

# Practising Well: Your Community of Practice

June 23, 2021

## Panelists:

Dr. Melissa Holowaty  
Dr. Chase McMurren  
Dr. Abhimanyu Sud

With Dr. Javed Alloo and Dr. Peter Selby



## Supporting self-management for chronic pain



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.



World

# Remains of 215 children found at former indigenous school site in Canada

Anna Mehler Paperny



TORONTO, May 28 (Reuters) - The remains of 215 children, some as young as three years old, were found at the site of a former residential school for indigenous children, a discovery Canadian Prime Minister Justin Trudeau described as heartbreaking on Friday.

The children were students at the Kamloops Indian Residential School in British Columbia that closed in 1978, according to the Tk'emlúps te Secwépemc Nation, which said the remains were found with the help of a ground penetrating radar specialist.

"We had a knowing in our community that we were able to verify," Tk'emlúps te Secwépemc Chief Rosanne Casimir said in a statement. "At this time, we have more questions than answers."

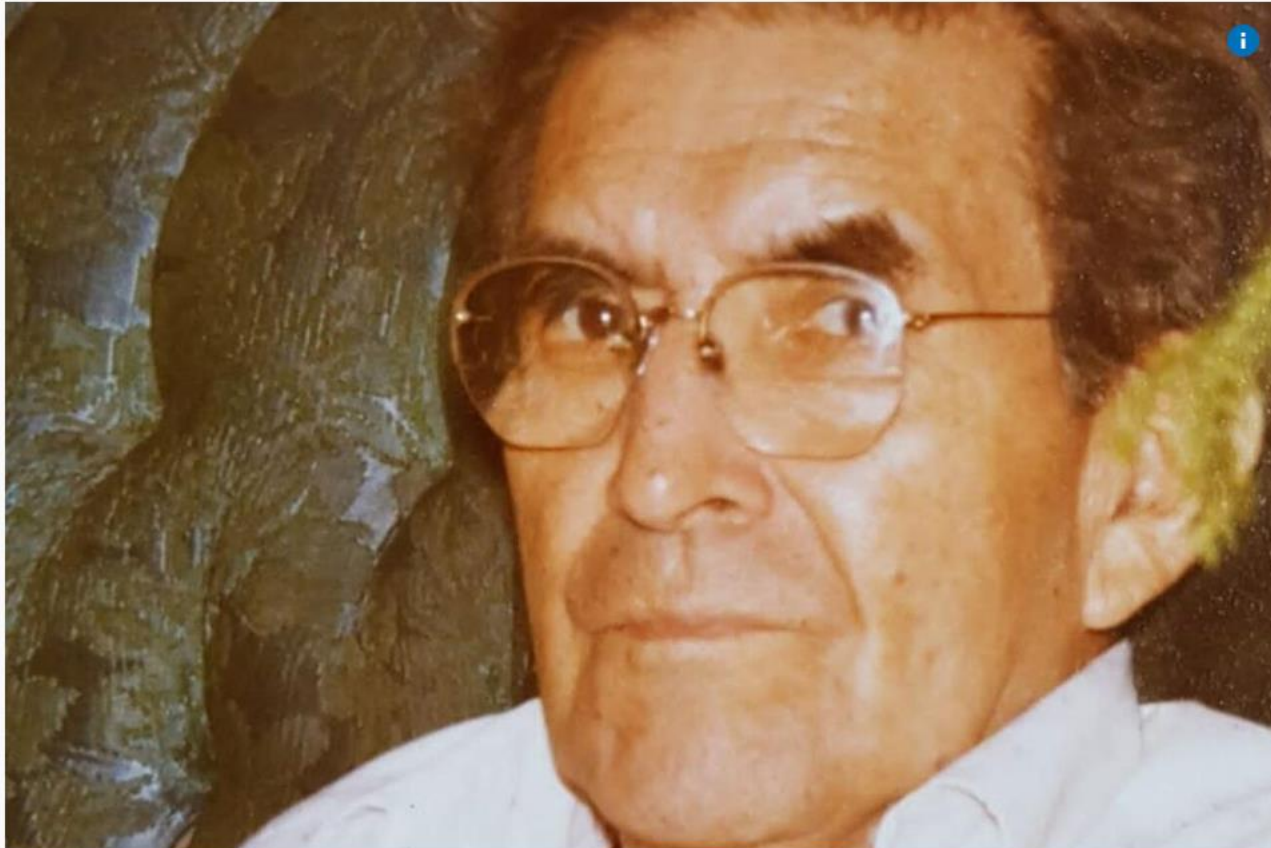
[www.reuters.com/world/asia-is/remains-215-children-former-indigenous-school-inada-2021-05-28/](https://www.reuters.com/world/asia-is/remains-215-children-former-indigenous-school-inada-2021-05-28/)

# Seven of my grandfather's siblings lay in residential school graves. The 215 children found confirms what Indigenous people have known about Canada

DS

By **Dr. Suzanne Shoush** Contributor  
Tue., June 1, 2021 | 5 min. read

Article was updated Jun. 02, 2021



*Dr. Suzanne Shoush is a First Nations/Black mother, physician, and advocate. She is the Indigenous Health Faculty Lead with the Department of Family and Community Medicine at the University of Toronto*

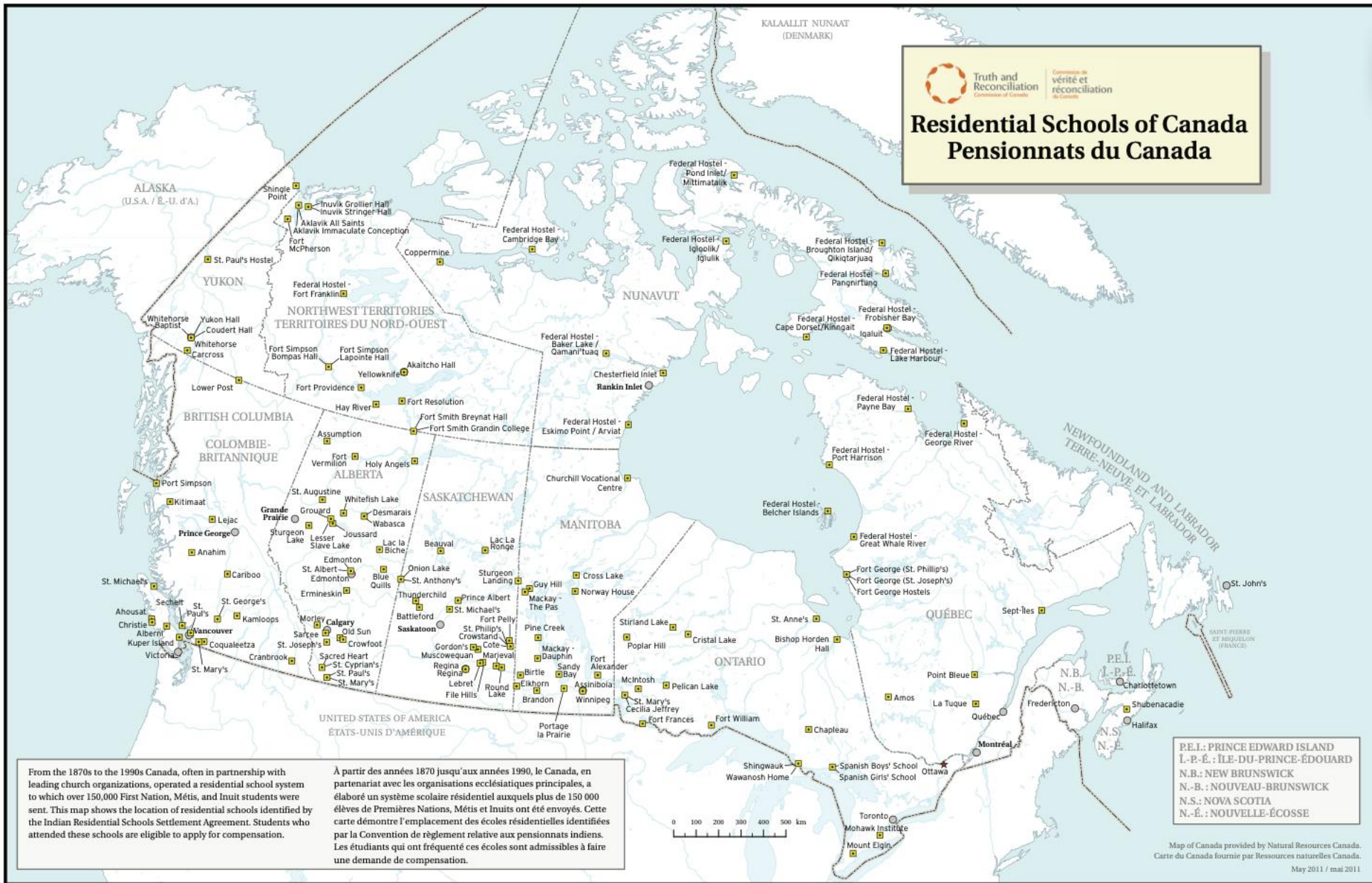
<https://www.thestar.com/opinion/contributors/2021/06/01/seven-of-my-grandfathers-siblings-lay-in-residential-school-graves-the-215-children-found-confirms-what-indigenous-people-have-known-about-canada.html>



Truth and Reconciliation  
Commission of Canada

Commission de vérité et réconciliation  
du Canada

## Residential Schools of Canada Pensionnats du Canada



From the 1870s to the 1990s Canada, often in partnership with leading church organizations, operated a residential school system to which over 150,000 First Nation, Métis, and Inuit students were sent. This map shows the location of residential schools identified by the Indian Residential Schools Settlement Agreement. Students who attended these schools are eligible to apply for compensation.

À partir des années 1870 jusqu'aux années 1990, le Canada, en partenariat avec les organisations ecclésiastiques principales, a élaboré un système scolaire résidentiel auquel plus de 150 000 élèves de Premières Nations, Métis et Inuits ont été envoyés. Cette carte démontre l'emplacement des écoles résidentielles identifiées par la Convention de règlement relative aux pensionnats indiens. Les étudiants qui ont fréquenté ces écoles sont admissibles à faire une demande de compensation.

P.E.I.: PRINCE EDWARD ISLAND  
Î.-P.-É. : ÎLE-DU-PRINCE-ÉDOUARD  
N.B.: NEW BRUNSWICK  
N.-B.: NOUVEAU-BRUNSWICK  
N.S.: NOVA SCOTIA  
N.-É.: NOUVELLE-ÉCOSSE

Map of Canada provided by Natural Resources Canada.  
Carte du Canada fournie par Ressources naturelles Canada.  
May 2011 / mai 2011

The Indian Residential School Settlement Agreement (IRSSA) has recognized 139 residential schools across Canada

However, this number excludes schools that operated without federal support, such as those run solely by religious orders or provincial governments.



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**Lisa Richardson MD**  @RicharLisa · Jun 7



After days of stories about the treatment of children at residential schools, we learn of a man who killed a family based on Islamophobia & of the sentencing of another who threw a trailer hitch at an Indigenous woman's head.

The construction of the Other is deadly.





IRSSS  
@IRSSurvivor

This was created by the students at N'kwala School. ❤️  
It reads, "They tried to bury us, they didn't know we were seeds that would awaken the world."

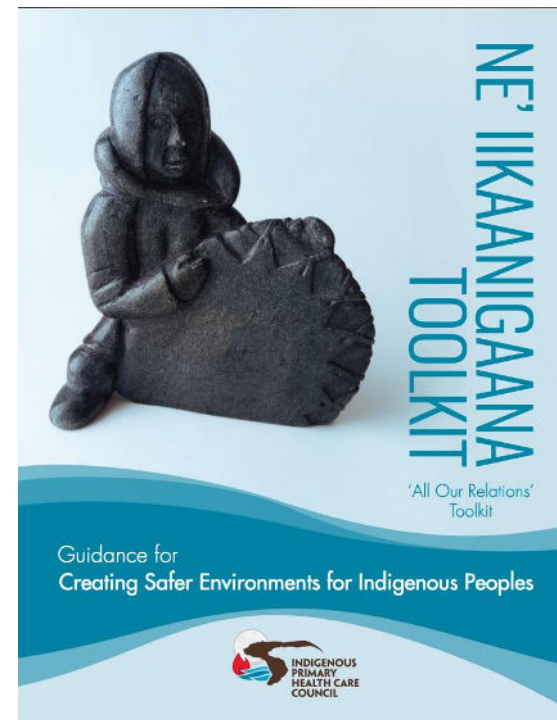


3:00 PM · Jun 4, 2021 · Twitter Web App



2,245 Retweets 130 Quote Tweets 9,400 Likes

# Rebuilding and recovery after pain.



<https://www.iphcc.ca/publications/toolkits/Ne-iikaanigaana/>

Indigenous Primary Health Care Council



# Your Panelists



## **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



## **Dr. Chase McMurren**

Relationships with financial sponsors (including honoraria):

- MDPAC, OCFP, OMA, CPSO



## **Dr. Abhimanyu Sud**

Relationship with financial sponsors (including honoraria):

- University of Toronto (Faculty), Sinai Health (Contractor)
- Grants and Research: CIHR, Health Canada, Centre of Excellence for PTSD and Related Health Conditions

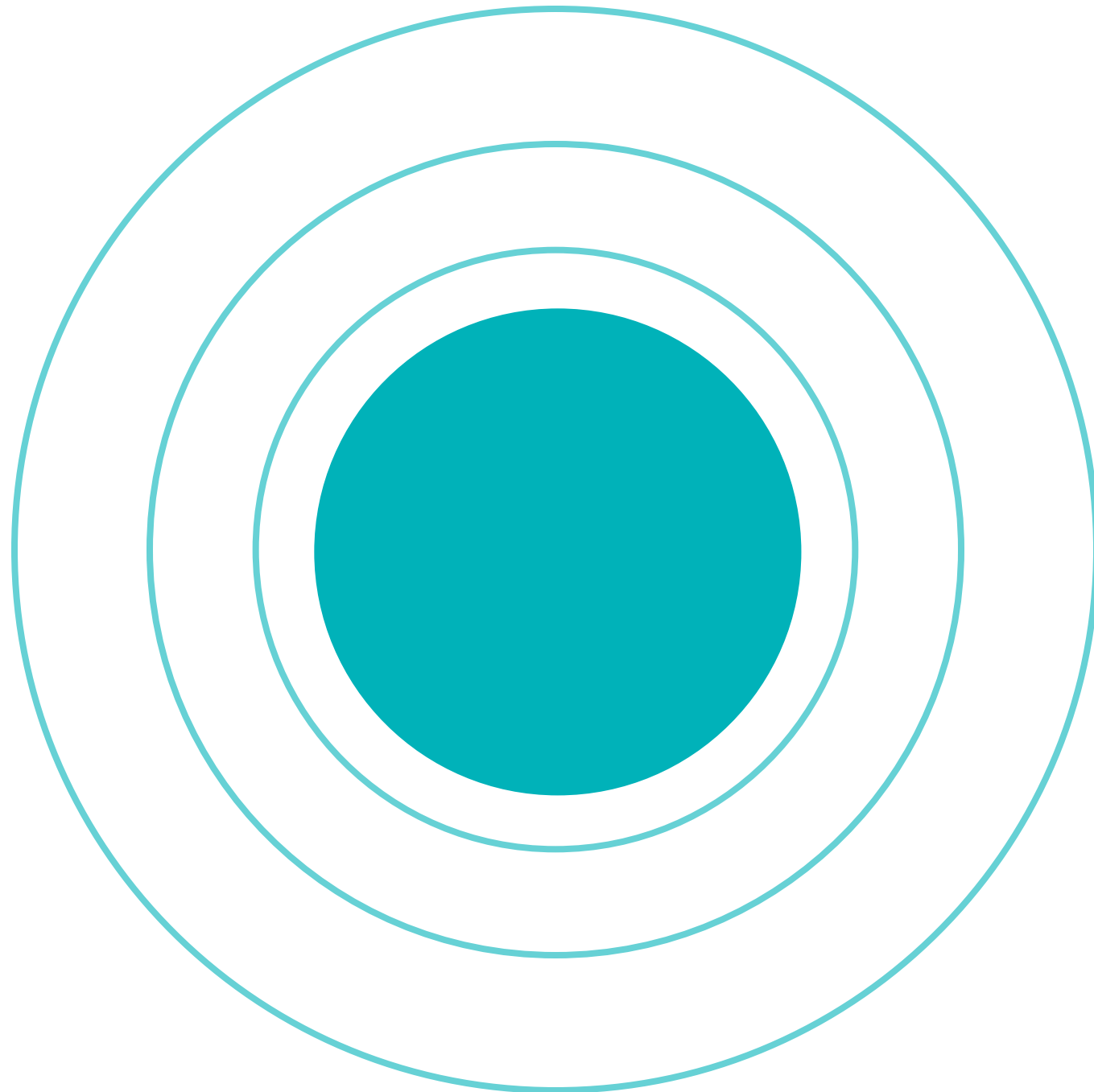
# Disclosures

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. 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



# Supporting self-management for chronic pain

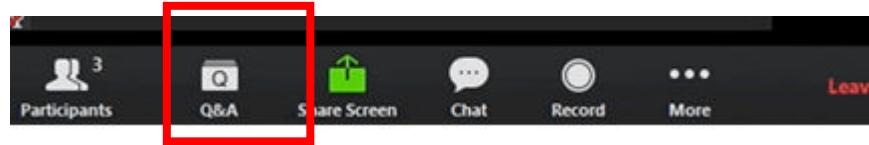
**You raised important questions we'll try work through together today:**

- How to talk to patients so they hear you, when it comes to self management?
- Suggestions on engaging patients in self-care activities when their primary coping strategies have been "external" or "quick fixes"?
- How to manage concurrent chronic pain and depression or anxiety?
- How to find accessible or free resources for self-learning, CBT, Meditation?

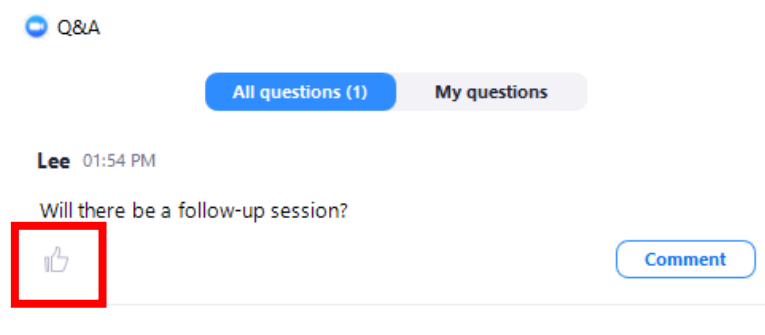
**And other questions you add in the Q&A box...**



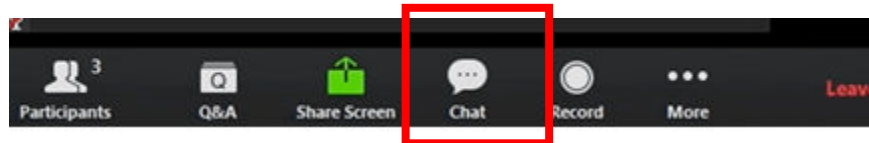
# How to Participate



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!



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



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#PractisingWell

“The pandemic has worsened the condition of 70% of people with chronic pain”

[J Clin Med.](#) 2020 Nov; 9(11): 3558.

Published online 2020 Nov 5. doi: [10.3390/jcm9113558](https://doi.org/10.3390/jcm9113558)

PMCID: PMC7694344

PMID: [33167322](https://pubmed.ncbi.nlm.nih.gov/33167322/)

## Impact of COVID-19 Lockdown Measures on Spanish People with Chronic Pain: An Online Study Survey

[Rubén Nieto](#)<sup>1,\*†</sup> [Rebeca Pardo](#)<sup>2,3,†</sup> [Beatriz Sora](#)<sup>4,5</sup> [Albert Feliu-Soler](#)<sup>6,7,‡</sup> and [Juan V. Luciano](#)<sup>6,‡</sup>

[▶ Author information](#) [▶ Article notes](#) [▶ Copyright and License information](#) [Disclaimer](#)

## Considering the potential for an increase in chronic pain after the COVID-19 pandemic

Clauw, Daniel J.<sup>a</sup>; Häuser, Winfried<sup>b,c</sup>; Cohen, Steven P.<sup>d,e</sup>; Fitzcharles, Mary-Ann<sup>f,g,\*</sup>

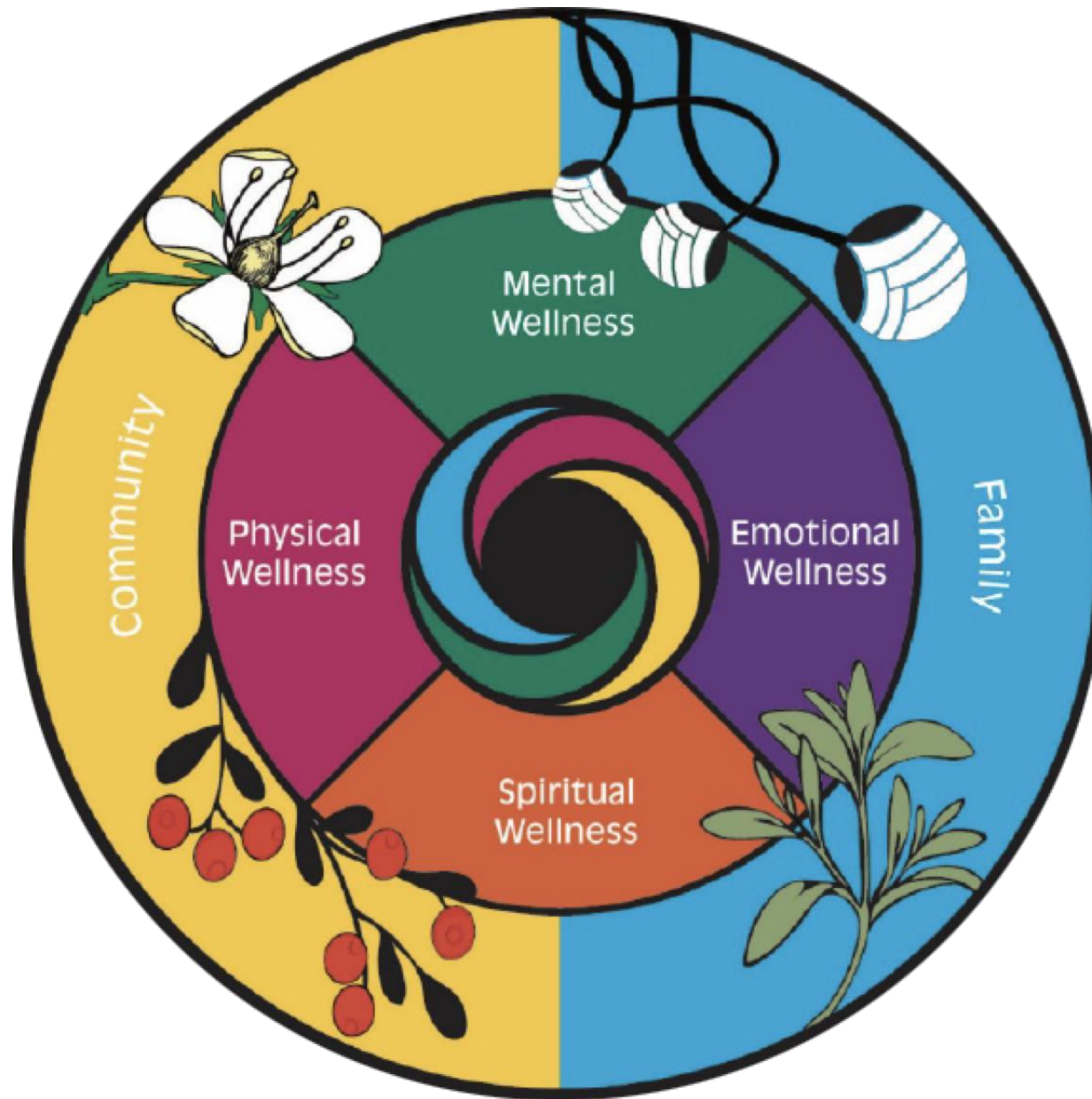
[Author Information](#) 

PAIN: August 2020 - Volume 161 - Issue 8 - p 1694-1697

doi: [10.1097/j.pain.0000000000001950](https://doi.org/10.1097/j.pain.0000000000001950)

# PAIN<sup>®</sup>

The Journal of the International Association for the Study of Pain



**Medicine Wheel**

First Nations, Inuit and  
Metis Wellness ECHO  
at CAMH





# Supporting self-management for chronic pain

## Your Panelists:



**Dr. Melissa Holowaty**  
Dr. Holowaty Medicine  
Havelock, ON  
[@MnHolowaty](#)



**Dr. Chase McMurren**  
Taddlecreek FHT  
Toronto, ON  
[@chaseverMD](#)



**Dr. Abhimanyu Sud**  
Rivlin Medical Group | Chronic Pain  
Management  
Toronto, ON  
[@doc\\_sud](#)

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

# Resources

Tools



# Resources

## Management of Chronic Non-Cancer Pain – Centre for Effective Practice

<https://tools.cep.health/tool/management-of-chronic-non-cancer-pain/>

## Dr. Holowaty Medicine

<https://marmoramedical.ca/chronic-pain>

## Pain U Online

<https://tapmipain.ca/patient/managing-my-pain/pain-u-online/#/>



Providers

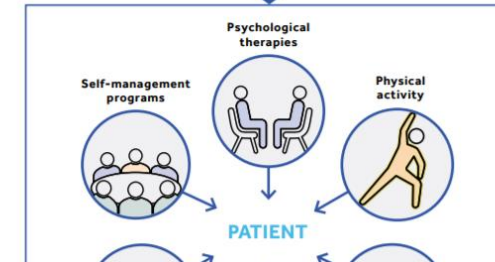
Management of Chronic Non-Cancer Pain

### Introduction

This tool is designed to help family physicians and nurse practitioners (primary care providers) develop and implement a management plan for adult patients with chronic non-cancer pain (CNCP) in the primary care setting. CNCP is defined as pain that typically persists or recurs for more than 3 months or past the time of normal tissue healing.<sup>1,4</sup> This tool applies to, but is not limited to pain conditions such as osteoarthritis, low back pain, musculoskeletal pain, fibromyalgia and neuropathic pain.

This tool focuses on a multi-modal approach to manage CNCP. Primary care providers should use non-pharmacological options, with or without pharmacological options, to build a comprehensive and personalized plan that incorporates the patient's goals.<sup>3</sup>

### Assessment



DR. HOLOWATY MEDICINE

Home Palliative Care Chronic Pain

## CHRONIC PAIN MANAGEMENT

The goal of chronic pain management is to improve function through decreased suffering.

1 in 5 Canadians live in chronic pain. The Canadian Pain Society states " Evidence supports that chronic pain is not just a symptom of underlying illness or injury, but it is a disease in its own right, with significant changes in complex biological, and psychosocial functions." -



## Pain U Online

Modules to help you manage your pain.

# Resources – Understanding Pain

Dr. Lorimer Moseley Ted Talk

<https://www.youtube.com/watch?v=gwd-wLdIHjs>

Tame the Beast – It's time to rethink persistent pain

<https://www.youtube.com/watch?v=ikUzvSph7Z4>

Understanding Pain in Less than Five Minutes

<https://www.youtube.com/watch?v=5KrUL8tOaQs>

Trigger Points Explained

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

Low Back Pain by Dr. Andrea Furlan

<https://www.youtube.com/watch?v=-9pjVcq-mcw>

Mindfulness and Chronic Pain

<https://www.youtube.com/watch?v=KqS9qHEWnaA>



# Resources

Brief Pain Inventory (short form)

[http://www.npcrc.org/files/news/briefpain\\_short.pdf](http://www.npcrc.org/files/news/briefpain_short.pdf)

WHODAS

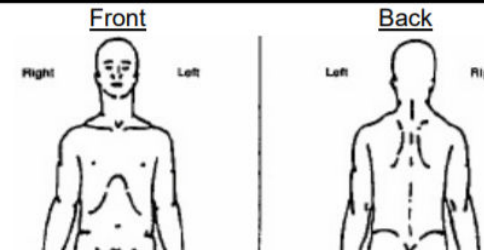
[https://www.who.int/classifications/icf/WHODAS2.0\\_36itemsSELF.pdf](https://www.who.int/classifications/icf/WHODAS2.0_36itemsSELF.pdf)

## Brief Pain Inventory (Short Form)

1. Throughout our lives, most of us have had pain from time to time (such as minor headaches, sprains, and toothaches). Have you had pain other than these everyday kinds of pain today?

Yes  No

2. On the diagram, shade in the areas where you feel pain. Put an X on the area that hurts the most.



## WHODAS 2.0

WORLD HEALTH ORGANIZATION  
DISABILITY ASSESSMENT SCHEDULE 2.0

### 36-item version, self-administered

This questionnaire asks about difficulties due to health conditions. Health conditions include diseases or illnesses, other health problems that may be short or long lasting, injuries, mental or emotional problems, and problems with alcohol or drugs.

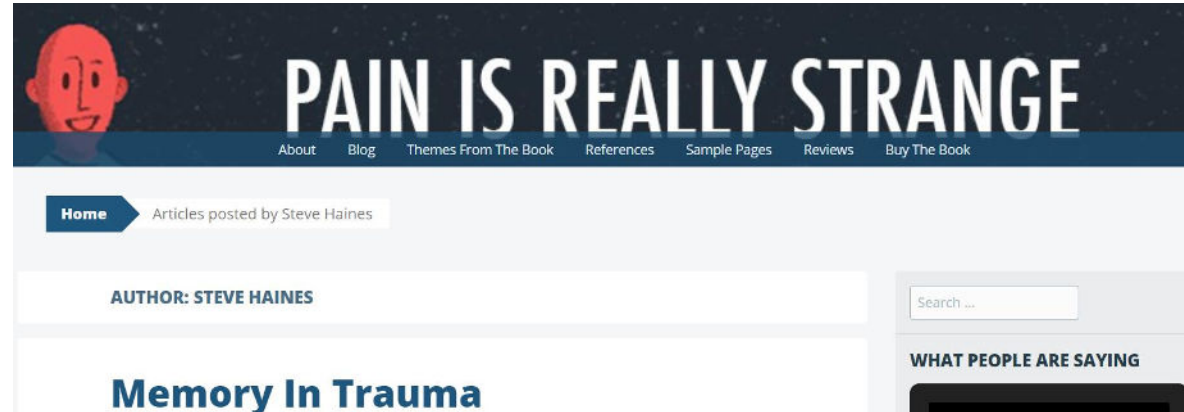
Think back over the past 30 days and answer these questions, thinking about how much difficulty you had doing the following activities. For each question, please circle only one response.

In the past 30 days, how much difficulty did you have in:						
Understanding and communicating						
D1.1	Concentrating on doing something for ten minutes?	None	Mild	Moderate	Severe	Extreme or cannot do
D1.2	Remembering to do important things?	None	Mild	Moderate	Severe	Extreme or cannot do

# Resources

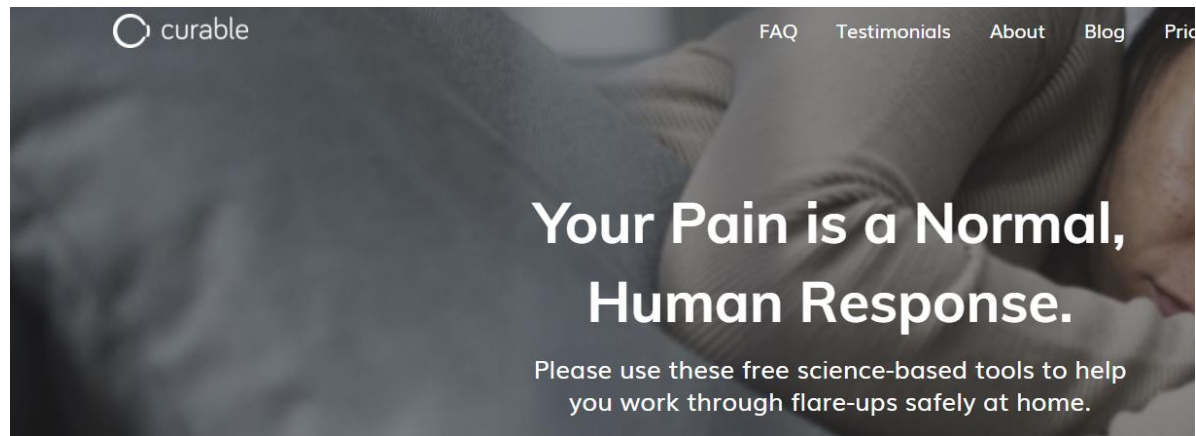
Pain is Really Strange

<https://painisreallystrange.wordpress.com/author/stevehaines66/>



Curable App

<https://www.curablehealth.com/covid-19>



# Resources – Polyvagal Theory

The human condition: we are all on a quest for safety

<https://www.pacesconnection.com/blog/the-human-condition-we-are-all-on-a-quest-for-safety>



Trauma and the Nervous System: A Polyvagal Perspective

<https://www.youtube.com/watch?v=ZdIQRxwT1Io>

# Research Study

Online Non-medication Treatments for Depressed Mood in People with Chronic Pain

<https://www.painandmood.info/>

Are you in pain and sometimes feel low?

We are looking for adults who have **chronic pain** to participate in a research study exploring alternative treatments for **depressive symptoms** and **pain**





# Resources

Ongoing educational opportunities





# PRACTISING WISELY

## Reducing Unnecessary Testing and Treatment

<https://www.ontariofamilyphysicians.ca/education/about-programs-workshops/practising-wisely>

**Join family physician instructors to review clinically relevant scenarios and get useful online tools and resources to help you reduce over-imaging, over-prescribing, and over-screening.**

**Get practical recommendations you can implement immediately into your practice**

- Get practical learning to identify opportunities and develop strategies to reduce over-medicalization
- Expand your skills in accessing and assessing reliable, current online resources for evidence-informed practice
- Integrate relevant evidence into individual patient care decisions and plans
- Get practical strategies to communicate and build consensus with patients
- Critically assess appropriateness of clinical practice guidelines while engaging with local colleagues
- Get helpful tips on promoting good healthcare stewardship

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>



**Register now!**  
**New cycle started June 17:**  
**Thursdays 12:30-2:00pm EST**

<https://uhn.echoontario.ca/Our-Programs/Chronic-Pain>

Email: [Gina.Marinakos@uhn.ca](mailto:Gina.Marinakos@uhn.ca)

**Each session includes:**

**A didactic lecture by a content expert & exploration of real patient cases (anonymized) presented by participants.**

**About the program:**

- Open to all health care providers
- No cost (funded by the Ontario Ministry of Health)
- Access to an interprofessional specialist team
- Earn CPD Credits
- Present your cases
- Online (via zoom)

**Interprofessional Specialist Team:** Psychiatry, Clinical Psychology, Psychiatry, Addictions, Neurology, Chiropractic, Occupational Therapy, Physical Therapy, Pharmacist, Nursing (RN, NP)

**Sample Didactic topics include:**

- Tapering & Stopping Opioids
- Switching Opioids
- Back Pain & Spinal Stenosis
- Screening for Psychosocial & Psychiatric Comorbidities
- Patient Motivation & Goal Setting
- Headaches (Migraines) in Primary Care
- And many more topics**

## First Nations, Inuit, and Métis Wellness



Project Extension for Community Healthcare Outcomes (ECHO) Ontario First Nations, Inuit and Métis Wellness promotes an integrated approach to health and wellness that values medical and Indigenous knowledges. Our vision is that ECHO Ontario First Nations, Inuit, and Métis Wellness will build a community of practice that addresses mental and physical wellness from the perspective of wholism, and support primary and community care providers in their support of First Nations, Inuit, and Métis clients/patients.

**Wednesdays 12-2pm EST**

Next cycle: **Fall 2021**

**[ECHO\\_OntarioFNIMWellness@camh.ca](mailto:ECHO_OntarioFNIMWellness@camh.ca)**

**Questions**



# Peer to Peer Connect

Now recruiting **Peer Guides!**

If you enjoy collaborating to help your colleagues achieve their learning and clinical care goals, we'd love to have you join the Practising Well team!

**Learn more about becoming a Peer Guide:  
Tuesday, August 31 @ 7:00pm**

**Sign up to learn more in the information session:**

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





Please help us make these sessions better by filling out the evaluation you'll receive by email shortly!

Join us for the next live online session on  
**Wednesday, July 28** to discuss

**Appropriate opioid prescribing for chronic pain**

[PractisingWell@ocfp.on.ca](mailto: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 two weeks.



# 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

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.

Health Care Provider (HCP) Resource Site

Mental Health and COVID-19

The help you need is here

Self-referral for mental health care

Your Mental Health and Self-Care