



Addressing Overwhelm: How to set boundaries and prioritize self and practice

PANELISTS

Dr. Patricia Rockman • Dr. Sue Shepherd • Dr. Shira Taylor

WITH

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



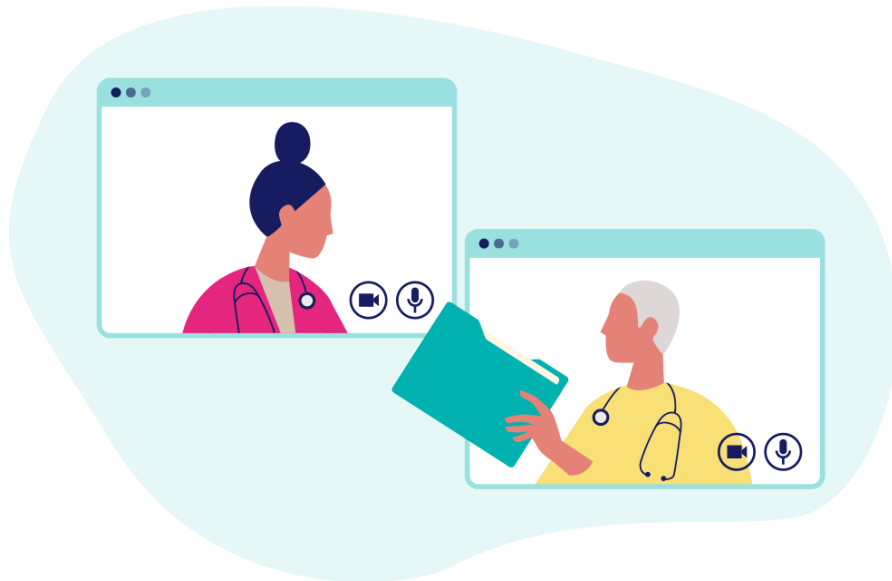
December 14, 2022

Practising Well: Your Community of Practice

After today's CoP session, continue your learning with:

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!



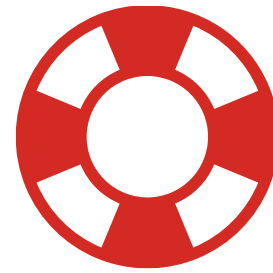
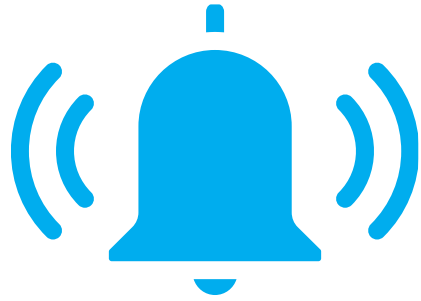
Contact us!

practisingwell@ocfp.on.ca

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

Addressing Overwhelm:

How to set boundaries and prioritize self and practice



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>

CMA Wellness Hub

<https://www.cma.ca/physician-wellness-hub>



- 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.

Please introduce yourself in the chat!



@OntarioCollege
#PractisingWell

Your Panelists: Disclosures



Dr. Patricia Rockman

Relationships with financial sponsors (including honoraria):

- OCFP Practising Well – Community of Practice Speaker
- Centre for Mindfulness Studies (Co-Founder, Consultant, Trainer, Curriculum Developer)
- Numinus Wellness (Curriculum Developer, Trainer)
- New Harbinger (author)



Dr. Sue Shepherd

Relationships with financial sponsors (including honoraria):

- OCFP Practising Well – Community of Practice Speaker
- North Durham FHT (Director, Board Member)
- OMA PHP (Doc to Doc Wellness Enhanced Development Team Member – 2021)



Dr. Shira Taylor

Relationships with financial sponsors (including honoraria):

- OCFP Practising Well – Community of Practice Speaker
- Aangen – Community Service, non-profit (Advisory Board Member)

Disclosures

Dr. Melissa Holowaty @MnHolowaty

Relationships with financial sponsors (including honoraria):

- OCFP Practising Well – SPC member, Implementation Group co-chair, CoP Speaker
- OMA – Board Director
- CFPC – Chair, MIG Addiction Medicine
- ECHO Liver, META:PHI – Advisory Board Member
- Stonehenge Treatment Community, Allergan, Abbvie – Speaker

Dr. Stephanie Zhou @stephanieyzhou

Relationships with financial sponsors (including honoraria):

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

Disclosures

Dr. Peter Selby @drpselby

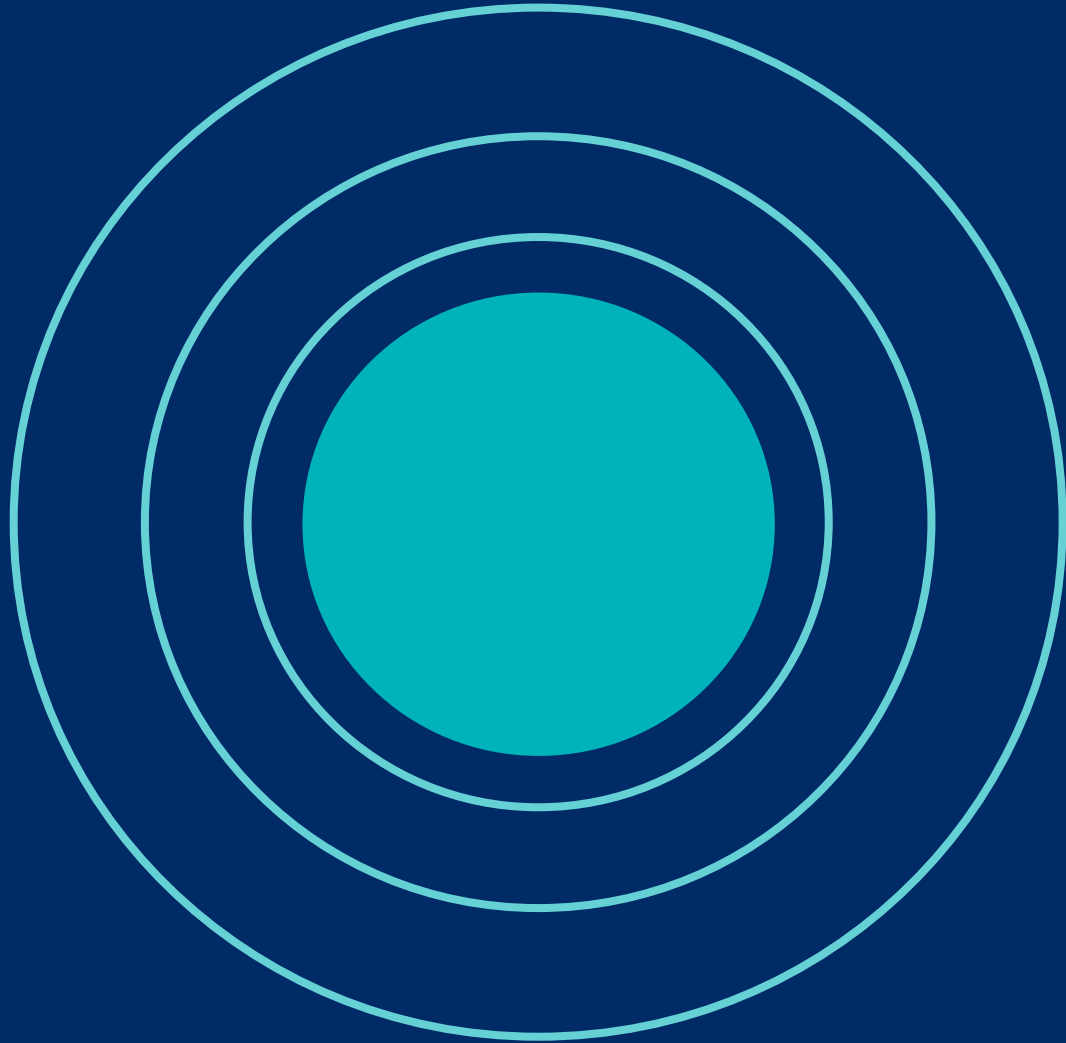
Relationships with financial sponsors (including honoraria):

- York Region, CAMH, ECHO, ASAM, FAME, Local CHC, Veteran's Affairs Canada – Honoraria
- CCSA, Cancer Care Ontario, ECHO Ontario, MOHLTC, CAMH Medical Advisory Committee, Dalla Lana U of T Youth Vaping Cessation – Advisory Board or Advisory Committee Member
- CIHR, Health Canada, Canadian Cancer Society Research Institute, Medical Psychiatry Alliance, MOHLTC, Canadian Partnership Against Cancer, Ontario Neurotrauma Foundation, Patient-Centered Outcomes Research Institute, CAMH, Public Health Agency of Canada – Grants and Clinical Trials
- Pfizer Inc, Johnson & Johnson, Novartis - Vendors of record for providing smoking cessation pharmacotherapy through an open tender process, free or discounted, for research studies in which PS is the principal investigator or co-investigator.
- Ontario College of Family Physicians – Practising Well

Dr. Javed Alloo @javedaloo

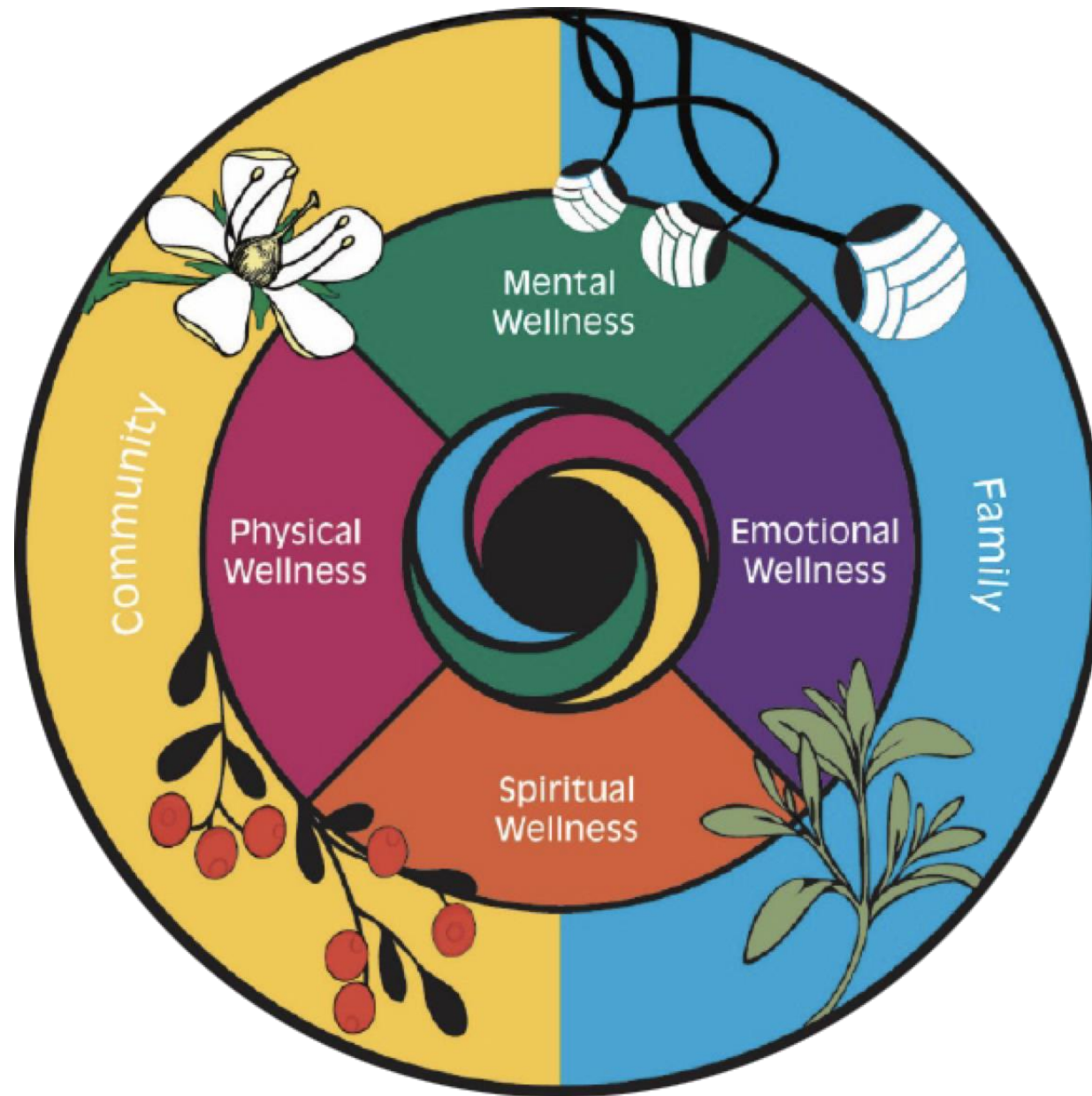
Relationships with financial sponsors (including honoraria):

- Ontario College of Family Physicians, Ontario Medical Association, Centre for Effective Practice, Centre for Addictions and Mental Health, Trillium Hospitals, Memotext, Canadian Partnership Against Cancer – Honoraria, Consulting, Employed
- Canada: Novo Nordisk, Boehringer Ingelheim, Lupin, Astra Zeneca – Advisory Boards
- CIHR, U of T – Research Grants



Medicine Wheel

First Nations, Inuit
and Metis Wellness
ECHO at CAMH





Addressing Overwhelm:

How to set boundaries and prioritize self and practice

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

1. How to not feel guilty when taking time for yourself?
2. How to help facilitate system change instead of always coping with what is broken?
3. How do we do this ourselves but also support our colleagues in doing it?

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



Responding to suffering:

Diagnosing and treating the disease +

Turning towards +

Exploring the illness experience

Bearing witness

Reclaiming and refocusing +

Post traumatic growth

Clarifying values

Moving from victim to survivor



Caring for patients at the end of life:

“Being connected ... a key to my survival”

Burnout : goodness of fit

Compassion fatigue : ~vicarious trauma

Moral distress : when unable to do what is believed to be ethically appropriate or right, including avoiding wrongdoing or harm, because of institutionalized obstacles.

What is the role for:
Self care, Mindfulness
Post traumatic growth?





Addressing Overwhelm:
How to set boundaries and
prioritize self and practice

Your Panelists



Dr. Patricia Rockman

Toronto, ON



Dr. Sue Shepherd

Port Perry, ON



Dr. Shira Taylor

Seguin, ON



Addressing Overwhelm:
How to set boundaries and
prioritize self and practice

Your Panelists



Dr. Patricia Rockman

Toronto, ON



Dr. Sue Shepherd

Port Perry, ON



Dr. Shira Taylor

Seguin, ON



Addressing Overwhelm:
How to set boundaries and
prioritize self and practice

Your Panelists



Dr. Patricia Rockman

Toronto, ON



Dr. Sue Shepherd

Port Perry, ON

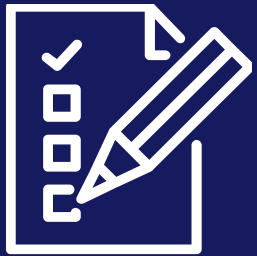


Dr. Shira Taylor

Seguin, ON

Resources

Tools



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

Resources

For You

Centre for Mindfulness Studies

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

Centre for Mindfulness Studies App

<https://www.mindfulnessstudies.com/get-the-app/>

CMA Wellness Hub

<https://www.cma.ca/physician-wellness-hub>

Compassion Fatigue and Moral Distress (CMA)

<https://www.cma.ca/physician-wellness-hub/topics/COVID-19-wellness>

Wellness Connection (CMA)

<https://www.cma.ca/physician-wellness-hub/wellness-connection>

Resources

For You

Mindfulness: An Eight-Week Plan for Finding Peace In A Frantic World, by Mark Williams and Danny Penman (Audiobook)

<https://www.chapters.indigo.ca/en-ca/books/mindfulness-an-eight-week-plan/9781609618957-item.html>

Healthy Minds App (Dr. Richard Davidson)

<https://hminnovations.org/meditation-app>

Attending by Ronald Epstein (Book)

<https://www.ronaldepstein.com/attending>

How clinicians can be restored rather than broken by the pandemic (CFP article)

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

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>

CMA Wellness Hub

<https://www.cma.ca/physician-wellness-hub>



- 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.

Resources

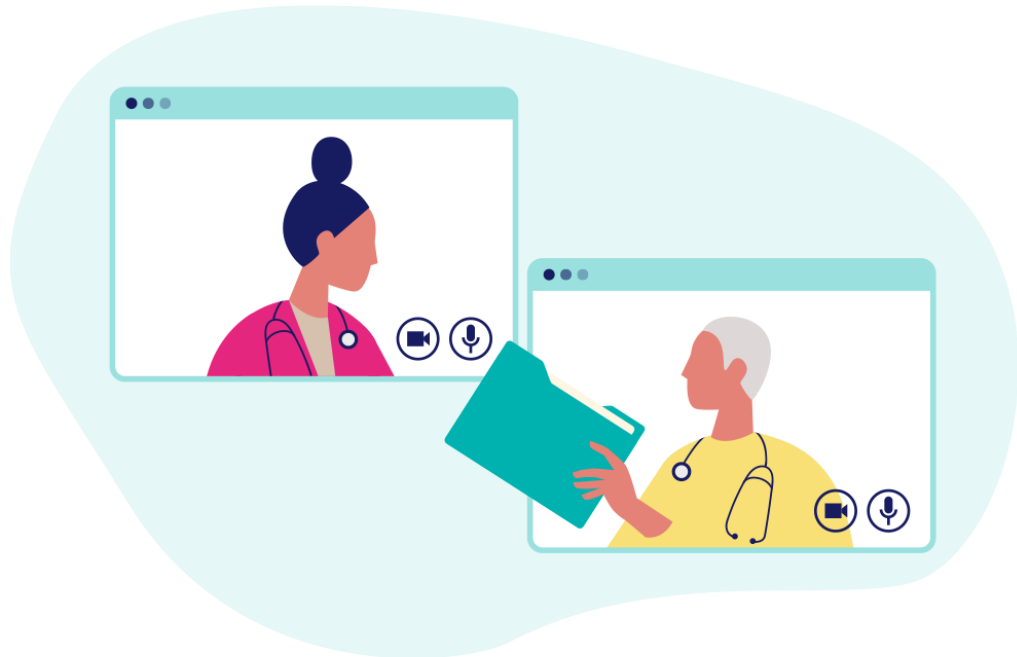
Education



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

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-connect>

Meet our Peer Guides with an interest in physician wellness

Connect with a Practising Well Peer Guide for more individualized educational support.



Dr. Marcia Kostenuik

Connect Now!



Dr. Bryan MacLeod

Connect Now!



Dr. Michael Roberts

Connect Now!



Dr. Shira Taylor

Connect Now!



Dr. Katherine Kilpatrick

Connect Now!



Contact us!

practisingwell@ocfp.on.ca



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



Fully- virtual, including two live-streamed days on January, 27 and 28, 2023 plus 20 on-demand sessions.

[Registration is now open](#)

Join us as we discuss important topics from **culturally inclusive care** to the anticipated **impacts of an ageing family physician workforce**.

What to expect:

- Keynotes, talks and panel discussions from **thought leaders** and **clinical experts** on the topics that matter most.
- A unique learning experience with the flexibility to **join live or learn later**, with conference content available until July 31, 2023.
- An opportunity to earn up to **40 Mainpro+ credits**.



This year's
keynote speakers
include:

Lieutenant-General (ret) The
Honourable Roméo
Dallaire

Global humanitarian, PTSD and
mental health advocate

Dr. Mekalai Kumanan

President, Ontario College of
Family Physicians

Dr. Alike Lafontaine

President, Canadian Medical
Association

Dr. Robert Varnam

Leadership coach and
ex-national director Primary Care
Improvement,
NHS England



What is one thing you can do for yourself to help with overwhelm?

What is something someone else could do for you?

Upcoming Community of Practice

Able to Practice: Overcoming barriers of disability

with Drs. Caroline Bowman, Jennifer Hulme,
Samantha Lavitt and Shaila Vaidya

January 18, 2022
8:00am – 9:00am

[Register Now](#)

practisingwell@ocfp.on.ca

