



Supporting patients amid an opioid epidemic

PANELISTS

Dr. Lisa Bromley • Dr. Kate Lazier • Dr. Joel Voth

WITH

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



Ontario College of
Family Physicians

**Practising
Well**
Share.
Inspire.
Connect.



Family & Community Medicine
UNIVERSITY OF TORONTO

July 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.

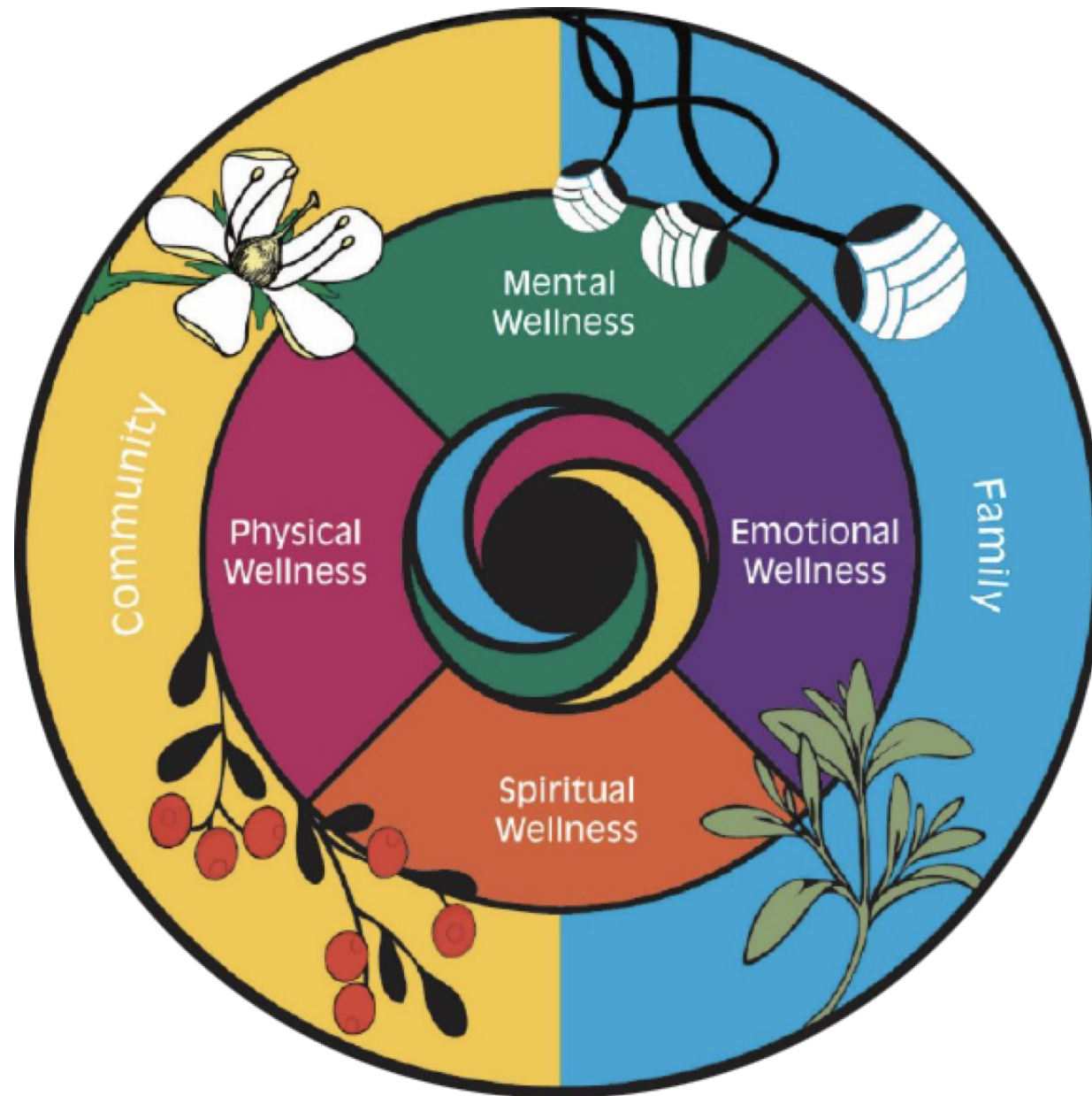
The OCFP and DFCM recognize that the many injustices experienced by the Indigenous Peoples of what we now call Canada continue to affect their health and well-being. Even today, as we meet in this virtual space for reasons of improving wellness, many Indigenous communities face barriers of access to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

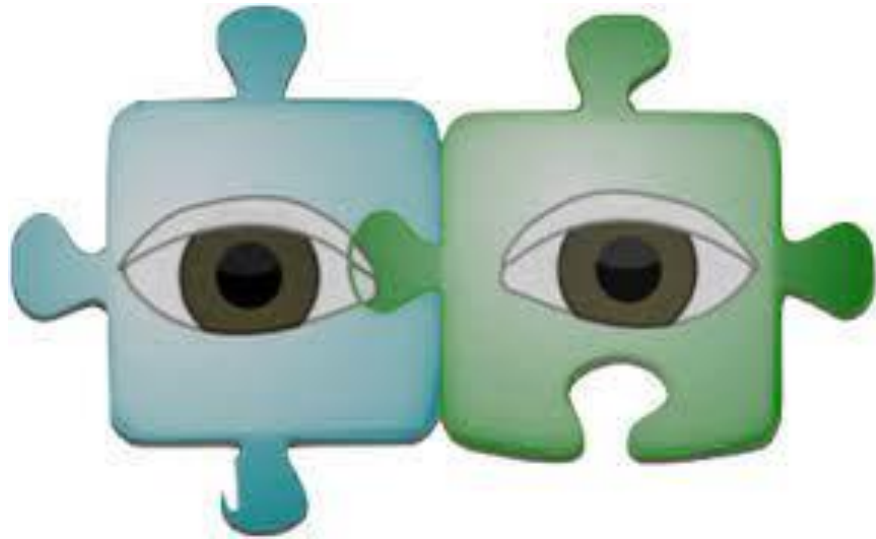
The OCFP and DFCM respect that Indigenous people have rich cultural and traditional practices that have been known to improve health outcomes.

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





Two-eyed ways of seeing (and acting)

Review | [Open Access](#) | [Published: 20 May 2015](#)

**Blending Aboriginal and Western healing methods to
treat intergenerational trauma with substance use
disorder in Aboriginal peoples who live in
Northeastern Ontario, Canada**

[Teresa Naseba Marsh](#) , [Diana Coholic](#), [Sheila Cote-Meek](#) & [Lisa M Najavits](#)

[Harm Reduction Journal](#) **12**, Article number: 14 (2015) | [Cite this article](#)

<https://harmreductionjournal.biomedcentral.com/articles/10.1186/s12954-015-0046-1>



Government
of Canada

Substance use treatment centres for First Nations and Inuit peoples:

<https://www.sac-isc.gc.ca/eng/1576090254932/1576090371511#a5>

Your Panelists: Disclosures



Dr. Lisa Bromley @LisaBromleyMD

Relationships with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well CoP Speaker
- Indivior – Honoraria for presentations
- Indivior – Speakers Bureau and ad boards



Dr. Kate Lazier

Relationships with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well CoP Speaker



Dr. Joel Voth @joelvoth1

Relationship with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well CoP 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. Stephanie Zhou @stephanieyzhou

Relationships with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well Implementation Group Member
- Canadian Medical Association – Honoraria for practice management lectures
- Habitat for Humanity GTA – Board of Directors member

Disclosures

Dr. Peter Selby @drpselby

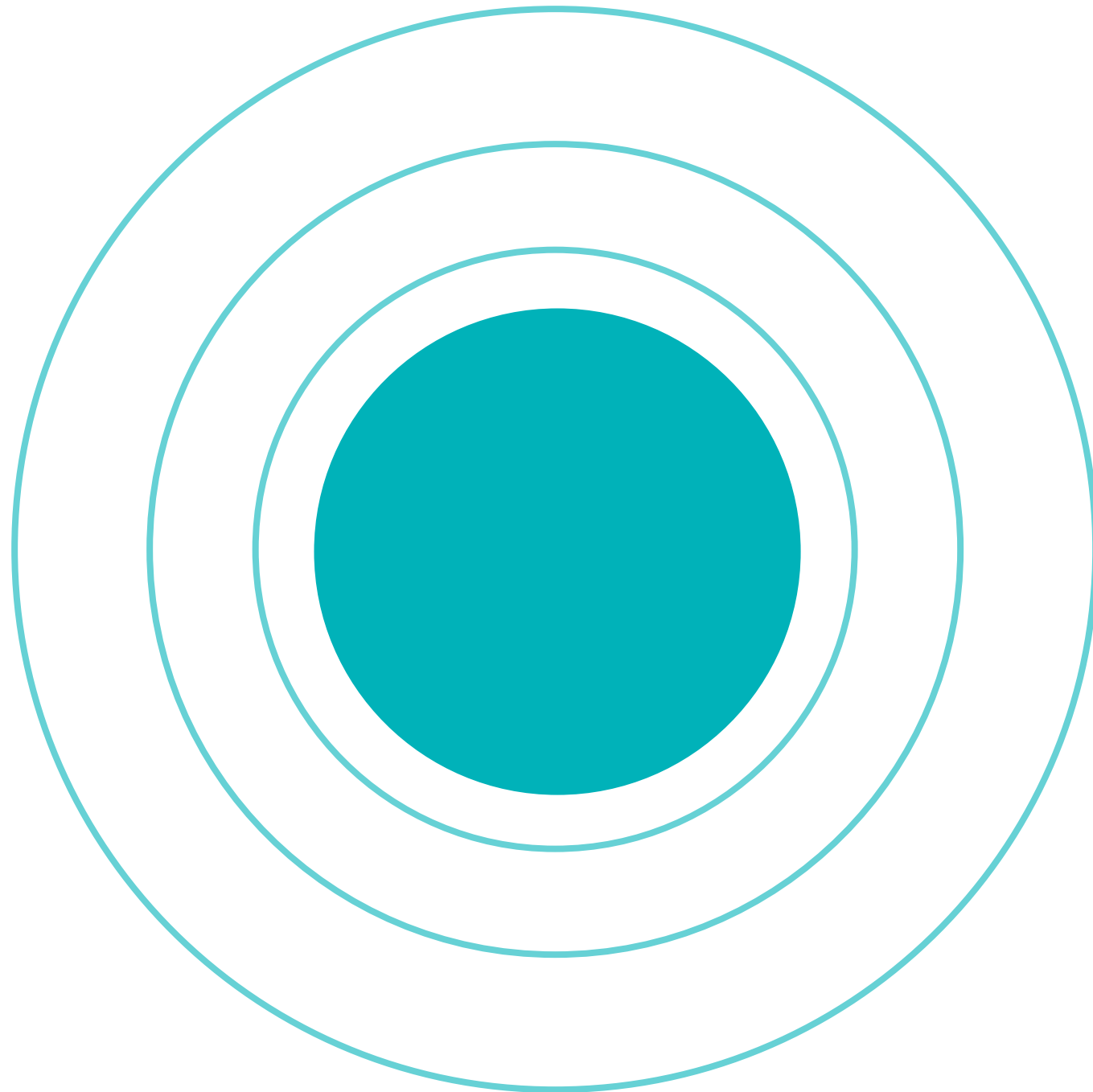
Relationships with financial sponsors (including honoraria):

- 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





Supporting patients amid an opioid epidemic

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

1. How to manage the stress of caring for patients experiencing relapse with substance use?
2. How to engage patients who deny ongoing substance misuse or dependence?
3. How can I help patients who can't afford private addiction services?

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

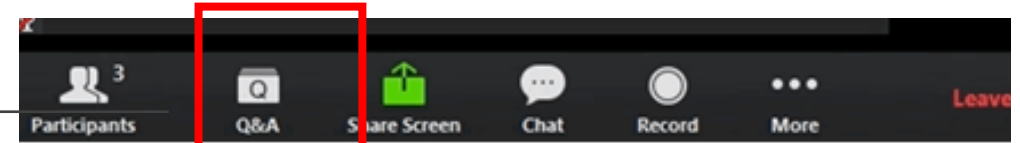
How to Participate



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

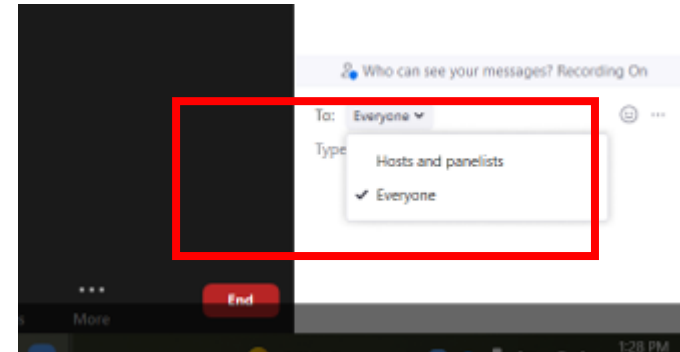
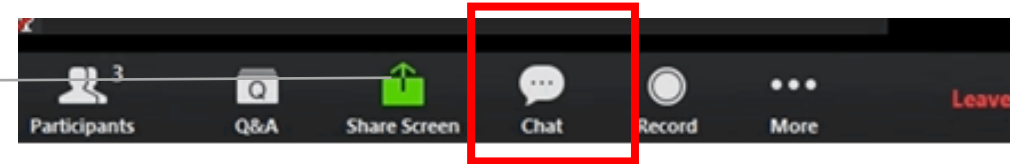
How to Participate



Chat

Use the chat to share reflections or resources.

To send your message to everyone on the call today, make sure to select **“everyone”** from the dropdown menu.



Please introduce yourself in the chat!



@OntarioCollege
#PractisingWell

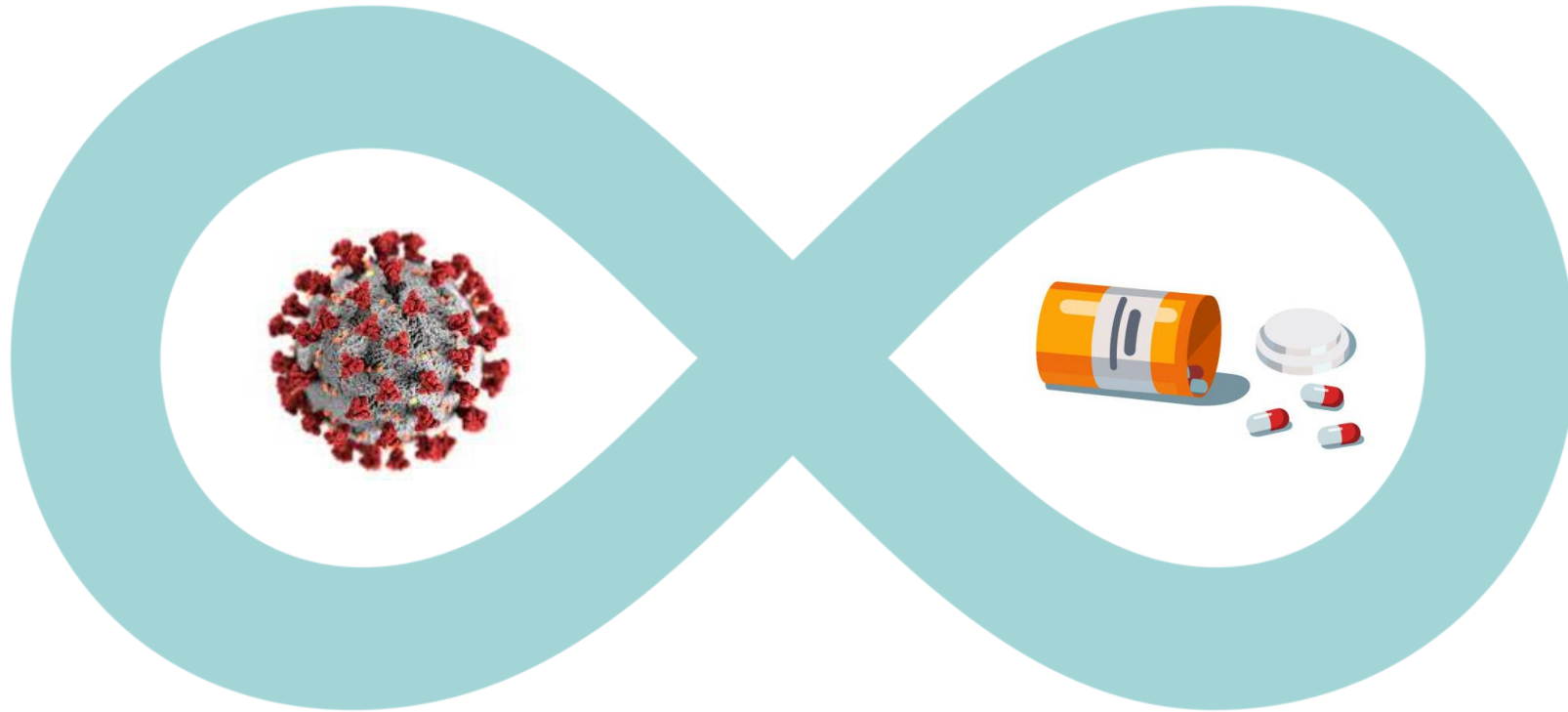


Image credit:
<https://www.istockphoto.com/photos/doctor-back>
<https://www.istockphoto.com/illustrations/opioid-illustration>
<https://www.cdc.gov/media/subtopic/images.htm>



SCIENCE TABLE

COVID-19 ADVISORY FOR ONTARIO

<https://covid19-sciencetable.ca/sciencebrief/the-impact-of-the-covid-19-pandemic-on-opioid-related-harm-in-ontario/>



<https://health-infobase.canada.ca/substance-related-harms/opioids-stimulants/>

In Ontario, since March 2020:

+57%

Emergency Medical Services
for suspected opioid overdose

+60%

Deaths from opioid toxicity

Across Canada, in 2021:

21 Daily Deaths

From opioid toxicity,
compared to 8-12/day previously.

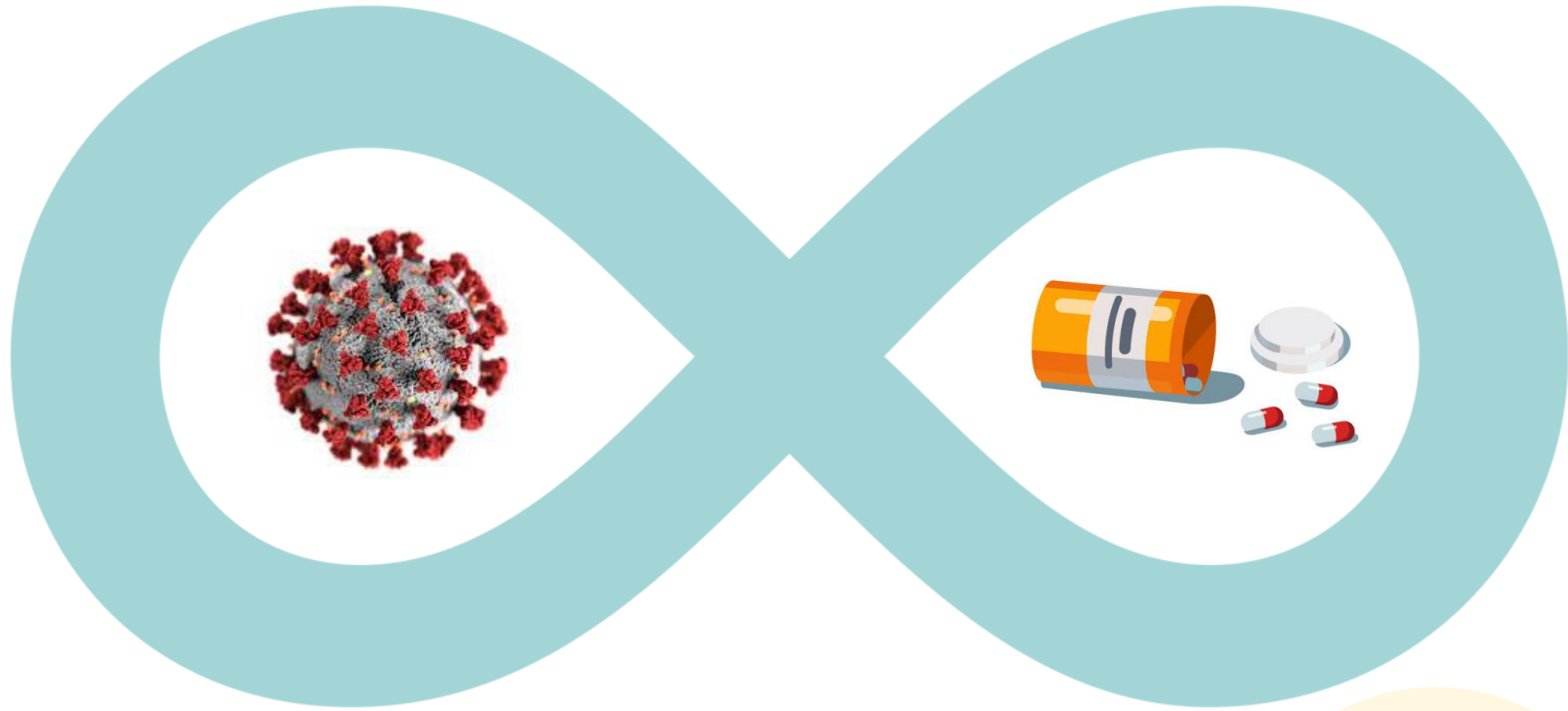


Image credit:
<https://www.istockphoto.com/photos/doctor-back>
<https://www.istockphoto.com/illustrations/opioid-illustration>
<https://www.cdc.gov/media/subtopic/images.htm>



Supporting patients amid an opioid epidemic

Your Panelists



Dr. Joel Voth

Toronto, ON



Dr. Lisa Bromley

Ottawa, ON



Dr. Kate Lazier

Toronto, ON



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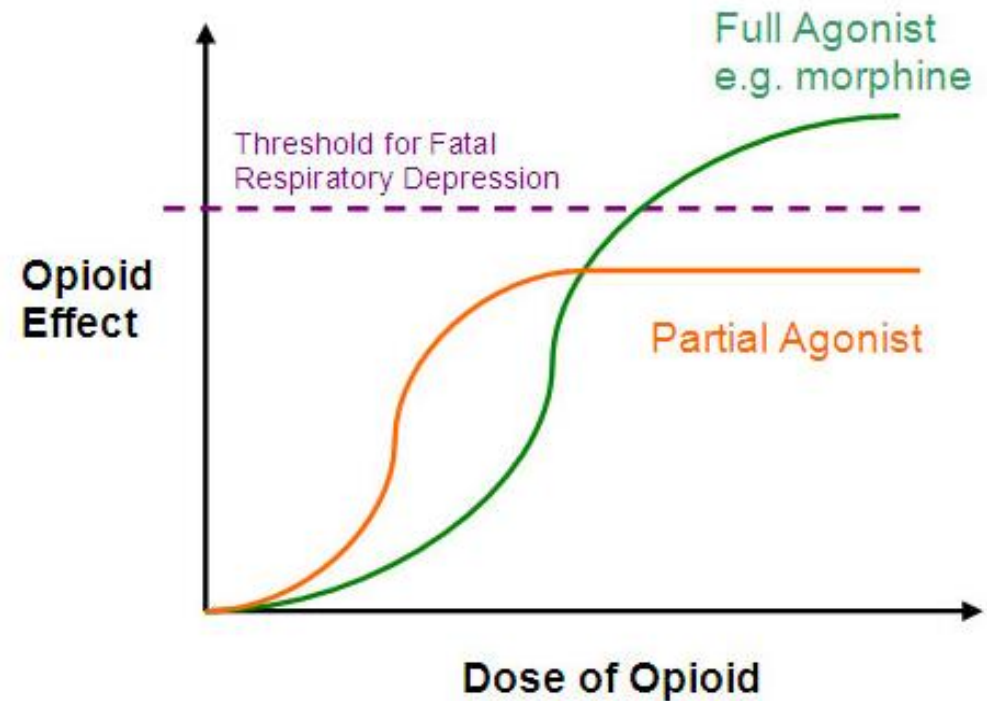
Dr. Kate Lazier

Toronto, ON

Buprenorphine/Naloxone



Buprenorphine = partial opioid agonist



- Doesn't turn on Mu receptor as strongly as full agonists
- Unlike full agonists (ie methadone, morphine), even very high doses rarely cause respiratory depression unless combined with alcohol/sedating drugs/ used IV
- Higher affinity for Mu receptor than full agonists so can cause "precipitated withdrawal"

Suboxone Initiation

- Traditional induction
- Microdosing
- Macrodosing
- Sublocade



Prescriptions

- As for all controlled substances patient name, DOB and OHIP required
- Spell out the dose in words as well as numbers
- Instructions that tablets should be administered sublingually
- Start and end dates for doses (use of the word "inclusive" is good practice)
- Whether the dose be observed by the pharmacist or "carried" by the patient.
- Indicate the name and address of the pharmacy that will dispense the prescription

MICHAEL GARRON HOSPITAL
TORONTO EAST HEALTH NETWORK
825 Coxwell Avenue,
Toronto, ON M4C 3E7
Tel: (416) 461-8272

MICHAEL GARRON HOSPITAL
TORONTO EAST HEALTH NETWORK

Patient Name John Doe
Address OHIP 49683491 AV
DOB 10/28/75 Telephone # _____

Rx Buprenorphine/naloxone
8mg (eight)
daily SL
January 22 - January 24
inclusive
All doses observed.

Pharmacy Use
Shoppers Drug Mart 70 Danforth Ave

Physician [Signature], M.D.
Name or Registry # 48484 Date Jan 21

Child-Resistant packaging ordered unless checked (✓) below

<input type="checkbox"/> By Patient	OPD Clinic <u>2018</u>
<input type="checkbox"/> By Physician	Psych. _____
	Other _____

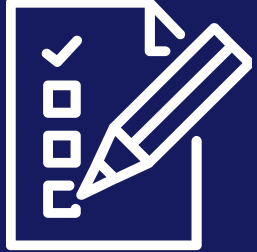
No. 1362962	Dispensed by _____	Code _____	Charge _____
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* C.C.R.P. not available
Form 17 (Rev. 02/17) Pharmacist _____

MICHAEL GARRON HOSPITAL 825 Coxwell Avenue, Toronto, ON M4C 3E7 Telephone (416) 461-8272

Resources

Tools



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

Resources

Ontario Health Quality Standards

Opioid Prescribing for acute pain QS

<https://www.hqontario.ca/Evidence-to-Improve-Care/Quality-Standards/View-all-Quality-Standards/Opioid-Prescribing-for-Acute-Pain>

Opioid Prescribing for chronic pain QS

<https://www.hqontario.ca/evidence-to-improve-care/quality-standards/view-all-quality-standards/opioid-prescribing-for-chronic-pain>

OUD QS

<https://www.hqontario.ca/evidence-to-improve-care/quality-standards/view-all-quality-standards/opioid-use-disorder>

OUD QS placemat

<https://www.hqontario.ca/Portals/0/documents/evidence/quality-standards/qs-opioid-use-disorder-placemat-en.pdf>

Resources

Guidelines

National Opioid Use Disorder Guidelines - <https://crism.ca/projects/opioid-guideline/>

Canadian Opioid Use Disorder Guidelines - <https://www.camh.ca/en/professionals/treating-conditions-and-disorders/canadian-opioid-use-disorder-guideline>

Supporting people who use substances in acute care settings during the COVID-19 pandemic (National Rapid Guidelines) - <https://crism.ca/wp-content/uploads/2021/02/Supporting-people-who-use-substances-in-acute-care-settings-during-the-COVID-19-pandemic-V2-18-Feb-2021.pdf>

A Guideline for the Clinical Management of Opioid Use Disorder (BC Centre on Substance Use) - https://www.bccsu.ca/wp-content/uploads/2017/06/BC-OUD-Guidelines_June2017.pdf

Resources

Websites – For You

Canadian Centre on Substance Use and Addiction – Opioid Use Disorder Videos

<https://ccsa.ca/opioid-use-disorder-videos>

META PHI - <http://www.metaphi.ca/>

META PHI Provider Resources - <https://www.metaphi.ca/provider-resources/guides/>

Champlain BASE e-consult service - <https://www.champlainbaseeconsult.com/>

CEP Opioid Use Disorder Tool - https://cep.health/media/uploaded/CEP_Opioid_Use_Disorder_2018.pdf

CIHI Opioid-Related Harms in Canada - <https://www.cihi.ca/en/opioid-related-harms-in-canada>

Resources

Websites – For Your Patients

ConnexOntario - <https://www.connexontario.ca/en-ca/>

Access MHA (Ottawa Region) - <https://www.accessmha.ca/>

Ontario Federation of Indigenous Friendship Centres (OFIFC) - <https://ofifc.org/friendship-centres/find/>

Opioid Wisely (Choosing Wisely Canada) - When you need them – and when you don't - <https://choosingwiselycanada.org/wp-content/uploads/2018/02/Opioids-When-you-need-them-and-when-you-dont.pdf>

HQO Patient Reference Guide: Opioid Prescribing for Acute Pain - <https://www.hqontario.ca/portals/0/documents/evidence/quality-standards/qs-opioid-acute-pain-patient-guide-en.pdf>

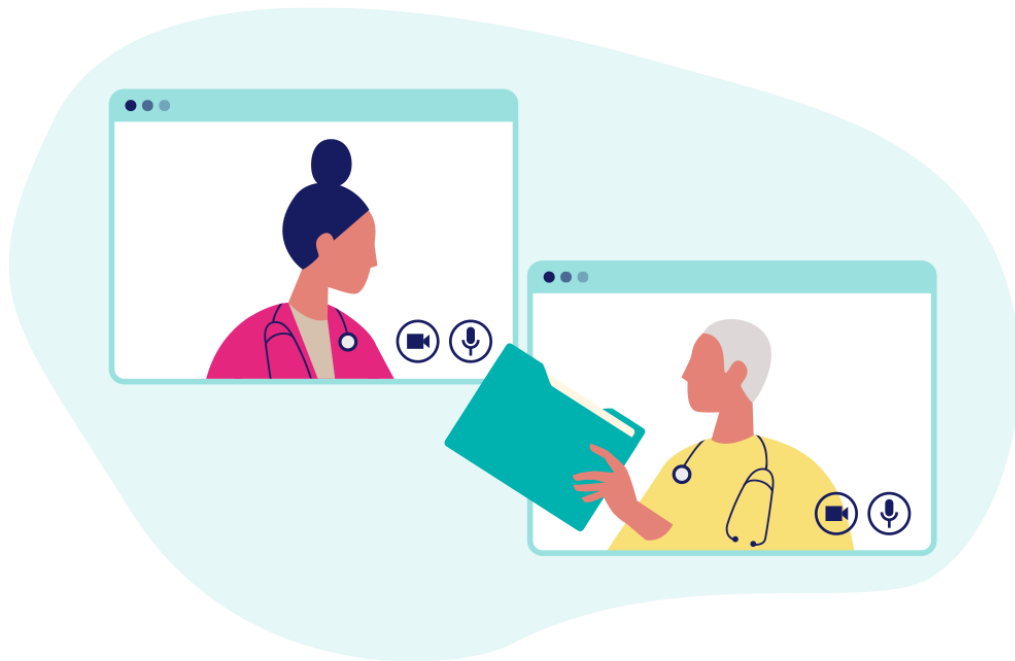
Resources

Education



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

Peer to Peer Connect



An opportunity to partner with another family physician, one-to-one or in a small group, for support as you explore clinical complexity and increase your confidence caring for patients with mental health challenges, substance use, and chronic pain. A focus can be on your well-being as you engage in this challenging work.

Connect Now!



Contact us!
practisingwell@ocfp.on.ca



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

Ontario Health Quality Standards

Earn Mainpro+ credits for reviewing Ontario Health Quality Standards:

- Opioid Prescribing for Chronic Pain QS
- Opioid Prescribing for Acute Pain QS
- Opioid Use Disorder QSD

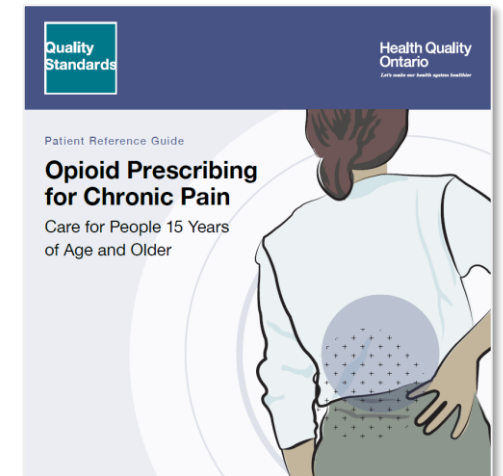
Understanding Quality Standards in Primary Care Program

Opioid Prescribing for Chronic Pain Quality Standard

Earn **1.5 Mainpro+® credits** for reviewing the [Opioid Prescribing for Chronic Pain](#) 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



Understanding Quality Standards in Primary Care Program

Opioid Prescribing for Acute Pain Quality Standard

Earn 2 Mainpro+® credits for reviewing the [Opioid Prescribing for Chronic Pain](#) 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

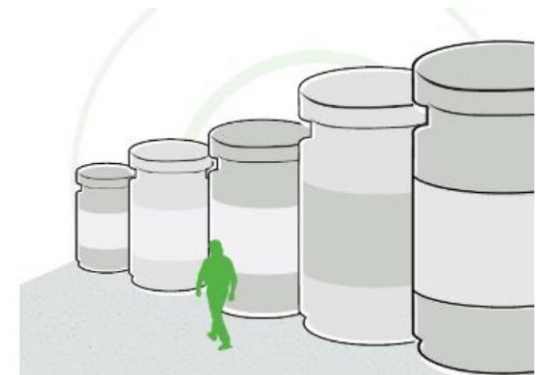


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UnderstandQS@ontariohealth.ca



Resources

Education

ECHO Chronic Pain & Opioid Stewardship - <https://uhn.echoontario.ca/Our-Programs/Chronic-Pain>

Addiction Care and Treatment Online Course - <https://www.bccsu.ca/about-the-addiction-care-and-treatment-online-certificate/>

Opioids Clinical Primer (Mac Health) - https://machealth.ca/programs/opioids_clinical_primer/

Ontario Health E-Learning - <https://elearning.cancercare.on.ca/>

San'yas Anti-Racism Indigenous Cultural Safety Training Program - <https://sanyas.ca/>



FMS 2022

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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>

Centre for Addiction and Mental Health
Health Care Provider (HCP) Resource Site

<http://www.camh.ca/covid19hcw>



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

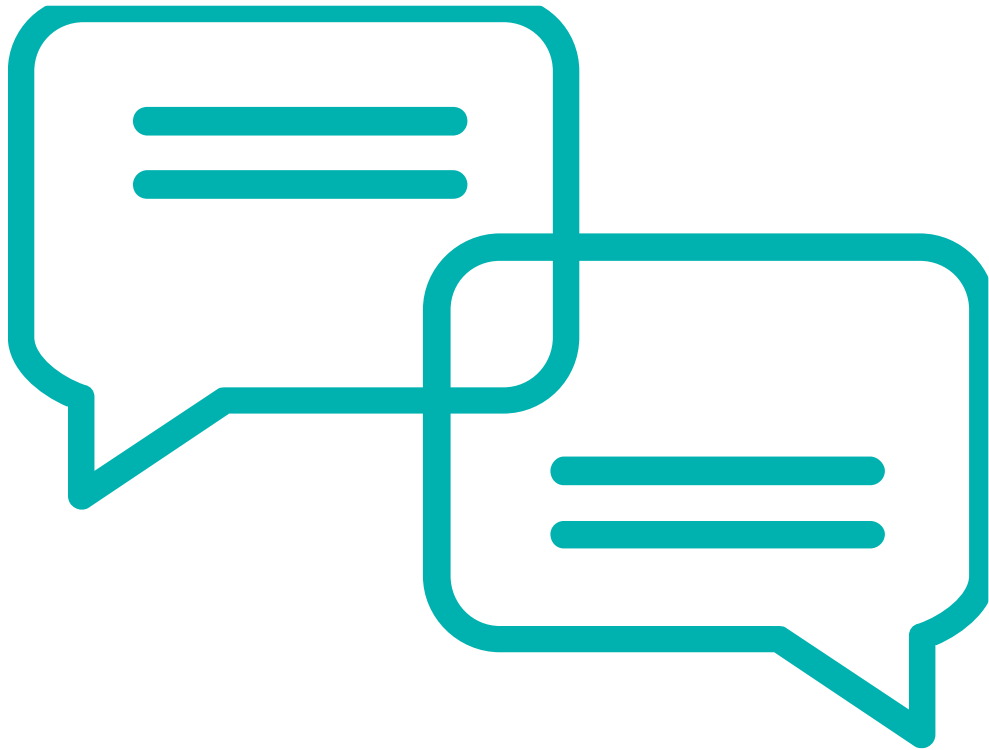


- <https://www.ontario.ca/#support-health-care-worker>
 - Self-led / With peers / Talk to a clinician
- [Ontario Shores Centre for Mental Health Sciences, Whitby](#)
- [St. Joseph's Healthcare, Hamilton](#)
- [The Royal Ottawa Mental Health Centre, Ottawa](#)
- [Waypoint Centre for Mental Health Care, 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/>

Support for you and those you care about.



One thing you might do differently when providing care to a patient using opioids?

Upcoming Community of Practice

Helping patients manage low back pain

With Drs. Paul Hoogeveen, Sheri Wark and Jennifer Young

August 24, 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").