

## Practising Well Community of Practice

### Normalize. Don't Stigmatize. Let's talk about alcohol

April 27, 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](mailto: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

- Problematic alcohol use and alcohol use disorder (HQO) - <https://hqontario.ca/evidence-to-improve-care/quality-standards/view-all-quality-standards/problematic-alcohol-use-and-alcohol-use-disorder>
- Canadian Guidelines on Alcohol Use Disorder Among Older Adults (2019) - [https://ccsmh.ca/wp-content/uploads/2019/12/Final\\_Alcohol\\_Use\\_DisorderV6.pdf](https://ccsmh.ca/wp-content/uploads/2019/12/Final_Alcohol_Use_DisorderV6.pdf)
- Alcohol Use Disorder (CEP) - <https://cep.health/clinical-products/alcohol-use-disorder/>
- Primary care management of alcohol use disorder and at-risk drinking - <https://www.cfp.ca/content/61/6/515.short>
- Management of alcohol use disorder (WCH) - <https://www.womenscolleghospital.ca/assets/pdf/MetaPhi/2017-12-19%20PCP%20alcohol%20guide.pdf>
- Practical Approach to Substance Use Disorders for the Family Physician (CFPC Addiction Medicine Member Interest Group) - <https://www.cfpc.ca/CFPC/media/PDF/MIGS-2021-Addiction-Medicine-ENG-Final.pdf>
- AUDIT Questionnaire - <https://www.sbirt.care/pdfs/tools/AUDIT.PDF>
- Screening and Treatment (CCSA) - <https://www.ccsa.ca/resources-alcohol>
- Resources for helping your patients - [http://www.nysafp.org/getattachment/Member/Membership-Benefits/Office-Visit-Protocols-for-your-Patients-5-Most-P/1478096347\\_SBIRT-Alcohol-7-26-16.pdf.aspx?lang=en-US](http://www.nysafp.org/getattachment/Member/Membership-Benefits/Office-Visit-Protocols-for-your-Patients-5-Most-P/1478096347_SBIRT-Alcohol-7-26-16.pdf.aspx?lang=en-US)
- Medication - <https://www.porticonetwork.ca/documents/203806/0/Acamprosate+factsheet/d16d191c-a37a-4a55-b960-3365d02f123e>
- ConnexOntario - <https://www.connexontario.ca/drug-alcohol-addictions-service-toronto-30250>
- Talking About Alcohol Use - <https://hqontario.ca/Portals/0/documents/evidence/quality-standards/qs-alcohol-use-disorder-patient-guide-en.pdf>
- Breaking Free from Substance Use - <https://www.breakingfreeonline.ca>

- Canada's Low Risk Alcohol Drinking Guidelines (CAMH) - <https://www.camh.ca/-/media/files/canadas-low-risk-guidelines-pdf.pdf>
- Understanding Canada's Low Risk Alcohol Drinking Guidelines - <https://www.youtube.com/watch?v=NbpdMFE-AIE>
- META:PHI - <http://www.metaphi.ca/>
- Alcoholic Anonymous - <https://www.aa.org/>
- SMART Recovery - <https://www.smartrecovery.org/>
- Focus Mental Wellness - <https://focusmw.com/caduceus/>
- Empowering Families Affected by Substance Use Problems - <https://moodle8.camhx.ca/moodle/course/view.php?id=11>

### **Education**

- ECHO Ontario Mental Health – Addictions Medicine & Psychosocial Interventions - <https://camh.echoontario.ca/program-ampi/>
- eConsult – <https://otn.ca/patients/econsult>

### **Supports for you and those you care about**

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