

## Practising Well Community of Practice

### Letting go or living with anxiety

May 25, 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 for You

Resource	Source	Link
<b>Anxiety Disorders Quality Standard</b>	Ontario Health	<a href="https://www.hqontario.ca/evidence-to-improve-care/quality-standards/view-all-quality-standards/anxiety-disorders">https://www.hqontario.ca/evidence-to-improve-care/quality-standards/view-all-quality-standards/anxiety-disorders</a>
<b>Anxiety Disorders Quality Standard</b>	National Institute for Health and Care Excellence (NICE)	<a href="https://www.nice.org.uk/guidance/qs53">https://www.nice.org.uk/guidance/qs53</a>
<b>Canadian clinical practice guidelines for the management of anxiety, posttraumatic stress and obsessive-compulsive disorders</b>	BMC Psychiatry	<a href="https://bmcp psychiatry.biomedcentral.com/track/pdf/10.1186/1471-244X-14-S1-S1.pdf">https://bmcp psychiatry.biomedcentral.com/track/pdf/10.1186/1471-244X-14-S1-S1.pdf</a>

<b>SPIN (Social Phobia Inventory)</b>	Psychology Tools	<a href="https://psychology-tools.com/test/spin">https://psychology-tools.com/test/spin</a>
<b>GAD-7</b>		<a href="https://adaa.org/sites/default/files/GAD-7_Anxiety-updated_0.pdf">https://adaa.org/sites/default/files/GAD-7_Anxiety-updated_0.pdf</a>
<b>Yale-Brown Obsessive Compulsive Scale (Y-BOCS)</b>		<a href="https://www.psychdb.com/media/mood/yale-brown-ocd_full.pdf">https://www.psychdb.com/media/mood/yale-brown-ocd_full.pdf</a>
<b>PTSD Checklist for DSM-5 (PCL-5)</b>	U.S. Department of Veterans Affairs – National Centre for PTSD	<a href="https://www.ptsd.va.gov/professional/assessment/adult-sr/ptsd-checklist.asp">https://www.ptsd.va.gov/professional/assessment/adult-sr/ptsd-checklist.asp</a>
<b>Primary Care PTSD Screen for DSM-5 (PC-PTSD-5)</b>	U.S. Department of Veterans Affairs – National Centre for PTSD	<a href="https://www.ptsd.va.gov/professional/assessment/screens/pc-ptsd.asp#:~:text=The%20Primary%20Care%20PTSD%20Screen,with%20a%20score%20of%200">https://www.ptsd.va.gov/professional/assessment/screens/pc-ptsd.asp#:~:text=The%20Primary%20Care%20PTSD%20Screen,with%20a%20score%20of%200</a>
<b>Eating disorders: recognition and treatment</b>	National Institute for Health and Care Excellence (NICE)	<a href="https://www.nice.org.uk/guidance/ng69">https://www.nice.org.uk/guidance/ng69</a>
<b>Generalized Anxiety Disorder (GAD) in Adults: Information for Primary Care</b>	eMental Health	<a href="https://primarycare.ementalhealth.ca/index.php?m=fpArticle&amp;ID=26483">https://primarycare.ementalhealth.ca/index.php?m=fpArticle&amp;ID=26483</a>
<b>Kintsugi Mind - How clinicians can be restored rather than broken by the pandemic</b>	Canadian Family Physician	<a href="https://www.cfp.ca/content/cfp/68/4/252.full.pdf">https://www.cfp.ca/content/cfp/68/4/252.full.pdf</a>
<b>Fear of Cancer Recurrence Inventory – Short Form</b>	Canadian Family Physician	<a href="https://www.cfp.ca/content/cfp/suppl/2020/09/14/66.9.672.DC1/672_Fear_of_Cancer_Recurrence_Short_Form.pdf">https://www.cfp.ca/content/cfp/suppl/2020/09/14/66.9.672.DC1/672_Fear_of_Cancer_Recurrence_Short_Form.pdf</a>
<b>Perinatal Anxiety Screening Scale (PASS)</b>	Dr. Sarah Allen	<a href="https://drsarahallen.com/wp-content/uploads/2015/10/PerinatalAnxietyScreeningScale2.pdf">https://drsarahallen.com/wp-content/uploads/2015/10/PerinatalAnxietyScreeningScale2.pdf</a>

### Resources for Your Patients

Resource	Source	Link
<b>National Eating Disorder Information Centre (NEDIC)</b>	National Eating Disorder Information Centre (NEDIC)	<a href="https://nedic.ca/">https://nedic.ca/</a>
<b>Body Brave</b>	Body Brave	<a href="https://www.bodybrave.ca">https://www.bodybrave.ca</a>
<b>Anxiety Canada</b>	Anxiety Canada	<a href="https://www.anxietycanada.com/">https://www.anxietycanada.com/</a>
<b>Bringing Mindfulness to Parenting</b>	eMental Health	<a href="https://primarycare.ementalhealth.ca/index.php?m=article&amp;ID=55711">https://primarycare.ementalhealth.ca/index.php?m=article&amp;ID=55711</a>

## Education

Resource	Source	Link
<b>ECHO Ontario Integrated Mental and Physical Health</b>	CAMH	<a href="https://edc.camhx.ca/redcap/surveys/?s=HF4AY84KMXF83MM4">https://edc.camhx.ca/redcap/surveys/?s=HF4AY84KMXF83MM4</a>
<b>Peer to Peer Connect</b>	Ontario College of Family Physicians – Practising Well	<a href="https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/peer-to-peer-connect">https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/peer-to-peer-connect</a>

## Supports for you and those you care about

Resource	Source	Link
<b>Physician Health Program</b>	OMA	<a href="https://php.oma.org/">https://php.oma.org/</a>
<b>Health Care Provider Resource Site</b>	CAMH	<a href="http://www.camh.ca/covid19hcw">http://www.camh.ca/covid19hcw</a>