



Letting go or living with anxiety

PANELISTS

Dr. Jon Davine • Dr. Rachel Shour • Dr. Karen Trollope-Kumar

WITH

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



Ontario College of
Family Physicians

**Practising
Well**

Teaching.
Learning.
Connecting.



Family & Community Medicine
UNIVERSITY OF TORONTO

May 25, 2022

Practising Well: Your Community of Practice



We acknowledge that the lands

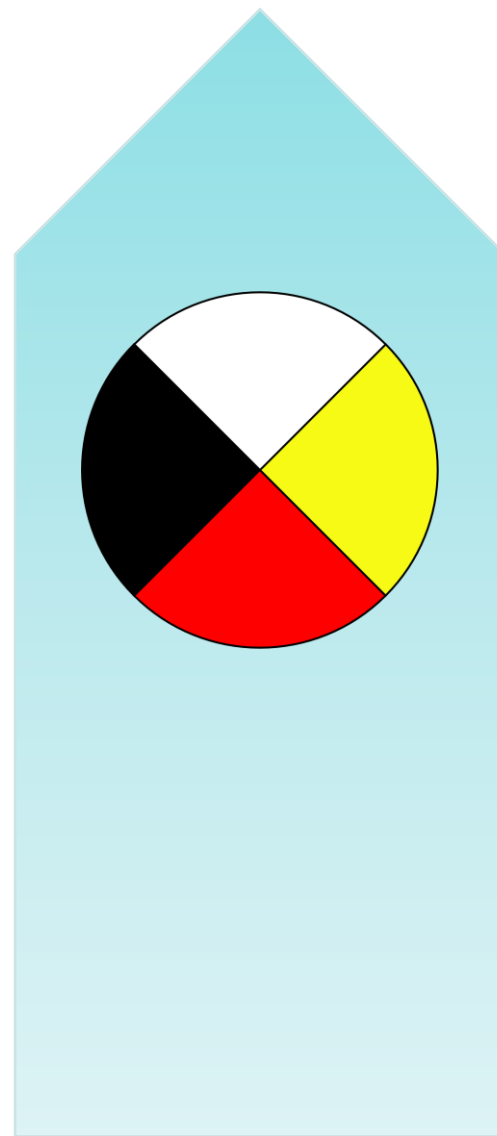
on which we are hosting this meeting include the traditional territories of many nations.

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.

Letting go or living with anxiety



Daily (extremely)
stressful
experiences for
indigenous
Canadians:
46% of women
34% of men

Medicine Wheel

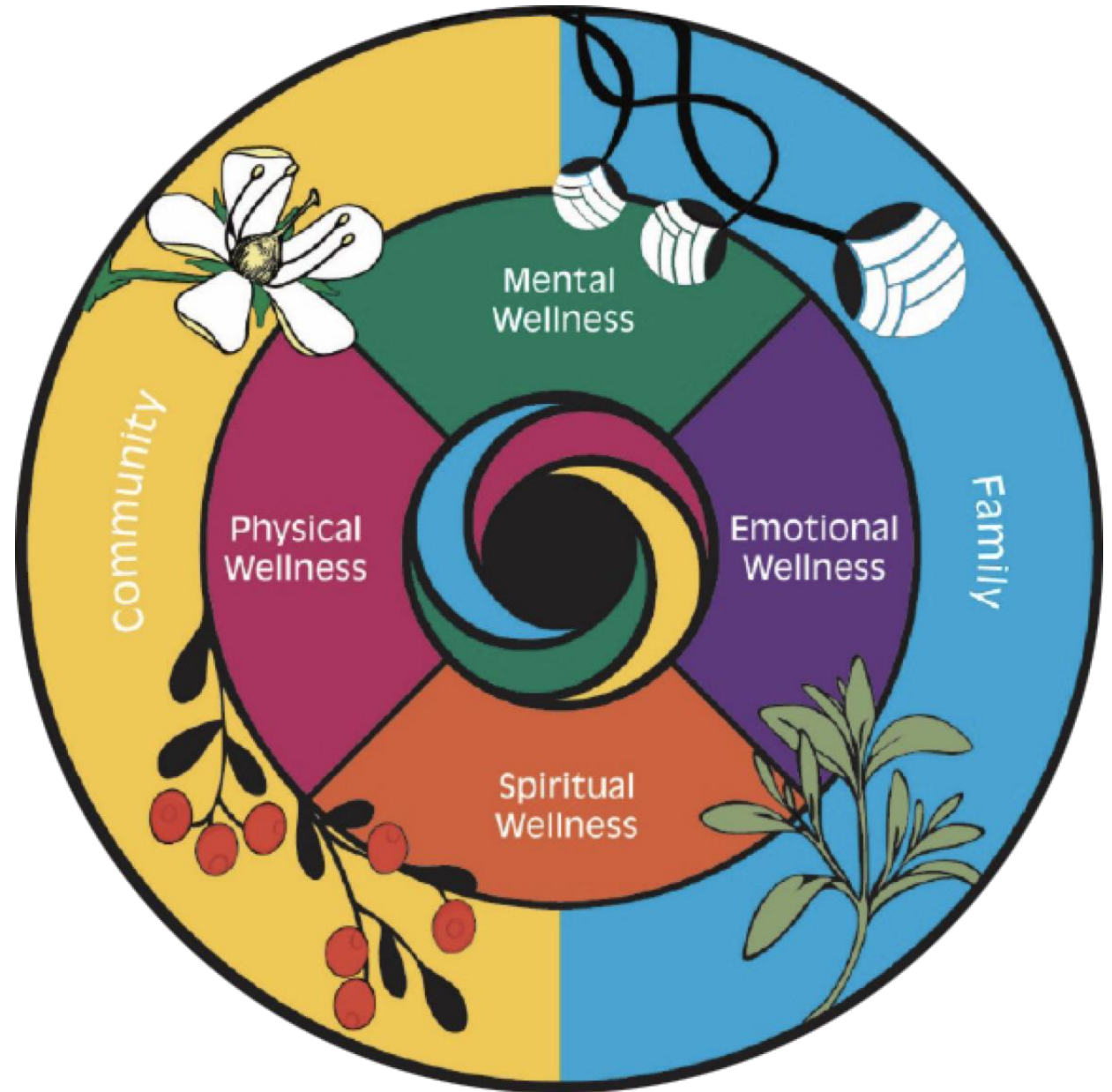
First Nations, Inuit
and Metis Wellness
ECHO at CAMH

Anxiety Disorders Among
Indigenous Communities in
Canada

Culturally Informed Interventions
for Anxiety Disorders

Ongoing studies, Service
directories and Training

<https://camh.echoontario.ca/fnim-library-portal/mental-health-challenges/mood-anxiety/>



Your Panelists: Disclosures



Dr. Jon Davine

Relationships with financial sponsors (including honoraria):

- Pri-med Canada/Humber River Hospital, Touchstone Institute, Medical Psychotherapy Association of Canada, Ontario College of Family Physicians – Educational presentations
- Ontario Psychiatric Association – Treasurer, Council Member
- CAMH Toronto – Co-editor of *Psychiatry in Primary Care* second edition (2019)



Dr. Karen Trollope-Kumar

Relationships with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well CoP Speaker
- Body Brave – Chief Medical Officer



Dr. Rachel Shour

Relationship with financial sponsors (including honoraria):

- Medical Psychiatry Alliance – Funding as fellow (2020-2021)
- Princess Margaret Hospital – Physician Advisory Board Member
- Ontario College of Family Physicians - Speaker

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

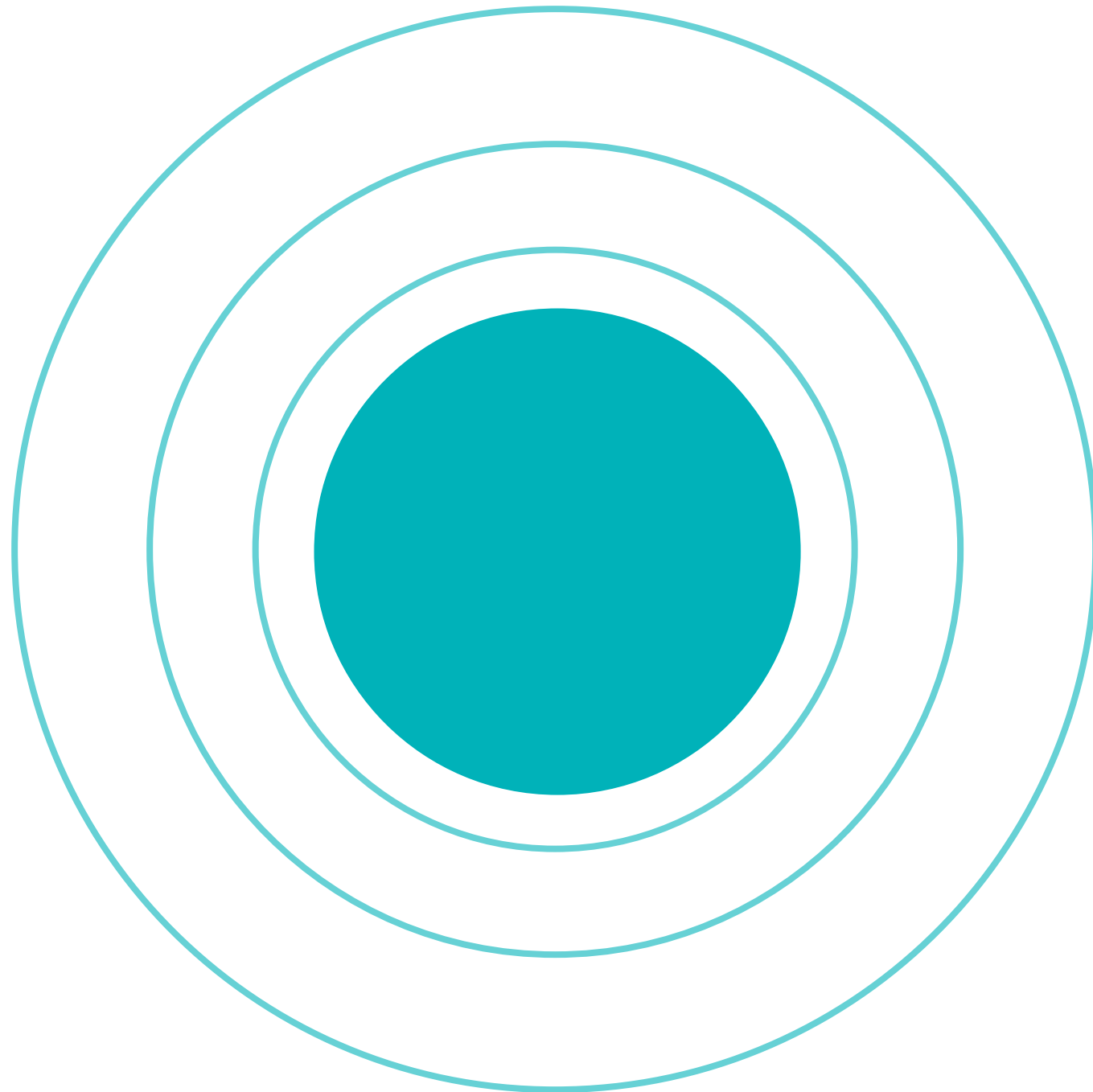
Relationships with financial sponsors (including honoraria):

- 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





Letting go or living with anxiety

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

1. How can we differentiate overlapping symptoms if patients have concurrent anxiety, ADHD, or Substance Use Disorders?
2. What non-pharmacologic strategies can patients use to manage their anxiety?
3. What are practical tips to managing anxiety, while dealing with time pressures in our clinic schedules?

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

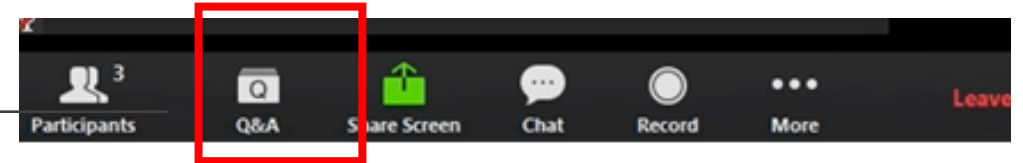
How to Participate



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?

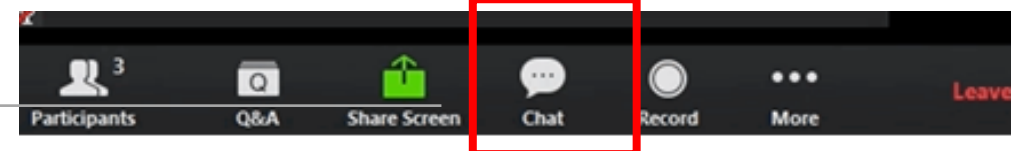


Comment




Chat

Use the chat to share reflections or resources.



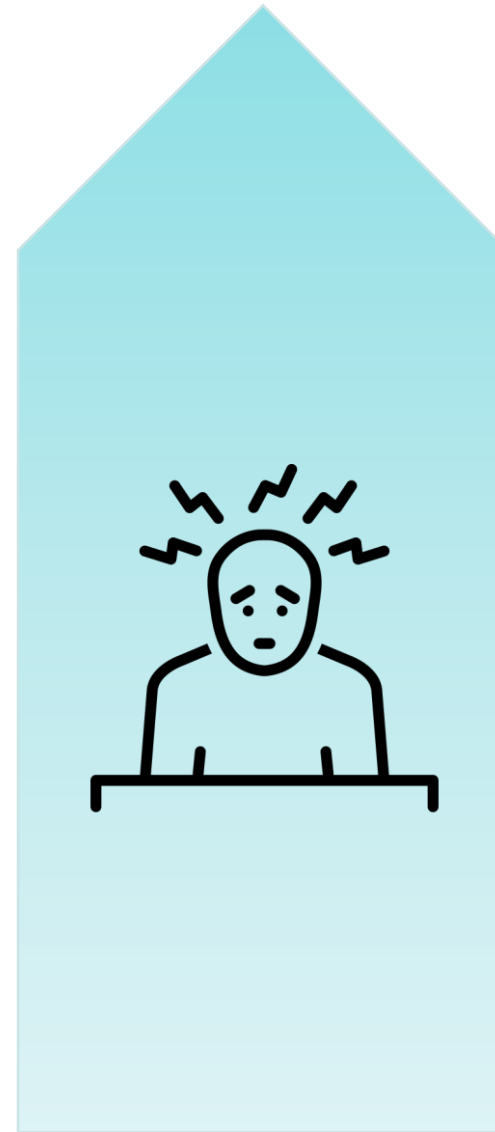
Please introduce yourself in the chat!

Your name,
Your community,
Your twitter handle



@OntarioCollege
#PractisingWell

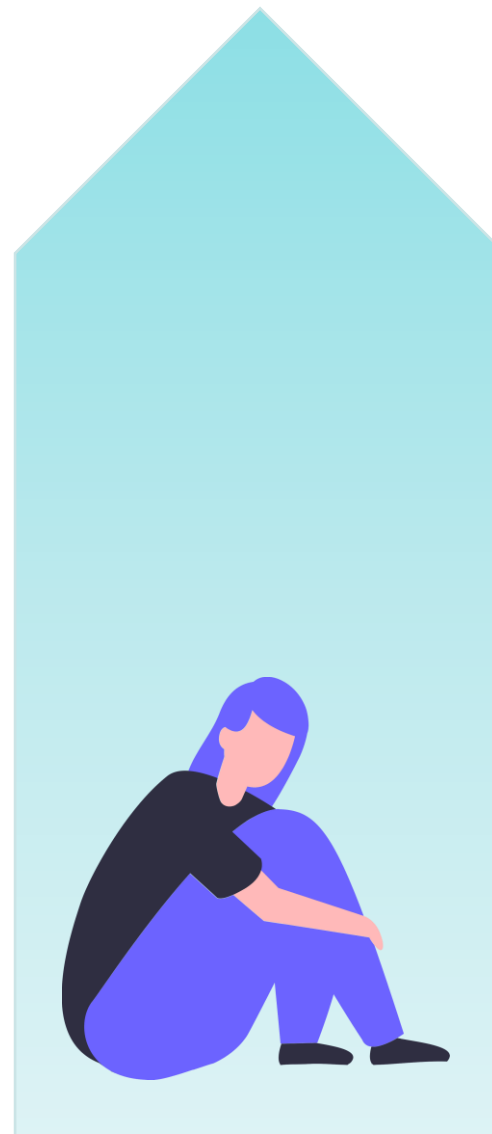
Letting go or living with anxiety



Nearly 1 in 4
(23%) of
Canadians report
“high anxiety”

~4-5 fold increase
since 2019

Letting go or living with anxiety



**Doubling of
those seeking
mental health
care**

(22% vs 11%)

**+10% additionally
who feel they
should be seeking
care but are not.**

Letting go or living with anxiety



**More than
1 in 4 (25.8%)
doctors report
anxiety**

? Change over
pandemic

Letting go or living with anxiety



Your Panelists



Dr. Jon Davine

Hamilton, ON



Dr. Karen Trollope-Kumar

Hamilton, ON



Dr. Rachel Shour

Toronto, ON

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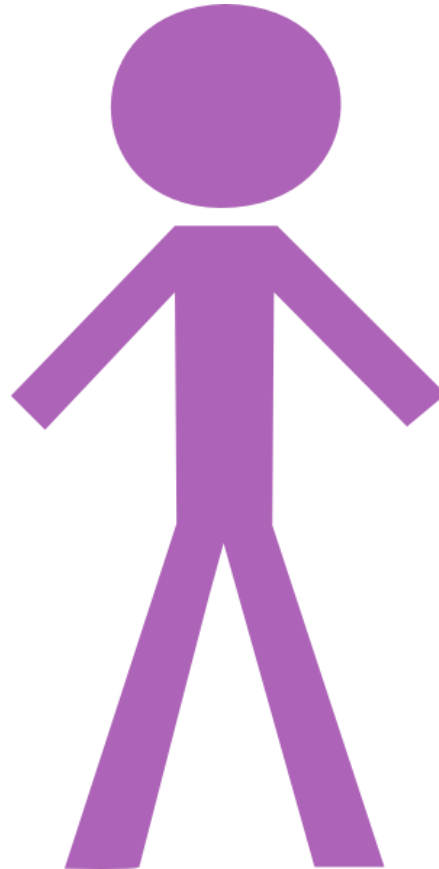
Could my anxious patient have an eating disorder? Here are some “Red Flags” ...

- Preoccupation with weight, food, calories, and dieting
- Restriction of certain food items or entire food groups - “clean eating”, gluten-free, “keto” ...
- Extreme concern about body weight and shape
- Withdrawal from usual friends and activities
- Skipping meals/smaller portion of meals/not wanting to eat with others
- Noticeable fluctuations in weight both up and down
- Dizziness/fainting/feeling cold all the time
- Difficulties concentrating/Irritability/mood swings
- Dental problems, dry skin and hair
- Maintaining an excessively rigid exercise regime

1 in 2 Canadians knows someone who has (or has had) an eating disorder

More than 2 million Canadians meet diagnostic criteria for an eating disorder...this is likely an underestimate. The Covid pandemic has resulted in a dramatic increase in prevalence.

Eating disorders have the highest mortality rate of any mental illness, second only to the opioid crisis



Anxiety disorders are extremely common co-morbidities, especially OCD, GAD. Depressive disorders and BPD are also commonly associated.

Anyone can develop an eating disorder regardless of gender, age, ethnicity, socioeconomic status or sexual orientation.

Some Key Points

- Eating disorder diagnoses include anorexia, bulimia, OSFED, ARFID...they occur along a spectrum
- Most common age of onset – between 13-17
- Genetics accounts for >50% of risk for ED development
- Health consequences include cardiovascular and gastrointestinal complications, osteoporosis, dental damage
- Suicide risk is high

The GOOD NEWS is...

- With early recognition and intervention, 75% of people with EDs can recover

BUT the BAD NEWS is...

- Specialized services for EDs are difficult to access
- Family physicians and psychiatrists get little training in EDs

When you suspect an ED, start with a general question: *“Do you have any concerns about your weight or shape?”* ...then go on to more specific questions.

Letting go or living with anxiety



Your Panelists



Dr. Jon Davine

Hamilton, ON



Dr. Karen Trollope-Kumar

Hamilton, ON



Dr. Rachel Shour

Toronto, ON

Resources

Tools



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

Understanding Quality Standards in Primary Care Program

Anxiety Disorders Quality Standard

Earn **2.5 Mainpro+® credits** for reviewing the [Anxiety Disorders](#) quality standard package.

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



**Quality
Standards**

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

Resources

Tools

Guidelines

Anxiety Disorders - NICE

<https://www.nice.org.uk/guidance/qs53>

Canadian clinical practice guidelines for the management of anxiety, posttraumatic stress and obsessive-compulsive disorders – Martin Katzman

<https://bmcp psychiatry.biomedcentral.com/t rack/pdf/10.1186/1471-244X-14-S1-S1.pdf>

The screenshot shows the NICE website header with the logo 'NICE National Institute for Health and Care Excellence' and a search bar. A navigation menu includes 'Guidance', 'Standards and indicators', 'Life sciences', 'British National Formulary (BNF)', 'British National Formulary for Children (BNFC)', and 'Clinical Knowledge Summaries (CK)'. A yellow banner reads 'Read about our approach to COVID-19'. The breadcrumb trail is 'Home > NICE Guidance > Conditions and diseases > Mental health and behavioural conditions > Anxiety'. The main heading is 'Anxiety disorders' with a sub-heading 'Quality standard [QS53] Published: 06 February 2014'.

Katzman et al. *BMC Psychiatry* 2014, **14**(Suppl 1):S1
<http://www.biomedcentral.com/1471-244X/14/S1/S1>



REVIEW **Open Access**

Canadian clinical practice guidelines for the management of anxiety, posttraumatic stress and obsessive-compulsive disorders

Martin A Katzman^{1*}, Pierre Bleau², Pierre Blier³, Pratap Chokka⁴, Kevin Kjernisted⁵, Michael Van Ameringen⁶,

Resources

Tools

Screening Tools

SPIN (Social Phobia Inventory)

<https://psychology-tools.com/test/spin>

GAD-7

https://adaa.org/sites/default/files/GAD-7_Anxiety-updated_0.pdf

Y-BOCS (Yale-Brown Obsessive Compulsive Scale)

https://www.psychdb.com/_media/mood/yale-brown-ocd_full.pdf

PTSD Checklist for DSM-5 (PCL-5)

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

Primary Care PTSD Screen for DSM-5 (PC-PTSD-5)

<https://www.ptsd.va.gov/professional/assessment/screens/pc-ptsd.asp#:~:text=The%20Primary%20Care%20PTSD%20Screen,with%20a%20score%20of%20>

Resources Tools

Eating disorders: recognition and treatment (NICE)

<https://www.nice.org.uk/guidance/ng69>

National Eating Disorder Information Centre (NEDIC)

<https://nedic.ca/>

Body Brave

<https://www.bodybrave.ca/>

The screenshot shows the NICE website header with the logo 'NICE National Institute for Health and Care Excellence' and a search bar. A navigation menu includes 'Guidance', 'Standards and indicators', 'Life sciences', 'British National Formulary (BNF)', 'British National Formulary for Children (BNFC)', and 'Clinical Knowledge Summaries (CKS)'. A yellow banner reads 'Read about our approach to COVID-19'. The breadcrumb trail is 'Home > NICE Guidance > Conditions and diseases > Mental health and behavioural conditions > Eating disorders'. The main heading is 'Eating disorders: recognition and treatment' with a subtitle 'NICE guideline [NG69] Published: 23 May 2017 Last updated: 16 December 2020'.

The screenshot shows the NEDIC website header with the logo 'nedic National Eating Disorder Information Centre' and a navigation menu with 'About', 'Get Informed', 'Get Help', 'Get Involved', and 'Blog'. There are four buttons: 'COMMUNITY EDUCATION', 'DONATE', 'SEARCH', and 'HELPLINE'. The main image shows two hands clasped together. The heading is 'National Eating Disorder Information Centre (NEDIC)' with a subtext 'NEDIC provides information, resources, referrals and support to Canadians affected by eating disorders.'

The screenshot shows the Body Brave website header with the logo 'BODY BRAVE' and a navigation menu with 'Home', 'About', 'Services', and 'Contact'. The main image is a dark teal background with a bright light source on the right side.

Resources

Tools

For Family Doctors

eMental Health

<https://primarycare.ementalhealth.ca/index.php?m=fpArticle&ID=26483>

Kintsugi Mind - How clinicians can be restored rather than broken by the pandemic

<https://www.cfp.ca/content/cfp/68/4/252.full.pdf>

We Are All Perfectly Fine – Jillian Horton

Love, Fear, and Health – Robert Maunder and Jonathan Hunter

Generalized Anxiety Disorder (GAD) in Adults: Information for Primary Care

Primary Care Guide

Screening Tools

Patient Handouts

Where to Refer

Practice Guidelines

School/Workplace Letter

Summary: Generalized anxiety disorder (GAD) is one of the most common anxiety disorders encountered by primary care physicians. Key features are significant worries accompanied by somatic symptoms and impaired function. Management in primary care can include education about self-management strategies and recommendations for specialized mental health supports and other local supports.

Commentary

Kintsugi mind

How clinicians can be restored rather than broken by the pandemic

Patricia Lynn Dobkin PhD

The world breaks everyone and afterward many are strong at the broken places. But those that will not break it kills.
Ernest Hemingway, *A Farewell To Arms*

While the harms and losses due to the pandemic are disheartening, it is possible to reintegrate

insomnia, and impaired interpersonal relationships in both personal and professional settings. Finally, there are also collective traumas, where many people are exposed to similar horrors (eg, genocide). The COVID-19 global pandemic is a case in point.

Concern about HCPs' distress emerged soon after

Resources Tools

Screening Tools

Fear of Cancer Recurrence Inventory – Short Form

https://www.cfp.ca/content/cfp/suppl/2020/09/14/66.9.672.DC1/672_Fear_of_Cancer_Recurrence_Short_Form.pdf

Perinatal Anxiety Screening Scale (PASS)

<https://drsarahallen.com/wp-content/uploads/2015/10/PerinatalAnxietyScreeningScale2.pdf>

Fear of Cancer Recurrence Inventory- Short Form (FCRI-SF) Screening

Most people who have been diagnosed with cancer are worried, to varying degrees, that there might be a recurrence of the cancer. **By recurrence, we mean the possibility that the cancer could return or progress in the same place or in another part of the body.** This questionnaire aims to better understand the experience of worries about cancer recurrence. Please read each statement and indicate to what degree it applied to you **DURING THE PAST MONTH** by circling the appropriate number.

0 Not at all	1 A little	2 Somewhat	3 A lot	4 A great deal
-----------------	---------------	---------------	------------	-------------------

1. I am worried or anxious about the possibility of cancer recurrence 0 1 2 3 4

PERINATAL ANXIETY SCREENING SCALE (PASS)

ANTENATAL Weeks pregnant () POSTNATAL Baby's age () DATE: _____

OVER THE PAST MONTH, ***How often*** have you experienced the following? Please tick the response that most closely describes your experience for ***every*** question.

	Not at all	Some times	Often	Almost Always
1. Worry about the baby/pregnancy	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>
2. Fear that harm will come to the baby	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>

Resources

Tools

For Patients

Anxiety Canada

<https://www.anxietycanada.com/>

Perinatal Anxiety: The Pregnancy and Postpartum Anxiety Workbook

The Mindful Way Workbook

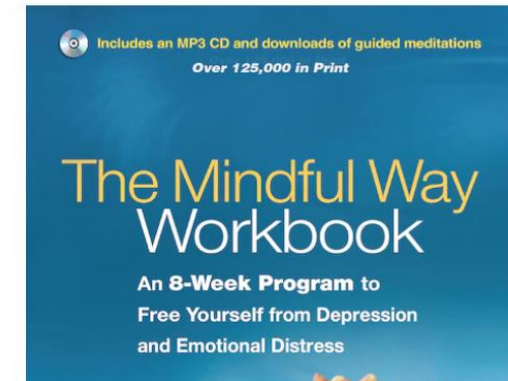
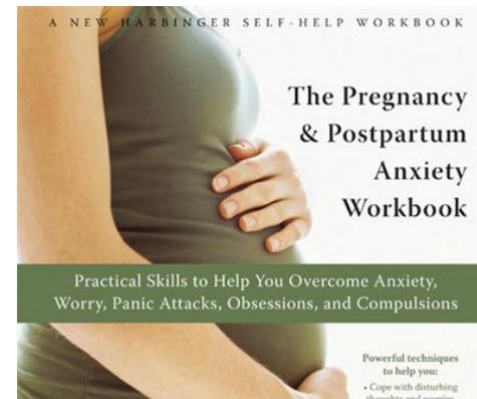
Bringing Mindfulness to Parenting

<https://primarycare.ementalhealth.ca/index.php?m=article&ID=55711>

Welcome to **Anxiety Canada**

RESOURCES, RELIEF & RESULTS

Our mission is to reduce the barrier of anxiety so you can live the life you want. We offer trusted resources and programs to help people



Resources

Education



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

Peer to Peer Connect



A way for you to partner with another family physician, one-on-one or in a small group for educational support.

How to join:

- Create an account on the OCFP website - <https://www.ontariofamilyphysicians.ca/register>
- Browse Peer Guides and complete a short needs assessment to get matched



Contact us to learn more!
practisingwell@ocfp.on.ca



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

Resources

Education

- ECHO Ontario Integrated Mental and Physical Health (12 sessions - Fridays from 12:00 – 1:15 pm EST, June 3 – August 26, 2022) - <https://edc.camhx.ca/redcap/surveys/?s=HF4AY84KMXF83MM4>
- ECHO Child and Youth Mental Health (24 sessions – Tuesdays from 12:00 – 1:00pm EST, September 6 - <https://cheo.echoontario.ca/echo-cymh-cycle/>)

Why join Project ECHO?

- **It's free.** ECHO is funded by the Ministry of Health and has no cost for participants.
- **It's virtual.** All you need is a computer and a web cam, or a smartphone.
- **It's fun.** Connect with a growing community of primary and community care providers across the province and build a Community of Practice.
- **Earn CME credits.** ECHO has been certified by the College of Family Physicians of Canada and the Ontario Chapter, as well as the Royal College (Section 1) for up to 1.25 Mainpro+ credits per session depending on session length.
- **It works for you - and our system.** ECHO represents a significant opportunity to improve individual knowledge and skills and also reduce disparities in the quality of care for rural and underserved areas.



FMS 2022

FAMILY MEDICINE SUMMIT

Knowledge for the Now

Dozens of on-demand sessions, including:

- **Long COVID:** Treating The Lingering Symptoms Of COVID-19
- 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

... and many more.

Register Today!

- **Learn on your time** – on demand to **July 31, 2022**
- **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>

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>

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



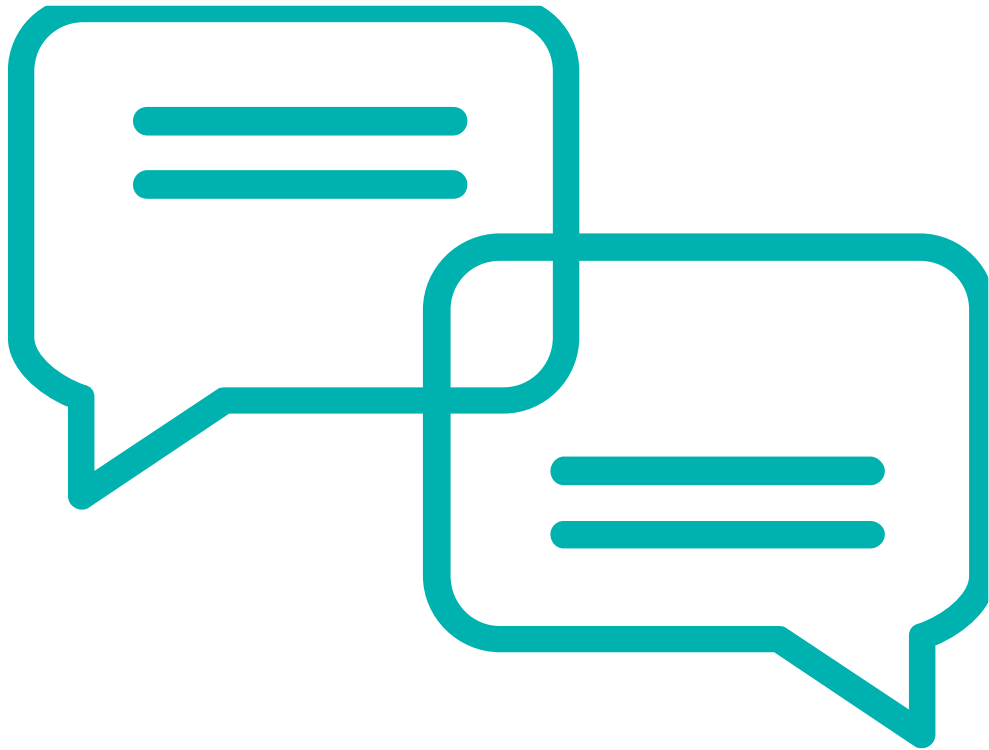
- PARO 24/7 Helpline for Residents, Family Members, Medical Students
- 1-866-HELP-DOC



- <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 patients dealing with anxiety?

Upcoming Community of Practice

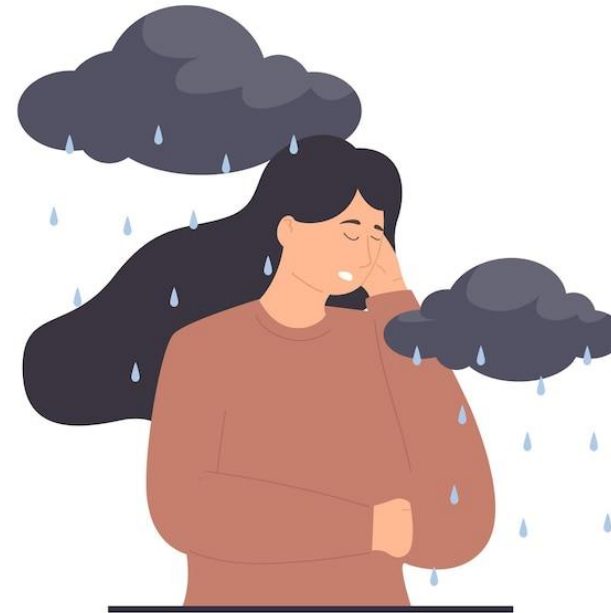
Grief Medicine

with Drs. Robin Beardsley, Ramona Joshi and Chase McMurren

June 22, 2022
8 a.m. – 9 a.m.

[Register Now](#)

practisingwell@ocfp.on.ca





FMS 2023

FAMILY MEDICINE SUMMIT

Knowledge for the Now

January 27 and 28, 2023



Want to speak at FMS 2023?
Have an idea for a session?

Call for abstracts now open!

Deadline: June 12, 2022

ontariofamilyphysicians.ca/fms

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").