

Practising Well: Your Community of Practice

November 24, 2021

Panelists:

Dr. Alison Arnot

Dr. Yelena Chorny

Dr. Trish Uniac

With Drs. Javed Alloo, Melissa Holowaty and
Peter Selby



Caring for people who have experienced trauma



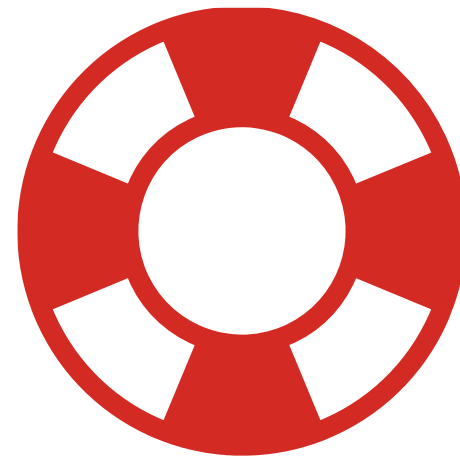
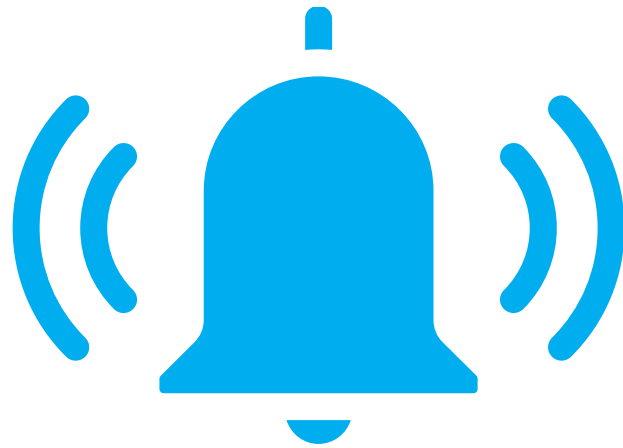
Ontario College of
Family Physicians

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



Family & Community Medicine
UNIVERSITY OF TORONTO

Caring for people who have experienced trauma





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.

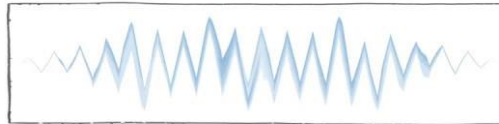
I invite all of us to stay mindful and reflect on this from the territories where you sit or stand today, as we commit ourselves to gaining knowledge, forging a new, culturally safe relationship, and contributing to reconciliation.

Intergenerational (transgenerational) trauma

RESIDENTIAL SCHOOLS



Subscribe on
Apple Podcasts, Spotify,
or wherever you get
your podcasts.



Video: https://youtu.be/IWeH_SDhEYU

<https://www.thecanadianencyclopedia.ca/en/article/intergenerational-trauma-and-residential-schools>



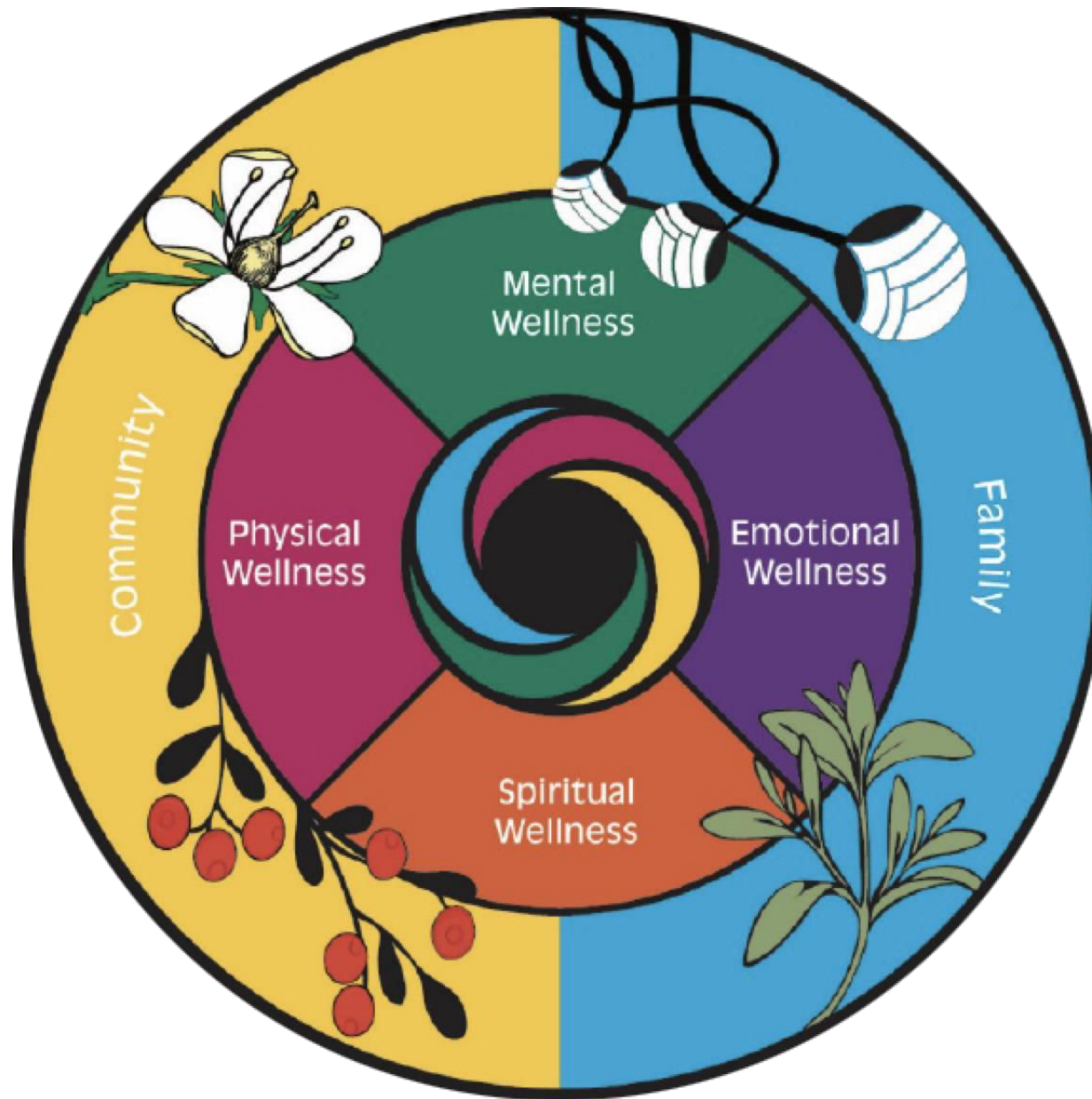
Tsista Kennedy

What is intergenerational trauma— and how do you heal from it?

Breaking the cycle of trauma has Indigenous peoples in Canada working through more than 150 years of hurt

BY COLLEEN SETO

<https://locallove.ca/issues/what-is-intergenerational-trauma-and-how-do-you-heal-from-it/#.YZxmrC3b3ng>



Medicine Wheel

First Nations, Inuit and
Metis Wellness ECHO
at CAMH

Your Panelists: Disclosures



Dr. Alison Arnot

Relationships with financial sponsors (including honoraria):

- MD Psychotherapy Association of Canada (honorarium and Treasurer, Board Member)
- Ontario College of Family Physicians – Practising Well Community of Practice speaker



Dr. Yelena Chorny

Relationships with financial sponsors (including honoraria):

- Homewood Health Centre (employee)
- Ontario College of Family Physicians – Practising Well Community of Practice speaker



Dr. Trish Uniac

Relationship with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well Community of Practice speaker

Disclosures

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

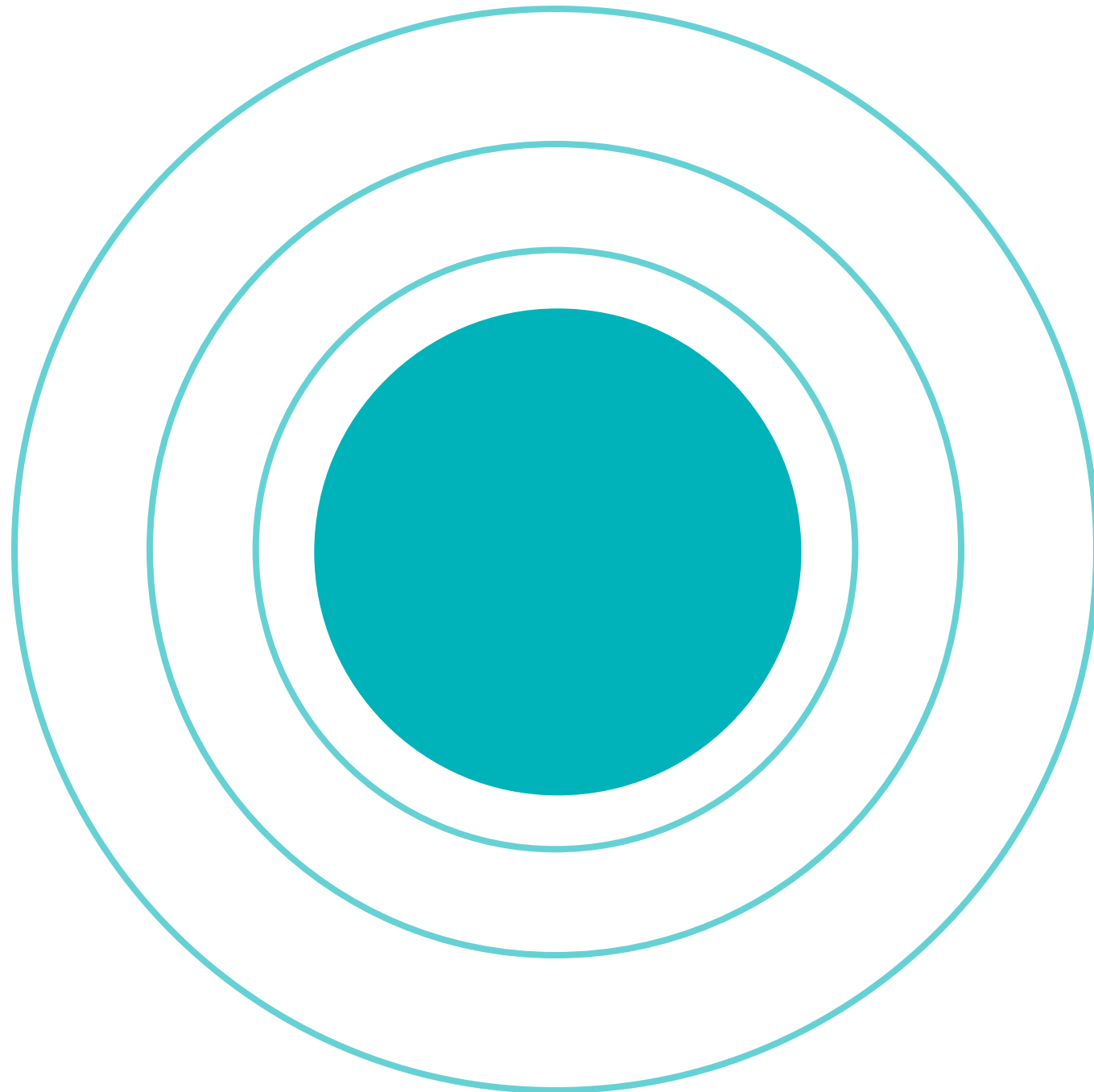
- Relationships with financial sponsors (including honoraria): College of Family Physicians of Canada, Centre for Effective Practice, Ontario Medical Association, Section on General and Family Practice, Centre for Addiction and Mental Health, Trillium Hospitals, Memotext, Ontario College of Family Physicians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

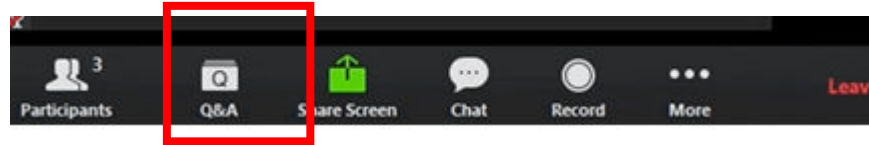
You raised important questions we'll try work through together today:

- Should I be screening all patients for a history of trauma?
- How do I address trauma without triggering my patient?
- How can I help my patient with PTSD? What resources are there?
- How does trauma-based therapy differ from other forms of psychotherapy?
- How to recognize trauma and PTSD before we experience it ourselves as family physicians?
- What resources can I provide to my patients who are waiting to see a psychiatrist?

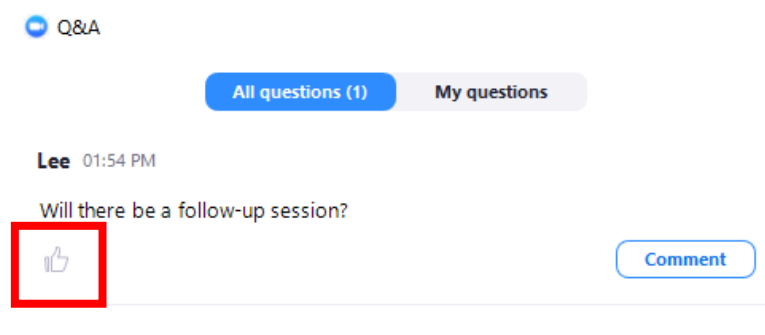
And other questions you add in the Q&A box...



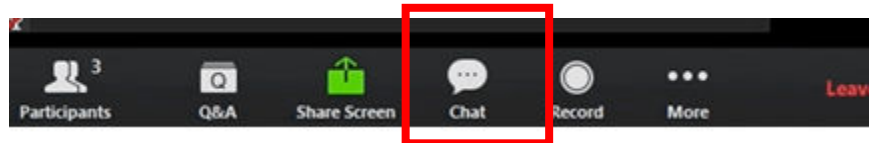
How to Participate



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

Adverse Childhood Events (ACE)

ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION	
 <i>Physical</i>	 <i>Physical</i>	 <i>Mental Illness</i>	 <i>Incarcerated Relative</i>
 <i>Emotional</i>	 <i>Emotional</i>	 <i>Mother Treated Violently</i>	 <i>Substance Abuse</i>
 <i>Sexual</i>		 <i>Divorce</i>	

Graphic used with permission from The Robert Wood Johnson Foundation. See it here.

<https://www.joiningforcesforchildren.org/what-are-aces/>

Canadian Community Health Survey

(national survey, 2012)

Physical, sexual or domestic abuse: 32% total

Philadelphia Expanded ACE Questions look at Community-Level Adversity	
Witness Violence	How often, if ever, did you see or hear someone being beaten up, stabbed, or shot in real life?
Felt Discrimination	While you were growing up...How often did you feel that you were treated badly or unfairly because of your race or ethnicity?
Adverse Neighborhood Experience	Did you feel safe in your neighborhood? Did you feel people in your neighborhood looked out for each other, stood up for each other, and could be trusted?
Bullied	How often were you bullied by a peer or classmate?
Lived in Foster Care	Were you ever in foster care?

<https://www.philadelphiaaces.org/philadelphia-ace-survey>

Ontario Health Supplement:

Physical abuse: 31% of males and 21% of females

Sexual abuse as children: 4% of males, 13% of females



<https://www.msnbc.com/the-last-word/watch/-an-epidemic-within-the-pandemic-120-000-u-s-children-have-lost-primary-caregivers-to-covid-121222725672>

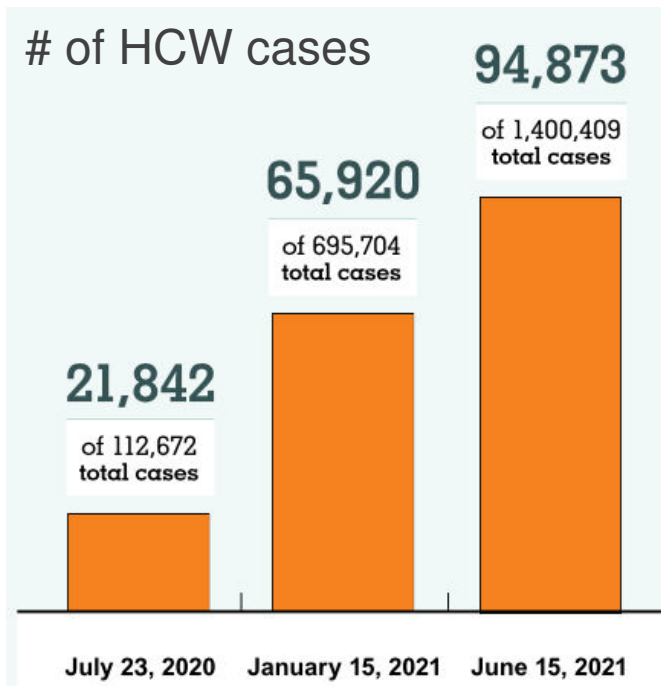
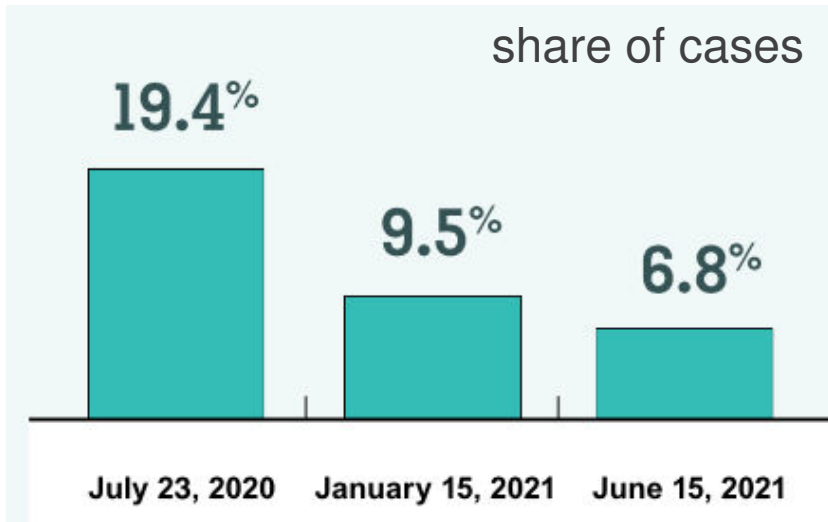
THE LAST WORD

'An epidemic within the pandemic': 120,000 U.S. children have lost primary caregivers to Covid

Dr. Ebony Hilton, Renée Graham and Maria Teresa Kumar join Zerlina Maxwell to discuss the implications of what the CDC calls the Hidden Pandemic, as nearly 120,000 children have lost a parent or a primary caregiver to Covid-19, and children of color are disproportionately impacted.

Sept. 17, 2021

Canadian health care workers and COVID-19



<https://www.cihi.ca/en/covid-19-cases-and-deaths-in-health-care-workers-in-canada-infographic>



THE CANADIAN PRESS/Nathan Denette

Traumatic Stress in Healthcare Workers During COVID-19 Pandemic: A Review of the Immediate Impact

Agata Benfante, Marialaura Di Tella*, Annunziata Romeo and Lorys Castelli

Department of Psychology, University of Turin, Turin, Italy

Front. Psychol., 23 October 2020

<https://www.frontiersin.org/articles/10.3389/fpsyg.2020.569935/full>

Helping Health Care Workers Cope with COVID-19-Related Trauma



<https://www.anxietycanada.com/articles/helping-health-care-workers-cope-with-covid-19-related-trauma/>

IMPACT OF CHILDHOOD TRAUMA



The CDC and Kaiser Permanente surveyed 17,000 of the health plan's members to ask whether they'd had adverse childhood experiences defined as:

ABUSE

Psychological
Physical
Sexual

NEGLECT

Emotional
Physical

HOUSEHOLD CHALLENGES

Family member experiencing:
Domestic abuse
Mental illness
Imprisonment



In Focus: Recognizing Trauma As a Means of Engaging Patients

The landmark study found those with adverse childhood experiences were at higher risk for:



HEART, LUNG, AND LIVER DISEASE



OBESITY



DIABETES



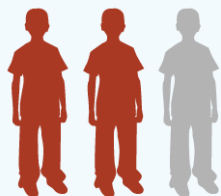
DEPRESSION



SUBSTANCE ABUSE

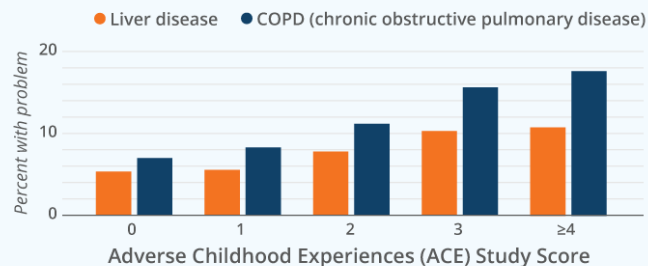
THE STUDY ALSO FOUND

NEARLY TWO THIRDS



of those surveyed experienced at least one event.

The higher the score on ACE survey, the more likely people were to be in poor health:



<https://www.commonwealthfund.org/publications/2016/jun/focus-recognizing-trauma-means-engaging-patients>



Caring for people who have experienced trauma

Your Panelists:



Dr. Trish Uniac
Generalist in Rural Medicine
Clinton FHT, HPHA
[@TrishUniacMD](#)



Dr. Alison Arnot
The Strivings Group
Mississauga



Dr. Yelena Chorny
Addiction Medicine Services
Homewood Health Centre
[@YelenaChornyMD](#)

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

Resources

Tools



Resources : Understanding

- What is trauma? (video)

<https://www.psychotherapynetworker.org/blog/details/311/video-when-is-it-trauma-bessel-van-der-kolk-explains>

A BEGINNER'S GUIDE TO POLYVAGAL THEORY

Dr. Stephen Porges, originator of Polyvagal Theory, identified a biological order of human response that is active in all human experience. With gratitude to Dr. Porges for his work, this handout explores and explains Polyvagal Theory in user-friendly language.

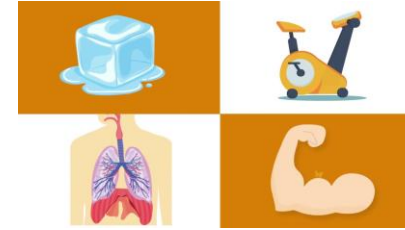
We come into the world wired to connect. With our first breath, we embark on a quest to feel safe in our bodies, in our environments, and in our relationships with others. The

- <https://www.ontariofamilyphysicians.ca/education/practising-well/practising-well-community-of-practice/past-sessions/beginner's-guide-to-polyvagal-theory.pdf>

Trauma and the Nervous System: A Polyvagal Perspective

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

Resources : Tools



- TIPP Skills
<https://in.nau.edu/wp-content/uploads/sites/202/TIP-Skills.pdf>
- Providing Trauma-Informed Care (AAFP)
<https://www.aafp.org/afp/2017/0515/p655.html>
- 6 Guiding Principles to a Trauma-Informed Approach (CDC)
[https://www.cdc.gov/cpr/infographics/00_docs/TRAINING EMERGENCY RESPONDERS FINAL.pdf](https://www.cdc.gov/cpr/infographics/00_docs/TRAINING_EMERGENCY_RESPONDERS_FINAL.pdf)





- Safety
- Trustworthiness & transparency
- Collaboration & mutuality
- Empowerment, voice & choice
- Cultural, historical & gender issues
- Peer support & mutual self-help

THE 6 CORE PRINCIPLES OF TIC

Resources : Tools



Adverse Childhood Experiences (ACEs)

Interventions to Prevent and Mitigate the Impact of ACEs in Canada



Literature Review
August 2020

<https://www.publichealthontario.ca/-/media/documents/a/2020/adverse-childhood-experiences-report.pdf?la=en>

Benevolent Childhood Experiences [BCE's] (Narayan et al., 2018)

To get a BCE score, the survey-taker is asked how many of these ten items he or she experienced before the age of 18. Would you respond "yes" or "no" to the prompt, "*Growing up, I had...*"

Item	YES	NO
1. At least one caregiver with whom you felt safe?		
2. At least one good friend		
3. Beliefs that gave you comfort		
4. Enjoyment at school		
5. At least one teacher that cared		
6. Good neighbours		
7. An adult (not a parent/ caregiver or the person from *1) who could provide you with support or advice		
8. Opportunities to have a good time		
9. Like yourself or feel comfortable with yourself		
10. Predictable home routine, like regular meals and a regular bedtime		
Total YES's = BCE Score		

<https://loulebentz.com/wp-content/uploads/2020/05/ACE-Resilience-Questionnaires-Derek-Farrell-2.pdf>

Narayan AJ, Rivera LM, Bernstein RE, Harris WW, Lieberman AF. Positive childhood experiences predict less psychopathology and stress in pregnant women with childhood adversity: A pilot study of the benevolent childhood experiences (BCEs) scale. Child Abuse Negl. 2018;78:19-30. doi:10.1016/j.chiabu.2017.09.022

Resources : Tools

Trauma-informed

The Trauma Toolkit
Second Edition, 2013

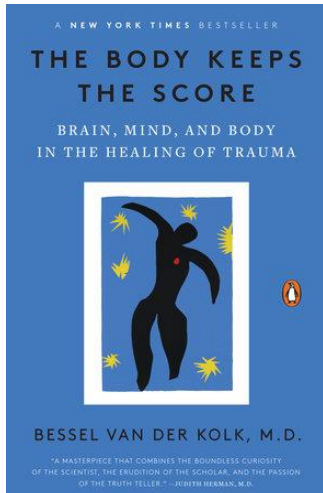
https://trauma-informed.ca/wp-content/uploads/2013/10/Trauma-informed_Toolkit.pdf

PCL-5

Trauma Symptom Checklist : PCL-5 for Measurements Based Care
(patient-filled questionnaire)

<https://www.ptsd.va.gov/professional/assessment/adult-sr/ptsd-checklist.asp>

Resources : Understanding



The Body Keeps the Score : Brain, Mind and Body in the Healing of Trauma
By **BESSEL VAN DER KOLK, M.D**

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

Resources

Supports





Support for you and those you care about.

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

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.

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

Home Health Care Services & Research Education Get Involved Giving/Donate Research

Mental Health and COVID-19

The help you need is here

Self-referral for mental health care

Your Mental Health and Self-Care

Resources : Supports



- 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/>

Questions





Chat

**One thing you can do...
to apply the principles of
trauma-informed care
to your practice?**

Peer to Peer Connect

Now recruiting **Peer Learners!**

Interested in being a Peer Learner as part of the Practising Well program? Provide us with your information below and we'll match you with a Peer Guide.

A Peer Learner is a **family physician** who has identified a need for **support** in the areas of **mental health, substance use disorders and/or chronic pain**.

Sign up today!

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





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



Direct Credit Entry

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

Please email practisingwell@ocfp.on.ca with your 6-digit CFPC number (Hint: Your CFPC # begins with a “6”).

Join us on
Wednesday, December 15

The Chronic Pain of Fibromyalgia

with Drs. Melissa Holowaty, Bryan MacLeod and Farah Tabassum

https://us02web.zoom.us/webinar/register/WN_YdtZe5K2Qwm_bSjB-01TGQ

PractisingWell@ocfp.on.ca

