

Practising Well Community of Practice

Working with patient social losses through the pandemic

January 26, 2022

The Practising Well Community of Practice is an intentional conversation for shared learning hosted by the OCFP in collaboration with the U of T DFCM. 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:

- Community of Practice
- Information Exchange: An easy-to-navigate online repository of information.
- 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/>

Resources

- Social Care Guidance in the COVID-19 Context (CEP) - <https://tools.cep.health/tool/covid-19-social-care-guidance/>
- Local Services (CEP) - <https://tools.cep.health/tool/local-services/>
- Poverty: A Clinical Tool for Primary Care Providers - https://cep.health/media/uploaded/CEP_Poverty_Tool_ON_2016.pdf
- Caring for patients with lived experience of homelessness (CFP) - <https://www.cfp.ca/content/66/8/563>
- Community Advocacy & Legal Centre - <https://communitylegalcentre.ca/>
- A Social History Tool using the IF-IT-HELPS mnemonic - <https://cep.health/download-file/1542915867.061284-96/>
- Understanding Systems: The 2021 report of the National Advisory Council on Poverty - <https://www.canada.ca/en/employment-social-development/programs/poverty-reduction/national-advisory-council/reports/2021-annual.html>
- Enhanced Epidemiology Summary: COVID-19 in Ontario – A Focus on Diversity - <https://www.publichealthontario.ca/-/media/documents/ncov/epi/2020/06/covid-19-epi-diversity.pdf?la=en>
- Impacts on Immigrants and People Designated as Visible Minorities - <https://www150.statcan.gc.ca/n1/en/pub/11-631-x/2020004/pdf/s6-eng.pdf?st=QWgBZOR8>
- Physicians and health equity: Opportunities in practice - <https://nccdh.ca/resources/entry/physicians-and-health-equity>
- Physician Health Care Visits for Mental Health and Substance Use During the COVID-19 Pandemic on Ontario, Canada - <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2788289>
- The Blackfoot Wisdom that Inspired Maslow's Hierarchy - <https://www.resilience.org/stories/2021-06-18/the-blackfoot-wisdom-that-inspired-maslows-hierarchy/>
- Disconnected Brains: How isolation fuels opioid addiction (Ted Talk) - https://www.ted.com/talks/rachel_wurzman_disconnected_brains_how_isolation_fuels_opioid_addiction

Supports

- OMA Physician Health Program - <https://php.oma.org/>
- CAMH Health Care Provider Resource Site - <http://www.camh.ca/covid19hcw>