

Practising Well Community of Practice

Addressing the realities of disability and the practice of medicine

January 18, 2023

The Practising Well Community of Practice (CoP) is an intentional conversation for shared learning hosted by the OCFP in collaboration with the U of T DFCM. The CoP 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**.

At the core of Practising Well are three distinct, yet interrelated, parts:

- [Community of Practice](#): Virtual sessions by family physicians, for family physicians. Connect in real time and learn with your colleagues.
- [Information Exchange](#): An easy-to-navigate online repository designed to help you quickly find the information you need.
- [Peer Connect](#): Continue your learning journey and partner with another family physician, one-to-one or in a small group.

General Resources

- Practising Well - <https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

For You

Resource	Type	Link
Docs with Disabilities	Podcast	https://www.docswithdisabilities.org/podcast
The Nocturnist – Shame in Medicine Series	Podcast	https://www.thenocturnists-shame.org/
Kristin Neff: The Three Components of Compassion	YouTube Video	https://www.youtube.com/watch?v=11U0h0DPu7k
Brene Brown – The Power of Vulnerability	YouTube Video	https://www.youtube.com/watch?v=iCvmsMzIF7o
Brene Brown – Listening to Shame	TED Talk	https://www.ted.com/talks/brene_brown_listening_to_shame?language=en
COVID-19 CoP on Long COVID	OCFP and DFCM COVID CoP	https://www.youtube.com/watch?app=desktop&v=GgOU9eWHG0I&fbclid=IwAR3gBvp-uzcOBtQgpkZYGq6e1uY43PUxdYlaVz6Vrtsai4D2dtosOmbFIUU

The Canadian Association of Physicians with Disabilities	Organization	http://www.capd.ca/
Society for Physicians with Disabilities	Organization	https://www.physicianswithdisabilities.org/
Spoon Theory	Website	https://butyoudontlooksick.com/articles/written-by-christine/the-spoon-theory/
Fork Theory	Website	https://jenrose.com/fork-theory/
GBL Financial Solutions	<i>Participant shared resource</i>	https://gblinc.ca/
St Joseph's Health Care (London) – My Brain Pacer	App	https://www.sjhc.london.on.ca/regional-acquired-brain-injury-outpatient-program/information-patients/mybrainpacer

Education

Resource	Source	Link
Peer Connect	Ontario College of Family Physicians – Practising Well	https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/peer-connect

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