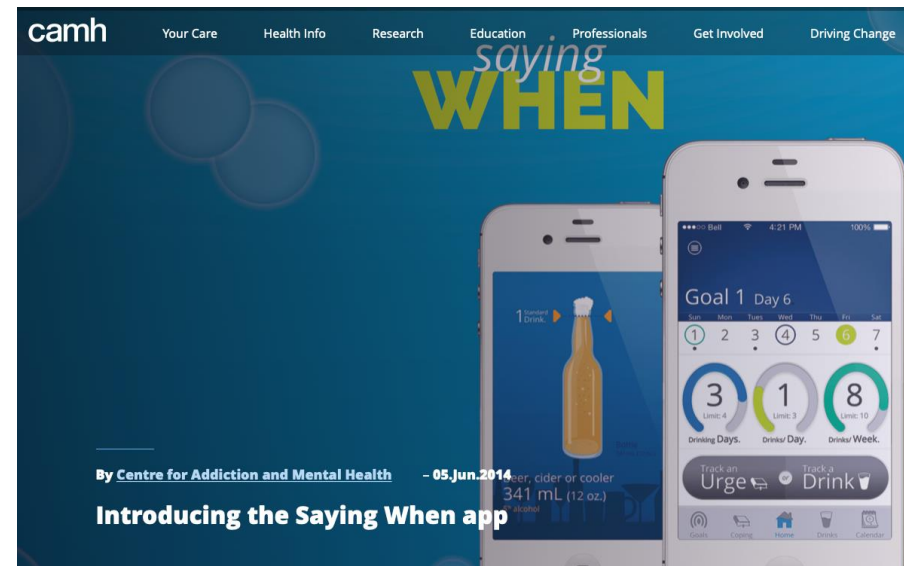


www.rethinkingdrinking.niaaa.nih.gov



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>

Resources to share with patients

- Alcoholics Anonymous

<https://www.aatoronto.org/>

- 24/7 Help Line (416) 487-5591

- SMART Recovery

<https://www.smartrecoverytest.org/local/>

- Women For Sobriety

<https://womenforsobriety.org>

- Conference June 11-13, 2021

- <https://conference.womenforsobriety.org>



The screenshot shows the SMART Recovery website. The header is blue with the SMART Recovery logo and tagline "Life beyond addiction". Navigation links include Home, Meetings, Shop, Donate, Contact, and For Facilitators. The main content area features a large image of three people in a meeting. Overlaid on this image is a search bar with the text "Search SMART Recovery Meetings in Your Area". Below the search bar is a red banner with a note: "Note: Many of our local meetings have been temporarily moved online due to COVID-19. You may find online Zoom meeting details in place of local meeting information in your search results. Read more about our response to COVID-19." Below the banner is a search box with a location icon and a "Search" button.



Resources

Ongoing educational opportunities





Ontario College of
Family Physicians

Mood Disorders

Comprehensive and Realistic
Strategies for Primary Care

<https://www.ontariofamilyphysicians.ca/education/about-programs-workshops/mood-disorders>

Mood disorders are among the most common mental health illnesses

- Learn practical and realistic approaches to apply in your practice
- Identify strategies for patient management with mood disorders
- Understand how to safely and confidently manage uncertainty
- Apply interventions organized in a stepped care model
- Support patients/caregivers in making informed decisions

Interested in this workshop? Complete an expression of interest form and we will notify you of the next session!

<https://www.surveymonkey.com/r/MBF7NPY>

ECHO Ontario Addiction Medicine and Psychosocial Interventions

ECHO is a virtual, interactive education and capacity building model that supports healthcare providers in delivering high quality, evidence-based mental health and addictions care in their local communities.

Next start in Fall 2021

Send an email to ECHO.OntarioAIDD@camh.ca or [click here](#) to be notified when enrolment opens!

See the curriculum: <https://camh.echoontario.ca/program-ampi/>

camh
mental health is health



CAMH and St. Michael's Hospital are excited to bring to you ECHO Ontario Addiction Medicine and Psychosocial Interventions (AMPI).

ECHO AMPI aims to empower family doctors and other healthcare providers build capacity in the treatment and management of addictions, and use evidence-based best practices to reduce the need for specialist visits to improve the quality of care for patients seeking treatment for addictions and related disorders in Ontario's primary care settings.



Questions



Peer to Peer Connect

Now recruiting **Peer Guides!**

If you love to collaborate, and have the drive to support your colleagues and help them achieve their learning goals, we would love to have you on board.

Learn more about becoming a Peer Guide!

Date: Tuesday, June 15

Time: 7:00 – 8:00pm

Learn more and register for the information session:

<https://www.ontariofamilyphysicians.ca/education/practising-well/peer-to-peer-connect>



Thank You!

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

Join us for the next live online session on
Wednesday, June 23 to discuss
“Self-management for Chronic Pain”

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.