



Normalize, don't Stigmatize – Let's talk about alcohol

PANELISTS

Dr. Greg Carfagnini • Dr. Britt Lehmann-Bender • Dr. Lori Regenstreif

WITH

Dr. Javed Alloo • Dr. Melissa Holowaty • Dr. Peter Selby



April 27, 2022

Practising Well: Your Community of Practice



We acknowledge that the lands

on which we are hosting this meeting include the traditional territories of many nations.

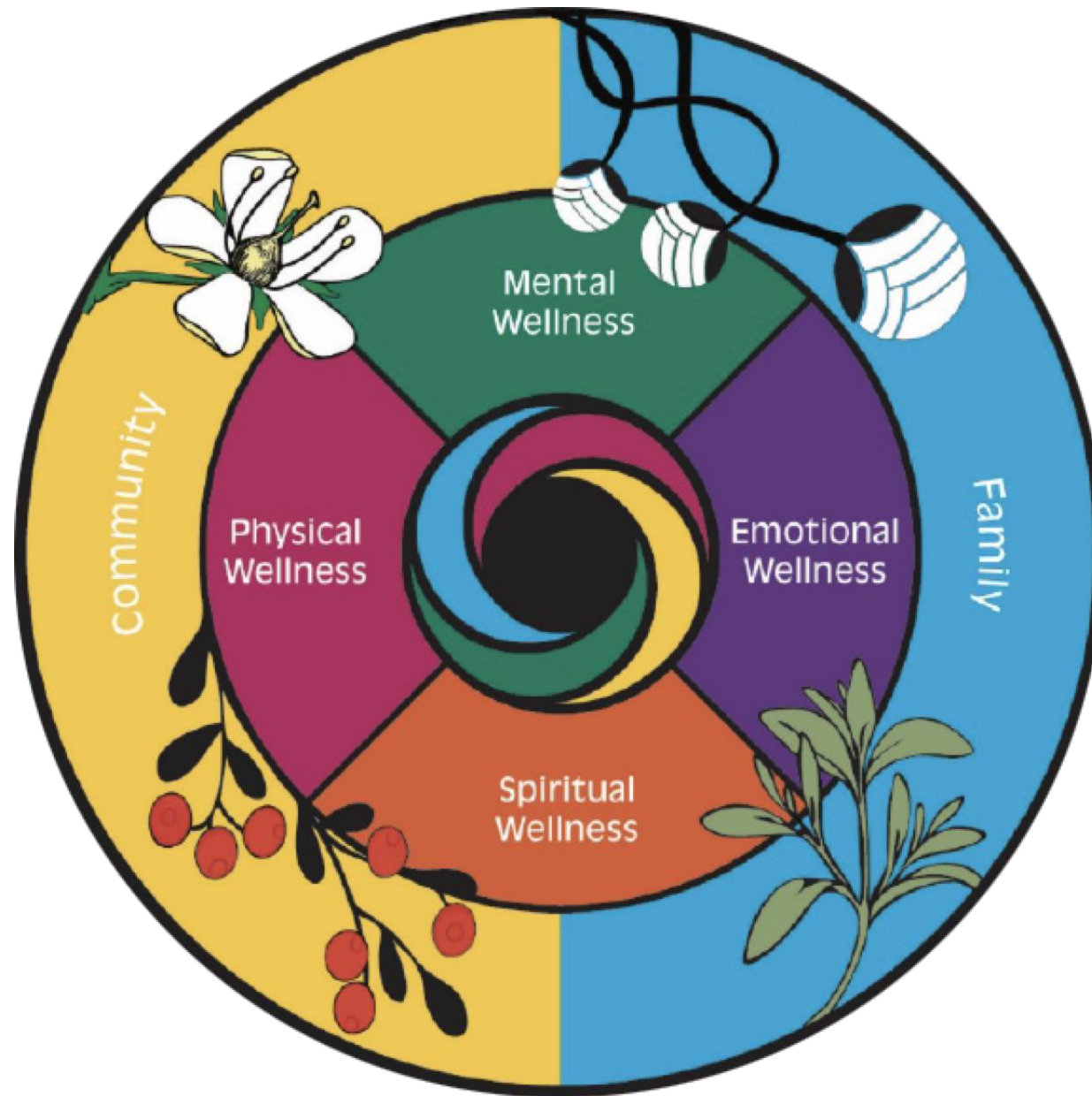
The OCFP and DFCM recognize that the many injustices experienced by the Indigenous Peoples of what we now call Canada continue to affect their health and well-being. Even today, as we meet in this virtual space for reasons of improving wellness, many Indigenous communities face barriers of access to 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.

Medicine Wheel

First Nations, Inuit
and Metis Wellness
ECHO at CAMH



Your Panelists: Disclosures



Dr. Britt Lehmann-Bender

Relationships with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well CoP Speaker
- Indivior – One-time honoraria for Sublocade training



Dr. Greg Carfagnini

Relationships with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well CoP Speaker
- St. Joseph's Care Group – Employee
- St. Joseph's Care Group MAC Thunder Bay RAAM Steering Committee - Member



Dr. Lori Regenstreif

Relationship with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well CoP Speaker
- Indivior – Speaker and Injection Skills Training; Advisory Board for Sublocade and Suboxone Film
- Indivior – regional trends in drug use and treatment pathways

Disclosures

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)

Dr. Peter Selby @drpselby

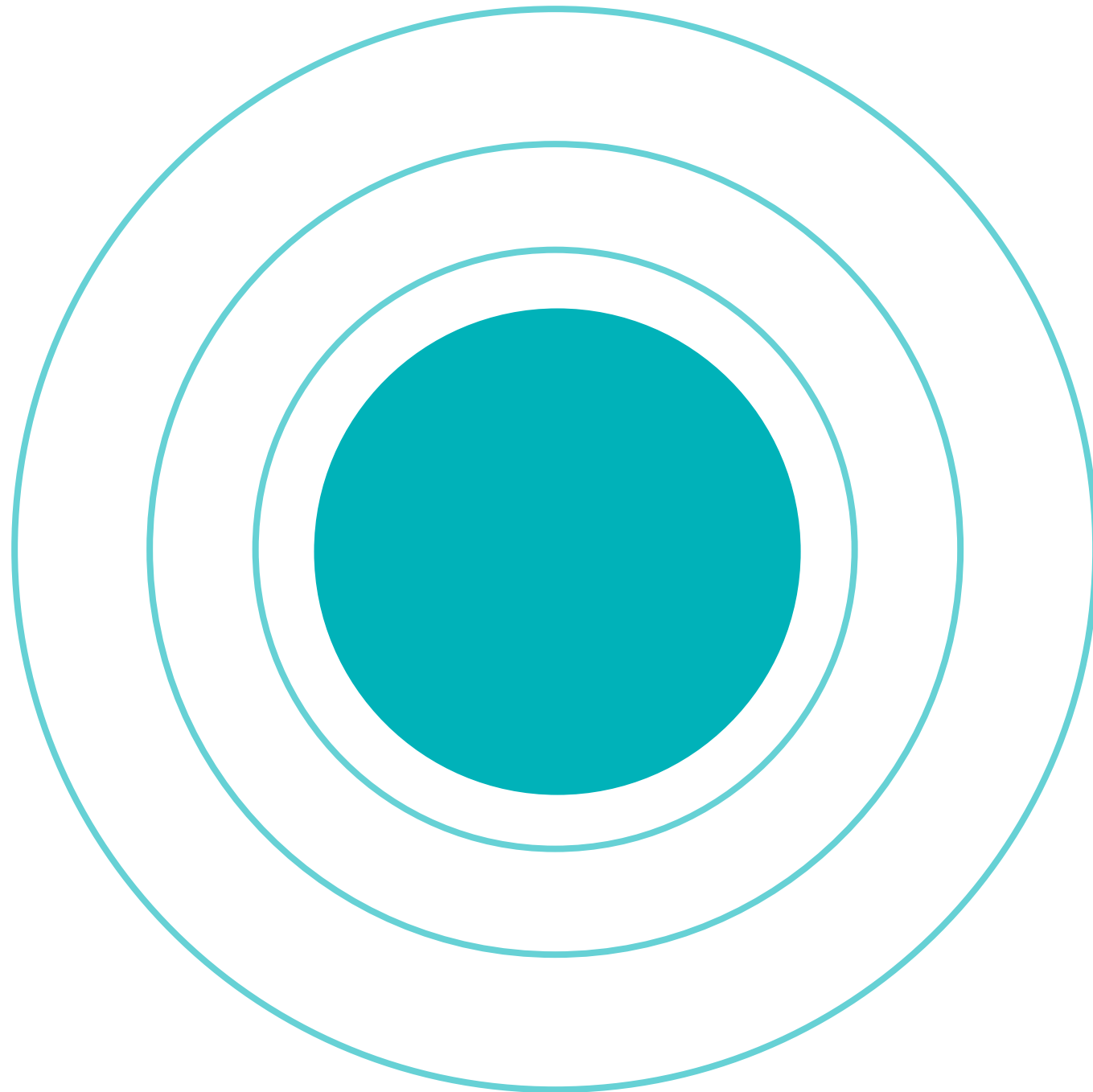
Relationships with financial sponsors (including honoraria):

- 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

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, Canadian Partnership Against Cancer, 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





Let's talk about alcohol use:

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

1. Can you share any programs/support available for patients, or resources for family members?
2. How can I help patients who are in denial about the risks of their alcohol consumption?
3. Are there supports for family members who have lost a loved one due to substance use or addiction?

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

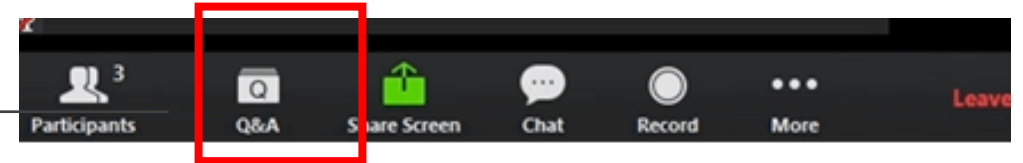
How to Participate



Q&A

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



Q&A

All questions (1)

My questions

Lee 01:54 PM

Will there be a follow-up session?

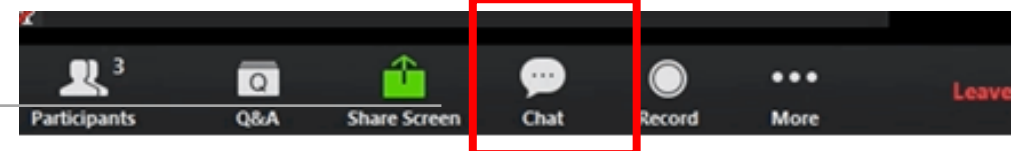


Comment



Chat

Use the chat to share reflections or resources.



Please introduce yourself in the chat!

Your name,
Your community,
Your twitter handle



@OntarioCollege
#PractisingWell

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Alcohol sales
increased by
\$2 Million /day
in Ontario during
this pandemic.

+5.5%

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4 in 5 adults drink alcohol.*



1 in 4 drinkers drink hazardously.**

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Of Canadians who previously consumed alcohol:
24% believed their intake had increased over the pandemic.
– StatsCan



Nearly 1 in 5 (18%) had 5+ drinks on the days they drank alcohol in the past month.

<https://torontosun.com/health/diet-fitness/doctors-sound-alarm-as-alcohol-consumption-continues-covid-spike>

Nanos poll: Canadian Centre on Substance use and Addictions April, 2020

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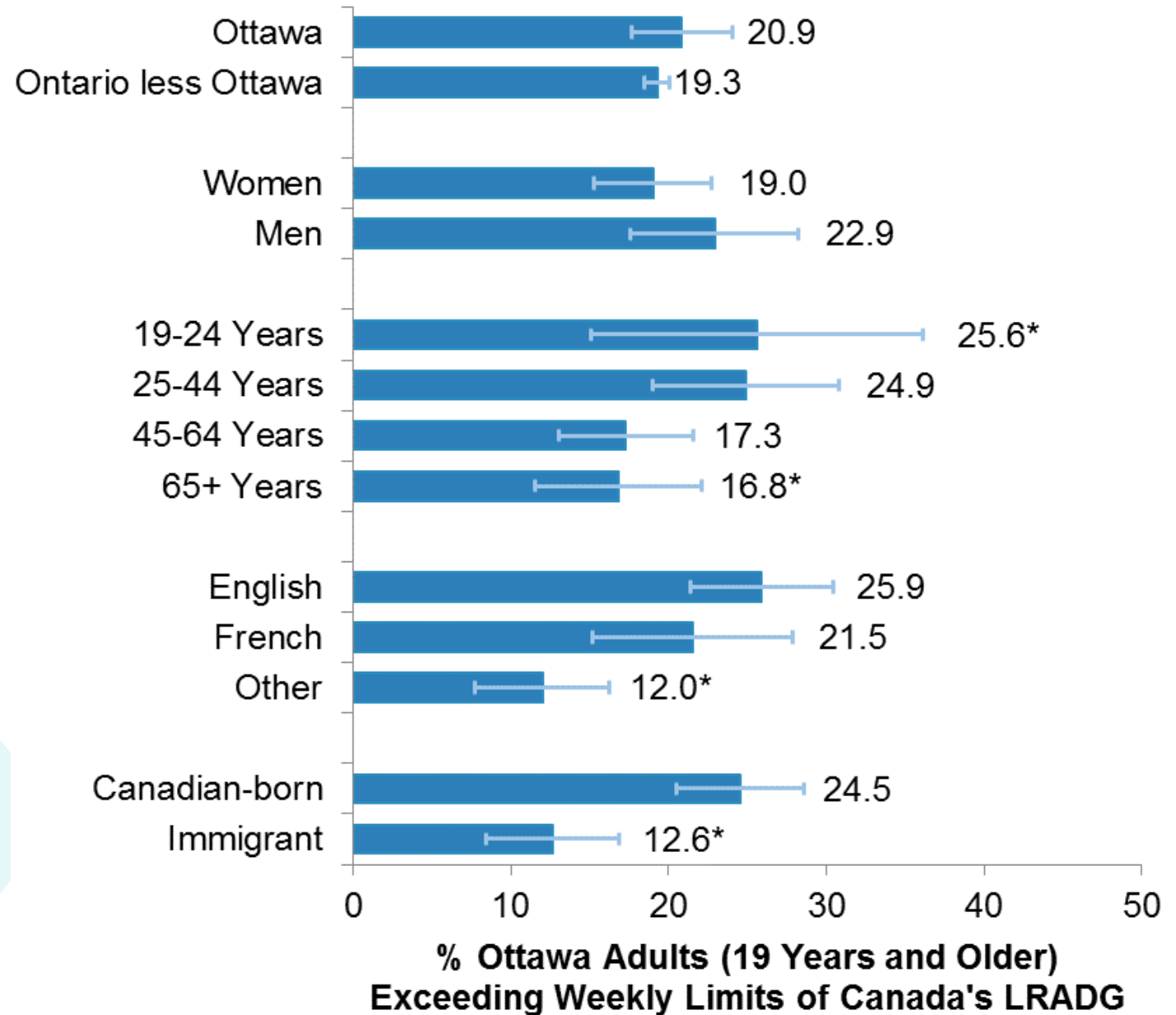


Table 1. Percentage changes in risks for males and females of premature death from 12 alcohol-related illnesses according to typical daily alcohol intake

Type of Illness or Disease	Proportion of All Deaths, 2002–2005	Percentage Increase/Decrease in Risk				
		1 Drink	2 Drinks	3–4 Drinks	5–6 Drinks	+ 6 Drinks
		Zero or Decreased Risk 0% -1% to -24% -25% to -50% Increased Risk Up to +49% +50% to 99% +100% to 199% Over +200%				
Tuberculosis	1 in 2,500	0	0	+194	+194	+194
Oral cavity & pharynx cancer	1 in 200	+42	+96	+197	+368	+697
Oral esophagus cancer	1 in 150	+20	+43	+87	+164	+367
Colon cancer	1 in 40	+3	+5	+9	+15	+26
Rectum cancer	1 in 200	+5	+10	+18	+30	+53
Liver cancer	1 in 200	+10	+21	+38	+60	+99
Larynx cancer	1 in 500	+21	+47	+95	+181	+399
Ischemic heart disease	1 in 13	-19	-19	-14	0	+31
Epilepsy	1 in 1,000	+19	+41	+81	+152	+353
Dysrhythmias	1 in 250	+8	+17	+32	+54	+102
Pancreatitis	1 in 750	+3	+12	+41	+133	+851
Low birth weight	1 in 1,000	0	+29	+84	+207	+685



Canadian Centre on Substance Use and Addiction

<https://www.ccsa.ca/communicating-alcohol-related-health-risks-canadas-low-risk-alcohol-drinking-guidelines>

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Your Panelists



Dr. Britt Lehmann-Bender

Peterborough, ON



Dr. Greg Carfagnini

Thunder Bay, ON

@carfmd



Dr. Lori Regenstreif

Hamilton, ON

@drgypsy

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Engaging the patient with problematic ETOH use

So you have identified that your patient is misusing ETOH with harmful effects...

NOW WHAT?

DO I REFER?

DO I TREAT?

The answer of course is YES.... But how?

Engaging the patient with problematic ETOH use

SBIRT has been shown to have effective outcomes for people who abuse ETOH.

S-Screening

BI-Brief Intervention

RT-Referral to treatment

Engaging the patient with problematic ETOH use

Brief Intervention:

- Use Motivational Interviewing techniques
- Mostly studied for problematic drinking but could also be effective for Alcohol Use Disorder
- Link other health conditions that are affected by ETOH consumption:
 - Hypertension
 - Sleep trouble
 - Mood disorders
- Set Goals
- Use aids and resources (see resource slides)

Engaging the patient with problematic ETOH use

Referral to Treatment

- Studies suggest referral to specialized care, but often not available.
- You can do this as a family MD!
 - Start urge reduction medications
 - Use motivational interviewing and harm reduction techniques
- Be a part of the treatment plan!
 - Engage with psychosocial agencies
 - Familiarize yourself with AA and peer led groups locally and online
(*see resouces slides*)

Engaging the patient with problematic ETOH use

Referral to treatment is important but with some practice and support, family physicians can provide the treatment.

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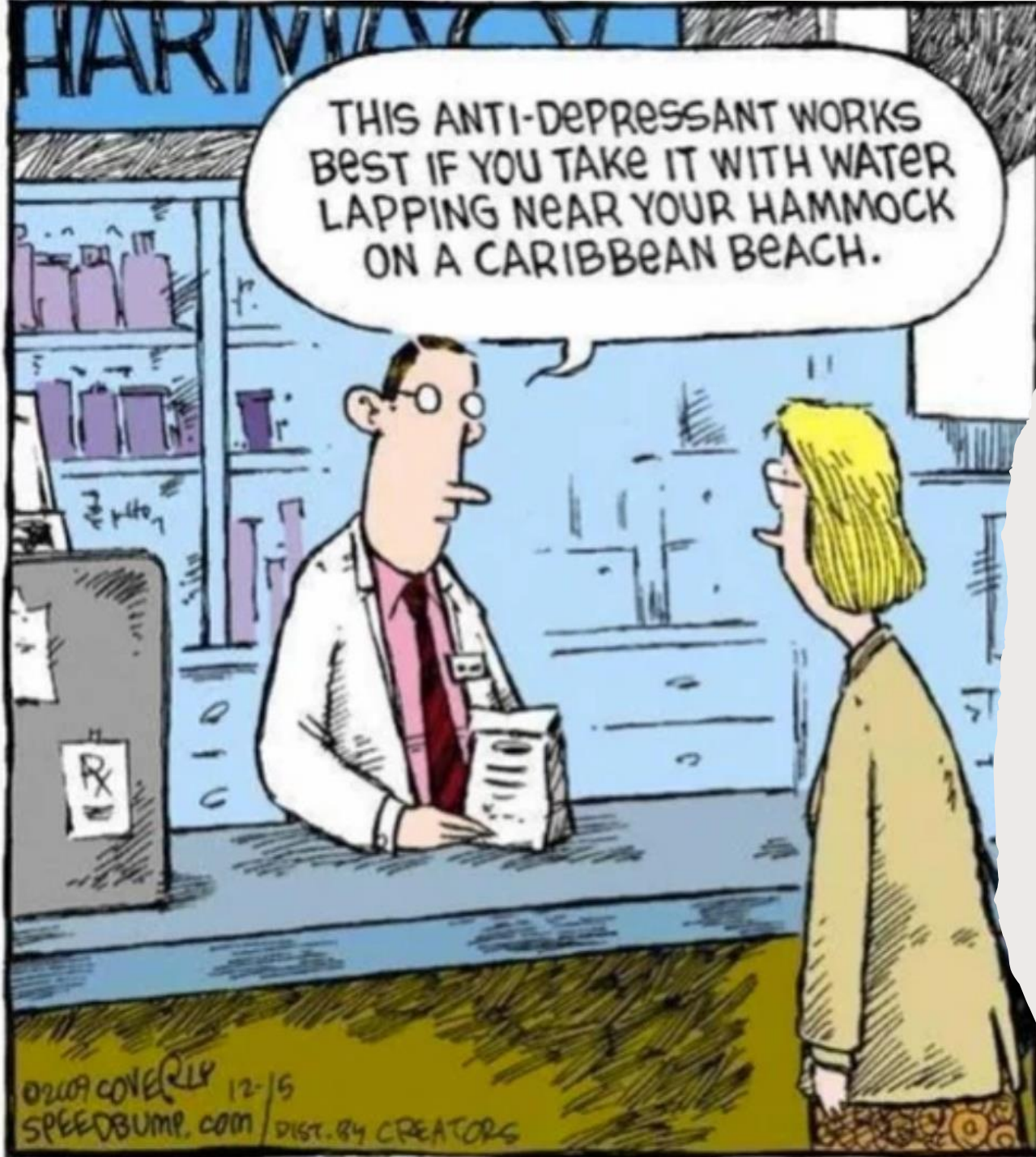
Hamilton, ON

@drgypsy




Missed opportunities

- For individuals, drinking alcohol may be:
 - Normalized.....stigmatized
 - Non-problematic.....problematic
- Phrasing questions to remove stigma:
 - *“Some people have found that the stress of (e.g. the pandemic) has caused them to eat more, drink more alcohol, use cannabis or other drugs, in ways they did not before...”*



Medications as part of change

- People may have a harder time accepting the idea of taking a drug than of taking a drink.
- For many, non-medication strategies can work but may not be realistic (work, family life, reality)
- Meds in context of “support” for the physical and psychological symptoms of alcohol cravings



But do we know the long-term effects of fire extinguishers?

Anti-craving medications

- Heavier drinking with physical withdrawal – consider gabapentin; do not start with naltrexone
- Binge-drinking, weekend drinking, no physical W/D, mainly psychological craving or social exposure triggers – naltrexone to start
- “What is your sleep like?”
- Can use gabapentin to improve sleep
- We know the long-term effects of alcohol use on health are significant

Resources

Tools



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

Problematic Alcohol Use and Alcohol Use Disorder Quality Standard

Understanding Quality Standards in Primary Care Program

Earn **2.25 Mainpro+® credits** for reviewing the [Problematic Alcohol Use and Alcohol Use Disorder](#) quality standard package.

To learn more, or to enroll in the program, contact:
UnderstandQS@ontariohealth.ca

This one-credit-per-hour Self-Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 48.75 credits

Quality
Standards



Resources

Tools

Canadian Guidelines on Alcohol Use Disorder Among Older Adults (2019)

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/>

CEP | Providers

Alcohol Use Disorder (AUD) Tool

This tool is designed to support primary care providers (family physicians and primary care nurse practitioners) in screening, diagnosing and implementing pharmacotherapy treatments for adult patients (>18 years) with Alcohol Use Disorder (AUD). Primary care providers should routinely offer medication for moderate and severe AUD. **Pharmacotherapy alone to treat AUD is better than no therapy at all.** Pharmacotherapy is most effective when combined with non-pharmacotherapy, including behavioural therapy, community reinforcement, motivational enhancement, counselling and/or support groups.^{2,3}

TABLE OF CONTENTS

pg. 1 [Section A: Screening for AUD](#)

pg. 4 [Section B: Diagnosing AUD](#)

pg. 7 [Section D: Non-Pharmacotherapy Options](#)

pg. 8 [Section E: Alcohol Withdrawal](#)

Primary care management of alcohol use disorder and at-risk drinking

<https://www.cfp.ca/content/61/6/515.short>

Management of alcohol use disorders (WCH)

<https://www.womenscollegehospital.ca/asset/s/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>

Resources

Tools

NIAAA 1 question for "At Risk" drinking: "How many times in the past year have you had > 4+ ♀♂ 5+ drinks in a day?"

AUDIT Questionnaire

<https://www.sbirt.care/pdfs/tools/AUDIT.PDF>

Screening and Treatment Resources (CCSA)

<https://www.ccsa.ca/resources-alcohol>

Resources for helping your patients

http://www.nysafp.org/getattachment/Member/Member-ship-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>

Alcohol screening questionnaire (AUDIT)

Drinking alcohol can affect your health and some medications you may take. Please seek the best medical care by answering the questions below.

One drink equals:



12 oz.
beer



5 oz.
wine

What is acamprosate, and how does it work?

Acamprosate (Campral) is a medication that has been available for the treatment of alcohol dependence for a number of years in Canada, and longer in Europe. Acamprosate is started after a person has stopped alcohol use. Acamprosate is believed to restore the balance of brain chemicals, which has been disturbed by regular, heavy drinking. It is believed that this



What will happen if taking acamprosate?

Acamprosate does not:

- reduce effects of alcohol on coordination and judgment
- affect your blood alcohol concentration
- change the way the body metabolizes alcohol, so it will not increase

Patient Resources

Tools

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>

For these guidelines, “a drink” means: ▶▶▶

 Beer 341 ml (12 oz.) 5% alcohol content	 Cider/ Cooler 341 ml (12 oz.) 5% alcohol content	 Wine 142 ml (5 oz.) 12% alcohol content	 Distilled Alcohol (rye, gin, rum, etc.) 43 ml (1.5 oz.) 40% alcohol content
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Understanding Canada's Low Risk Alcohol Drinking Guidelines

<https://www.youtube.com/watch?v=NbpdMFE-AIE>

Patient Resources

Tools

Youtube @DocMikeEvans:

A ReThink of the Way we Drink

<https://www.youtube.com/watch?v=tbKbq2lytC4>

Saying When app

<https://www.camh.ca/en/camh-news-and-stories/introducing-the-saying-when-app>

Alcoholics Anonymous

<https://www.aa.org/>

Smart Recovery

<https://www.smartrecovery.org/>

Focus Mental Wellness

<https://focusmw.com/caduceus/>



Resources

Education



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

Resources

Education

ECHO Ontario Mental Health – Addictions Medicine & Psychosocial Interventions

<https://camh.echoontario.ca/program-ampi/>

Addictions Medicine & Psychosocial Interventions



PROGRAM GOALS



PROGRAM INFO



HOW DO I SIGN UP?

Modules – Weekly, Monday Afternoons

- Engaging Individuals in Evidence Based Care (April 2022 – June 2022)
- Principles of Addictions Care (September 2022 – December 2022)
- Concurrent Disorders & Complexity (January 2023 – March 2023)

Resources

Education

eConsult – <https://otn.ca/patients/econsult/>



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Ontario eConsult Program

The eConsult program enables your doctor to consult with specialists across the province to get faster access to advice for your care.





FMS 2022

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- Building **Equity, Diversity And Inclusion** In Medicine
- **Breastfeeding Basics:** Practical Tips To Support Lactation
- Drugs Of Abuse: The New Kids On The Block (**This Ain't Your Grandma's Marijuana**)
- Shifting The Conversation: Social Prescribing
- **Concussions** Are Still A Thing

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- **Learn and earn** – up to 60 Mainpro+® credits
- **Learn for today's challenges** – practical tools and resources

[OCFPSummit.ca](https://ocfpsummit.ca)

Resources

Supports



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

Resources

Supports



OMA Physician Health Program

<https://php.oma.org>

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Physician Health Program

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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>

Mental Health and COVID-19

The help you need is here

Self-referral for mental health care

Your Mental Health and Self-Care

Related

- Provincial Government COVID-19 Information
- Ontario Ministry of Health COVID-19 Guidance - Health Sector

Support for you and those you care about.

Resources

Supports



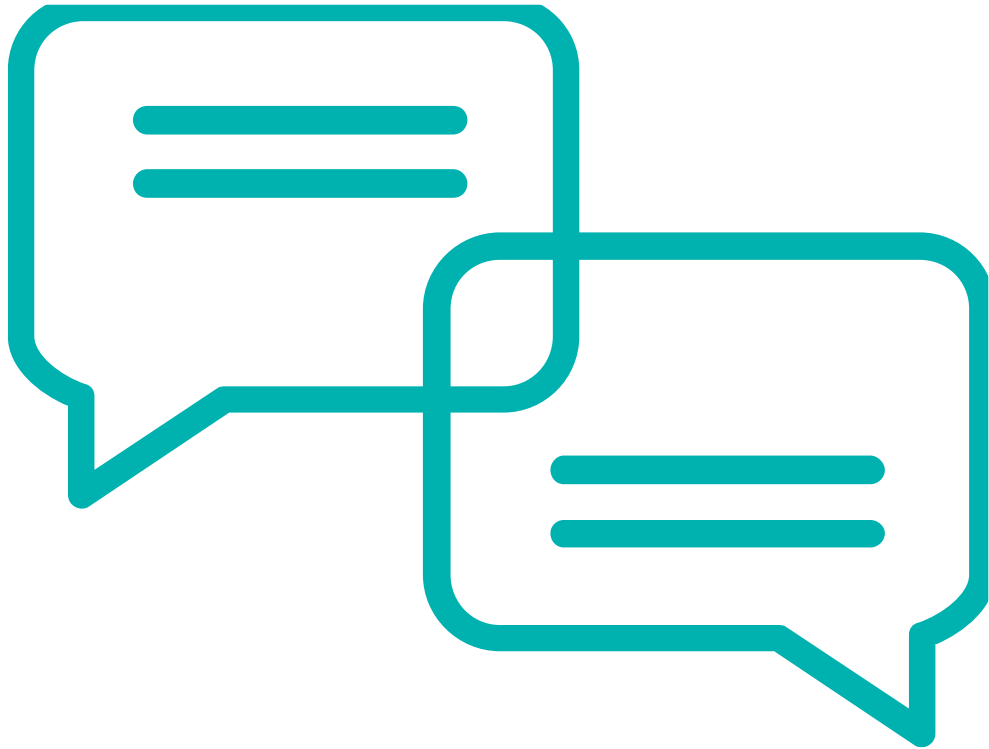
- PARO 24/7 Helpline for Residents, Family Members, Medical Students
- 1-866-HELP-DOC



- <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 Coping with COVID
 - for health providers (educational credits)
 - Fridays 2-3pm EST
- <https://camh.echoontario.ca/echo-coping-with-covid/>



One thing you might do differently when caring for a patient with alcohol use disorder?

Upcoming Community of Practice

Letting go or living with anxiety?

with Drs. Jon Davine and Karen Trollope-Kumar

May 25, 2022
8 a.m. – 9 a.m.

Register Now

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 24 credits.

Thank You!

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").