

# Practising Well: Your Community of Practice

July 28, 2021

## Panelists:

Dr. Rupa Patel

Dr. Ashley White

Dr. Jennifer Wyman

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



## Appropriate opioid prescribing 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.



**Ontario had at least 18 Residential Schools.**

**The last only closed in 1991.**

<https://www.narcity.com/toronto/ontario-had-at-least-18-residential-schools--heres-where-they-were>

<https://www.newmarkettoday.ca/remember-this/southern-ontario-was-home-to-2-notorious-residential-schools-3889982>

[Bishop Horden Hall](#) (Moose Fort, Moose Factory),  
Moose Factory Island

[Cecilia Jeffrey](#) (Kenora, Shoal Lake), Kenora

[Chapleau](#) (St. John's), Chapleau

[Cristal Lake](#), Northwestern Ontario

[Fort Frances](#) (St. Margaret's), Fort Frances

[Fort William](#) (St. Joseph's), Fort William

[McIntosh](#), McIntosh

[Mohawk Institute](#), Brantford

[Mount Elgin](#) (Muncey, St. Thomas), Munceytown

[Pelican Lake](#) (Pelican Falls), Sioux Lookout

[Poplar Hill](#), Poplar Hill

[St. Anne's](#) (Fort Albany), Fort Albany

[St. Mary's](#) (Kenora, St. Anthony's), Kenora

[Shingwauk](#), Sault Ste. Marie

[Spanish Boys' School](#) (Charles Garnier, St. Joseph's, formerly Wikwemikong Industrial), Spanish

[Spanish Girls' School](#) (St. Joseph's, St. Peter's, St. Anne's, formerly Wikiwemikong Industrial), Spanish

[Stirland Lake](#) (Wahbon Bay Academy), Stirland Lake

[Wawanosh](#), Sault Ste. Marie

## A role for allies in health care:

### Dr. Peter Bryce (1853-1932)

Wrote Canada's first Health Code  
(for Ontario) in 1884.

Founding member of Canadian  
Public Health Association.

Medical Inspector to the Department of  
Indian Affairs led to Bryce Report 1907.

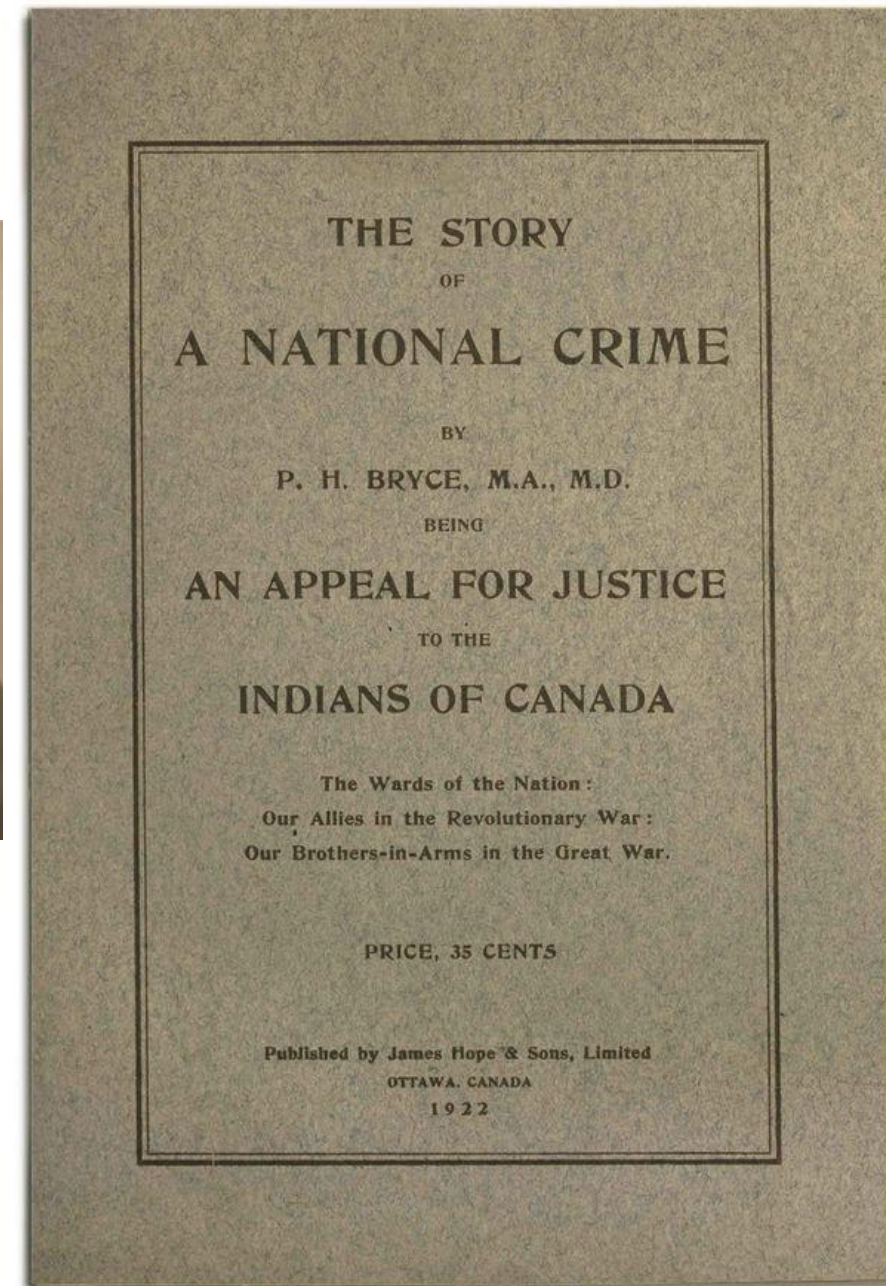


[https://fncaringsociety.com/sites/default/files/dr.\\_peter\\_henderson\\_bryce\\_information\\_sheet.pdf](https://fncaringsociety.com/sites/default/files/dr._peter_henderson_bryce_information_sheet.pdf)

Dr. Peter Bryce (1853–1932): whistleblower on residential schools

<https://www.cmaj.ca/content/192/9/E223>

<https://www.theglobeandmail.com/opinion/article-a-doctors-century-old-warning-on-residential-schools-can-help-find/>



Dr. Bryce's pamphlet *The Story of a National Crime* published in 1922 Image credit: theglobeandmail

# Your Panelists



## **Dr. Ashley White**

Relationships with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well
- Face & Body Allured Business Media (speaker honoraria)
- METAPHI (funded grant)
- Safe Use Hastings (Board of Directors)



## **Dr. Rupa Patel**

Relationships with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well



## **Dr. Jennifer Wyman**

Relationship with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well
- META:PHI (medical educator)
- Ministry of Health (development of the Opioid Clinical Primer)
- CEP and AFMC (honoraria for developing educational materials and resources)

# Disclosures

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

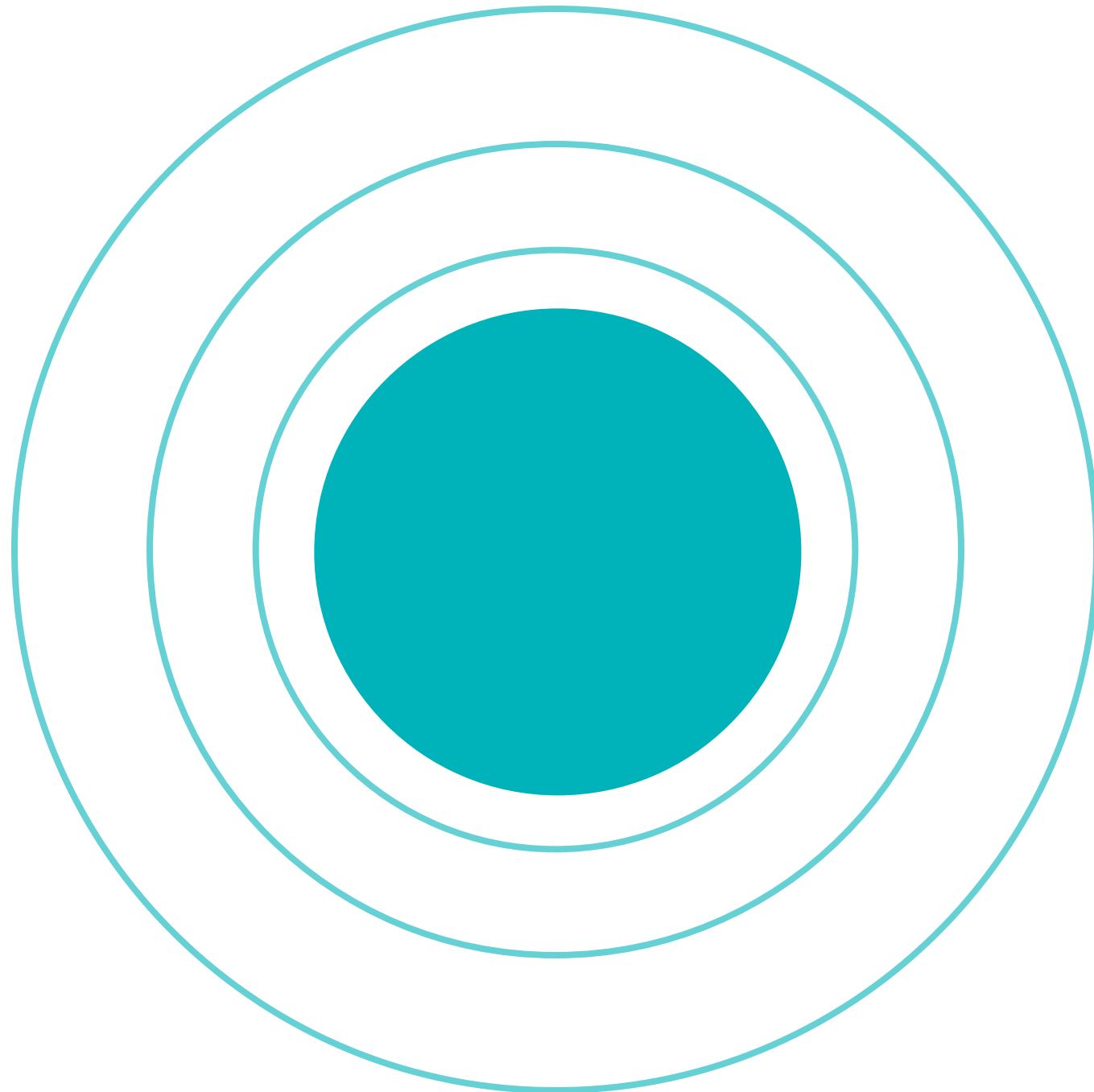
- Relationships with financial sponsors (including honoraria): College of Family Physicians of Canada, Centre for Effective Practice, Ontario Medical Association, Section on General and Family Practice, Centre for Addiction and Mental Health, Trillium Hospitals, Memotext, Ontario College of Family Physicians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



# Appropriate opioid prescribing for chronic pain

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

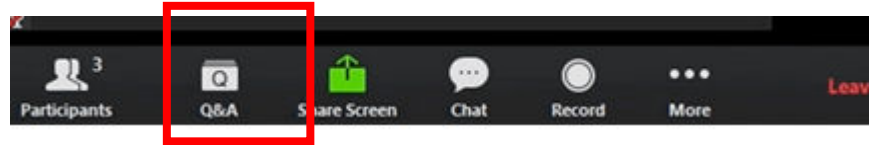
- When is it appropriate to use opioids for chronic pain?
- How can I help patients who have been on opioids for pain management for years?
- How to get patients off chronic opioids who have chronic pain on stable doses, or maybe I shouldn't?
- How to manage acute chronic pain?

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

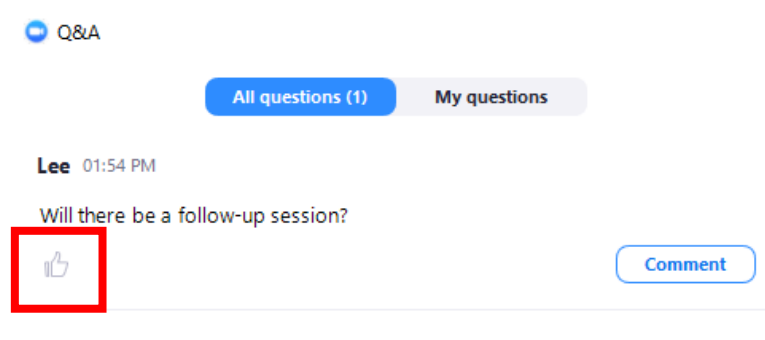




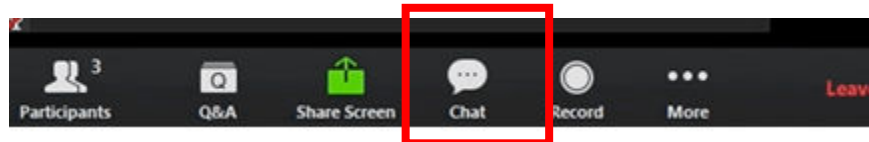
# How to Participate



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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#PractisingWell

# Pain and the pandemic:

Research | [Open Access](#) | [Published: 23 June 2021](#)

## Chronic pain experience and health inequities during the COVID-19 pandemic in Canada: qualitative findings from the chronic pain & COVID-19 pan-Canadian study

[Lise Dassieu](#) , [M. Gabrielle Pagé](#), [Anais Lacasse](#), [Maude Laflamme](#), [Vickie Perron](#), [Audrée Janelle-Montcalm](#), [Maria Hudspith](#), [Gregg Moor](#), [Kathryn Sutton](#), [James M Thompson](#) & [Manon Choinière](#)

[International Journal for Equity in Health](#) **20**, Article number: 147 (2021) | [Cite this article](#)

...four dimensions of the chronic pain experience during the pandemic:

- (1) Reinforced vulnerability due to uncertainties regarding pain and its management;
- (2) Social network as a determinant of pain and psychological condition;
- (3) Increasing systemic inequities intermingling with the chronic pain experience;
- (4) More viable living conditions due to confinement measures.

## Pain and the pandemic:

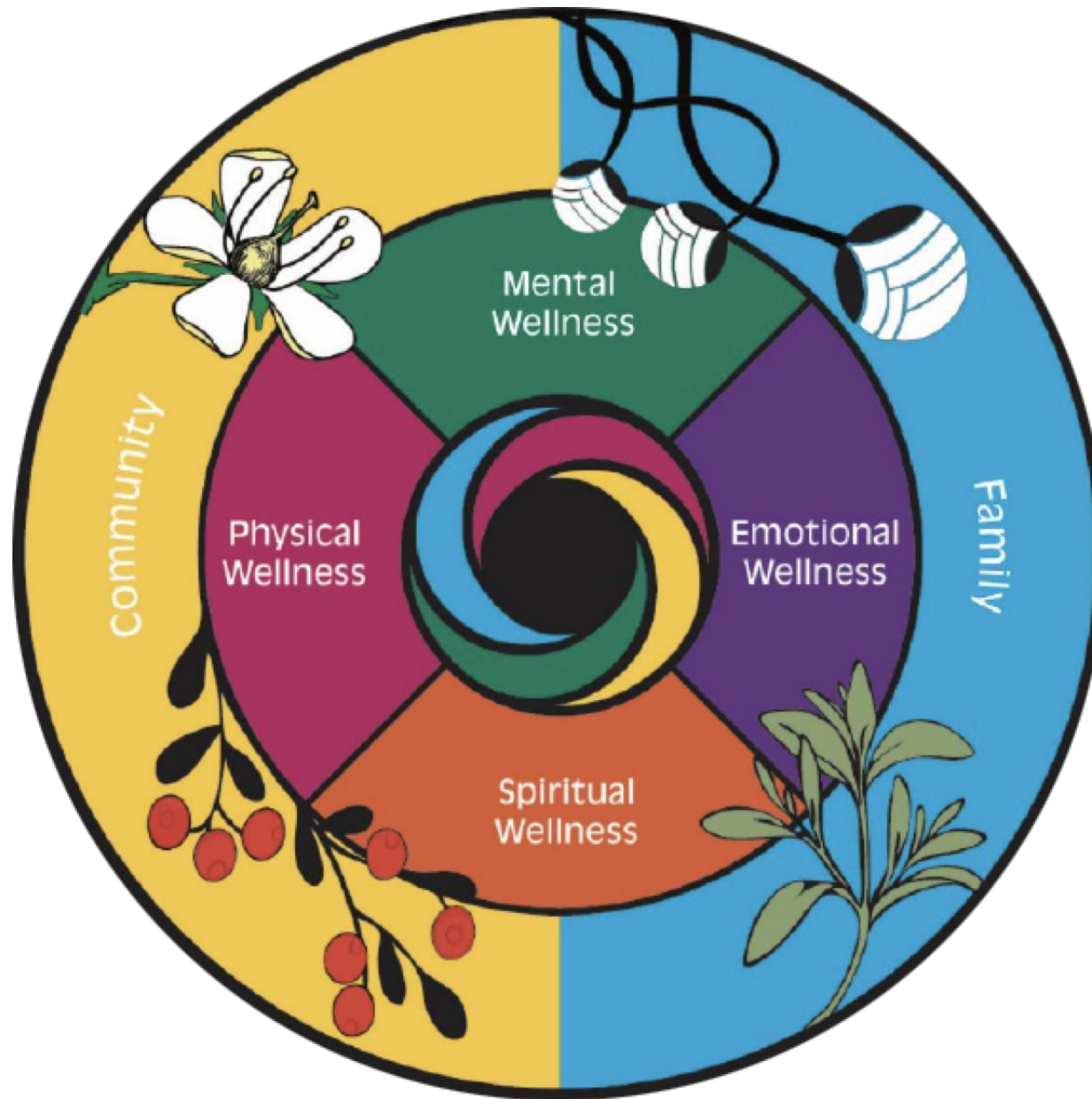
Review | [Open Access](#) | Published: 14 March 2021

# COVID-19 and the Opioid Epidemic: Two Public Health Emergencies That Intersect With Chronic Pain

[Laxmaiah Manchikanti](#) , [Rachana Vanaparthi](#), [Sairam Atluri](#), [Harsh Sachdeva](#), [Alan D. Kaye](#) & [Joshua A. Hirsch](#)

[Pain and Therapy](#) **10**, 269–286 (2021) | [Cite this article](#)

... along with an almost 88% decline in elective surgeries, pain-related prescriptions declined 15.1%



**Medicine Wheel**

First Nations, Inuit and  
Metis Wellness ECHO  
at CAMH



# Appropriate opioid prescribing for chronic pain

## Your Panelists:



**Dr. Ashley White**  
Bancroft Community FHT  
Bancroft, ON



**Dr. Rupa Patel**  
Kingston CHC  
Kingston, ON  
[@RupaPatelMD](#)



**Dr. Jennifer Wyman**  
Bayview Family Practice  
Toronto, ON  
[@JenniferWyman4](#)

# Safe Prescribing Strategies

- Counseling regarding risks of opioids
  - Potential harms, risks of sedation (esp with BZDs), advise against consuming alcohol, discuss loss of tolerance and potential for overdose in opioid naïve individuals
- Recommendations for safe storage
  - Out of sight and reach, locking device, patch exchange policy
- Appropriate quantities and dispensing intervals
  - Max 30 days? 14 when titrating, more frequently for patients with concerning behaviours, blister packs
- Strategies for managing requests for prescription repeats
- Communicating with other health professionals
- Opioid agreement?
- Urine drug testing?

2010

Oxycontin 400 mg  
BID

Fentanyl  
100mcg  
Q3days

Oxycontin  
100 mg TID

Percocet tabs  
12/day

Oxycontin  
and  
Percocet

HM Contin  
24 mg TID  
and HM tabs



2010-2013

You're the worst  
doctor I've ever had!

My pain is so  
bad I feel like  
dying

I'm in so  
much pain  
you don't  
understand

This is so  
unfair!

What would  
you  
understand  
about my  
pain? You  
don't have  
pain!

I'm gonna  
report you  
to the  
college!

2013-2021

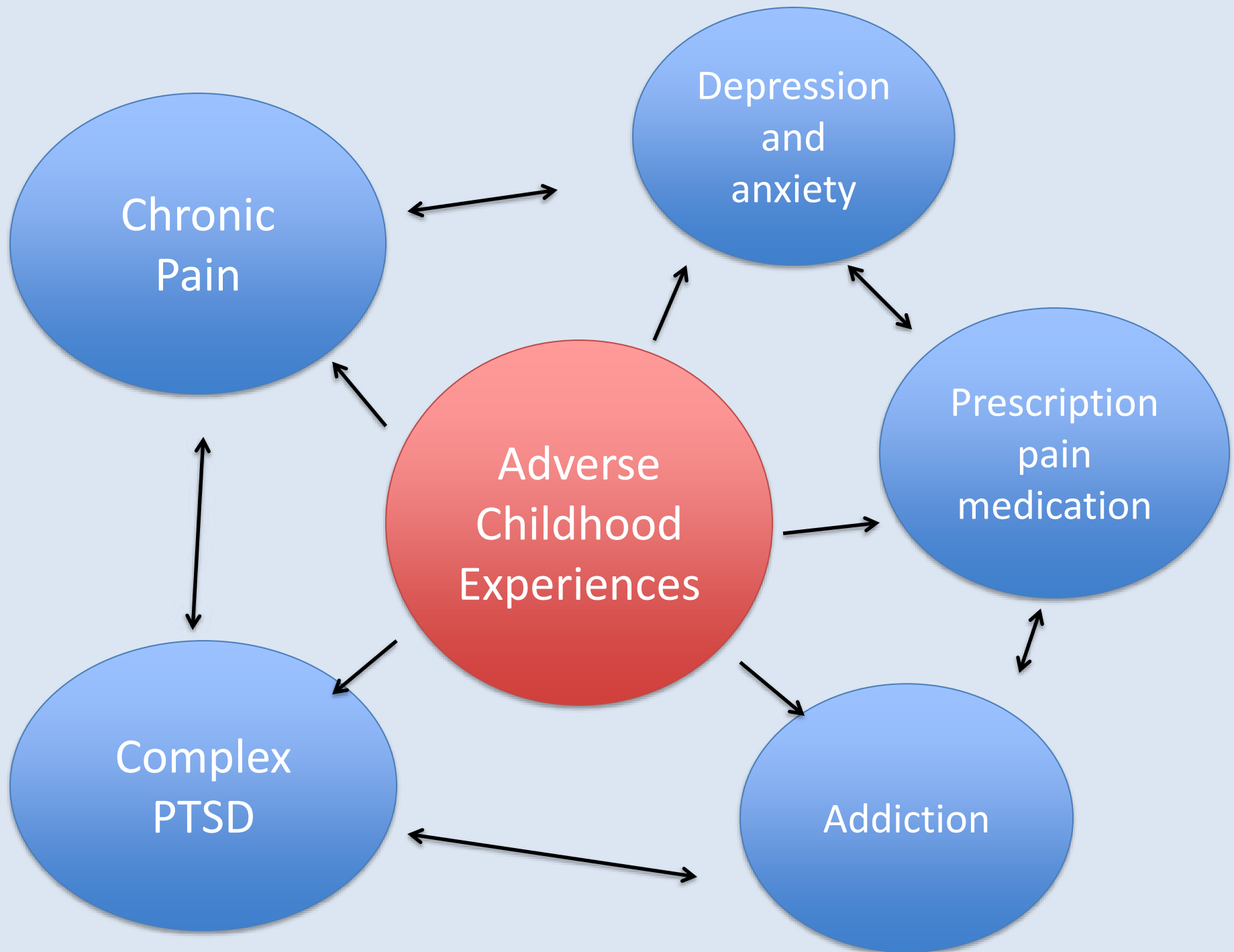
I wish I had known  
these pills were  
addictive

I do online tai  
chi and  
mindfulness  
every day

I lost a  
decade of my  
life to  
oxycontin

I wish doctors  
were never  
allowed to  
prescribe pain  
pills.

I feel the  
best I have  
ever felt  
now



Chronic  
Pain

Depression  
and  
anxiety

Prescription  
pain  
medication

Adverse  
Childhood  
Experiences

Addiction

Complex  
PTSD

**2010**

Oxycontin and  
Percocet tabs.  
multiple hospital  
visits, knee and  
back pain

**2010-2013**

You're the worst doctor I've  
ever had! I'm going to  
report you to the college.

**I feel the best I  
ever have now.**

**2013-2021**

# Indications for Tapering

- Patient requests dose reduction
- Severe pain and pain-related disability despite high opioid dose
- Adverse effects or medical complications from opioids
- At high risk for opioid-induced adverse effects
- On a dose above 90 MED
- Opioid dosages >50 MED without benefit in pain and /or function
- Problematic opioid behaviour

# “Concerning Opioid Behaviour”

- Dose high for underlying pain condition
- Severe pain and pain-related disability despite high dose
- Frequent requests for dose increases
- Requests for specific opioids
- Resistance to tapering
- Prescriptions run out early/frequently
- Opioids accessed from other sources
- Other forms of use chewing, snorting, injecting
- Withdrawal symptoms
- Poor psychosocial function
- Concerns expressed by family members

# Which is Your Reaction?

- I'm never going to prescribe opioids again
- Did I cause my patient to become addicted?
- I'm going to be in trouble with the College
- I have to fire this patient; this is a total breach of trust
- Fear – I don't know how we got into this mess, and I don't know how to get out
- I need to stop this prescription ASAP – this patient is abusing their medication and me

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

# Resources

Tools





# Resources

CDC Guidelines for Prescribing Opioids for Chronic Pain

<https://www.cdc.gov/mmwr/volumes/65/rr/rr6501e1.htm/>

Interagency Guidelines on Prescribing Opioids for Chronic Pain – Washington State

<http://www.agencymeddirectors.wa.gov/Files/2015AMDGOpioidGuideline.pdf>

Canadian Pain Guidelines

<https://healthsci.mcmaster.ca/npc/guidelines>

Iowa Health Care Collaborative – Podcast

<https://podcasts.apple.com/dm/podcast/compass-opioid-stewardship-program-podcast/id1560227718>

# Resources

University of Washington Pain Medicine

<https://depts.washington.edu/anesth/care/pain/telepain/mini-site/didactic-and-schedule.shtml>

Physicians for Responsible Opioid Prescribing

<http://www.supportprop.org/resource/educational-materials/>

Advocates for the reform of prescription opioids

<https://rxreform.org/>



## ARPO

Advocates for the Reform of Prescription Opioids



[Home](#) [About Us](#) [Prescription Opioids](#) [Help ARPO](#) [Links](#) [Contact Us](#)



Advocates for the Reform of Prescription Opioids is a bi-national organization in the U.S. and Canada, comprised of people who have been adversely affected by the consequences of the massive over-prescribing of prescription opioid pain pills, otherwise known as narcotics. We are bereaved parents, children, siblings and spouses, families of those suffering through an addiction, pain patients, doctors, and citizen advocates working toward more balanced care for patients

# Resources – Videos for Patients

Understanding Pain in less than 5 minutes, and what to do about it!

[https://www.youtube.com/watch?v=C\\_3phB93rvI](https://www.youtube.com/watch?v=C_3phB93rvI)

Understanding Pain: Brainman stops his opioids

<https://www.youtube.com/watch?v=MI1myFQPdCE>

Mike Evan Videos:

- Managing Low Back Pain

<https://www.youtube.com/watch?v=BOjTegn9RuY>

- Opioids

<https://www.youtube.com/watch?v=7Na2m7lx-hU>

- Exercise

<http://www.evanshealthlab.com/23-and-12-hours/>



# Resources – Interesting Articles

Reducing the Risk of Relief

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4852278/>

Moving Beyond Misuse and Diversion: The Urgent Need to Consider the Role of Iatrogenic Addiction in the Current Opioid Epidemic

<https://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2014.302147>

Opioids for Osteoarthritis Pain: Benefits and Risks

<https://pubmed.ncbi.nlm.nih.gov/23242901/>

The Origins of Addiction: Evidence from the Adverse Childhood Experience Study

<https://www.nijc.org/pdfs/Subject%20Matter%20Articles/Drugs%20and%20Alc/ACE%20Study%20-%20OriginsofAddiction.pdf>

When Physical and Social Pain Coexist: Insights Into Opioid Therapy

<https://www.annfammed.org/content/annalsfm/early/2020/12/15/afm.2591.full.pdf>

# 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**

**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, August 25** to discuss

The role of mindfulness in the areas of mental health,  
substance use disorders and 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.



# 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.

camh

Home Care Health Info Services & Research Education Our Workforce Diversity/Change Research

## Mental Health and COVID-19

The help you need is here

Related

Provincial Government COVID-19 Information

Ontario Ministry of Health COVID-19 Guidance - Health Sector

### Self-referral for mental health care

Your Mental Health and Self-Care

# Mainpro+ Credits

## Direct Credit Entry

Do you want the OCFP to submit your earned Mainpro+ credit directly into your Mainpro+ account?

If interested, please email [practisingwell@ocfp.on.ca](mailto:practisingwell@ocfp.on.ca) with your 6-digit CFPC number (Hint: Your CFPC # begins with a “6”).

