

Practising Well Community of Practice

Even short appointments can help with substance use disorders

September 28, 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.

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/>

Resource	Source	Link
Motivational Interviewing in Health Care: Helping Patients Change Behavior	Book by Stephen Rollnick, William R. Miller and Christopher C. Butler	https://www.amazon.ca/Motivational-Interviewing-Health-Care-Patients/dp/1593856121
The Effective Physician: Motivational Interviewing Demonstration	MerLo Lab (video) Produced by University of Florida Department of Psychiatry	https://www.youtube.com/watch?v=URiKA7CKtfc
Motivational interviewing role play	Stroke Foundation (video)	https://vimeo.com/37220976
What is the Single Best Thing You Can Do to Quit Smoking?	Mike Evans (video)	https://www.youtube.com/watch?app=desktop&v=z16vhtjWKL0

Motivational Interviewing - Motivating Patients to Adopt a Healthier Lifestyle	Government of Canada	https://www.canada.ca/en/public-health/services/chronic-diseases/videos-on-supporting-behaviour-change/motivational-interviewing-motivating-patients-adopt-a-healthier-lifestyle.html
Motivational Interviewing Basics For patient-centered conversations	YaleCourses	https://www.youtube.com/watch?v=TtN0KFEctc0

Education

Resource	Source	Link
Peer Connect	Ontario College of Family Physicians – Practising Well	https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/peer-connect
Intermediate Practice in Motivational Interviewing (free)	Lung Health Foundation	http://test.teachdev.ca/ola/index.html
Motivational Interviewing Introduction and Application Course (\$)	CAMH	https://www.camh.ca/en/education/continuing-education-programs-and-courses/continuing-education-directory/motivational-interviewing-introduction-and-application-course

Supports for you and those you care about

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