



## Addressing patients with personality disorder

PANELISTS

Nicole Profous • Dr. Jon Davine • Dr. James Goertzen

WITH

Dr. Stephanie Zhou • Dr. Nikki Bozinoff



Ontario College of  
Family Physicians

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Family & Community Medicine  
UNIVERSITY OF TORONTO

October 25, 2023

Practising Well: Your Community of Practice

Please introduce yourself in the chat!



@OntarioCollege  
#PractisingWell

# Your Panelists: Disclosures



## Nicole Profous

Relationships with financial sponsors (including honoraria):

- Practising Well CoP speaker

## Dr. Jon Davine

Relationships with financial sponsors (including honoraria):

- Practising Well CoP speaker
- Pre-med Canada
- Humber River Hospital
- McMaster Continuing Education
- Touchstone Institute
- U of Ottawa Dermatology
- CME AWAY by Sea Courses
- Kitchner/Waterloo Family Med
- CAMH
- Ontario Psychiatric Association



## Dr. James Goertzen

Relationships with financial sponsors (including honoraria):

- Practising Well CoP Speaker
- NOSM U



# Disclosures

## 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
- Toronto Public Health – Board of Directors member

## Dr. Nikki Bozinoff @NikkiBozinoff

Relationships with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well Implementation Group Member, CoP Speaker
- CAMH
- Department of Family and Community Medicine (University of Toronto)
- National Institute on Drug Abuse
- Womenmind
- CIHR
- Academic Health Sciences Alternate Payment Plan

## Disclosure of Financial Support

This program has received funding from the Ontario Ministry of Health and in-kind support from the Ontario College of Family Physicians and the Department of Family and Community Medicine, University of Toronto.

### **Potential for conflict(s) of interest:**

N/A

## Mitigating Potential Bias

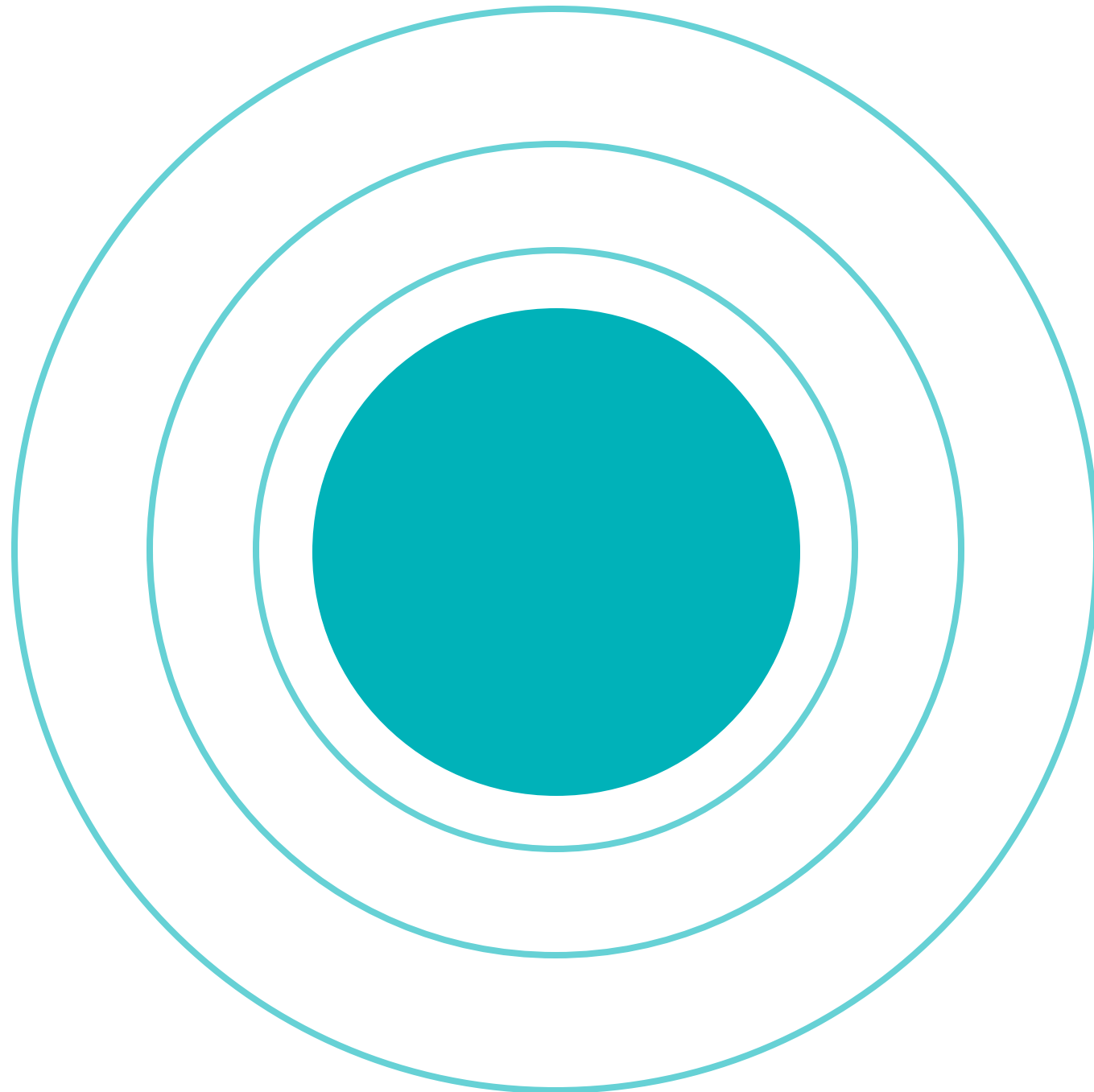
- The Scientific Planning Committee (SPC) has control over the choice of topics and speakers.
- Content has been developed according to the standards and expectations of the Mainpro+ certification program.
- The program content was reviewed by the SPC.

# Land Acknowledgement

We acknowledge that the lands on which we are hosting this meeting include the traditional territories of many nations.

The OCFP and DFCM recognizes that the many injustices experienced by the Indigenous Peoples of what we now call Canada continue to affect their health and well-being. The OCFP and DFCM respects that Indigenous people have rich cultural and traditional practices that have been known to improve health outcomes.

I invite all of us to reflect on the territories you are calling in from as we commit ourselves to gaining knowledge; forging a new, culturally safe relationship; and contributing to reconciliation.





## Addressing patients with personality disorder

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

1. Managing BPD in Your Own Family and Dealing with BPD Patients
2. Time Management with BPD Patients, College Concerns, and Tips for Assisting Patients
3. Diagnosis of Personality Disorders Post Trauma
4. Practical Screening Tools in Primary Care and Practical DBT Principles

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







## Addressing patients with personality disorder

## Your Panelists



**Nicole Profous**

Toronto, ON



**Dr. Jon Davine**

Hamilton, ON



**Dr. James Goertzen**

Thunder Bay, ON



The intersection of rational thought and emotional feelings comprise the **Wise Mind**. (image by author)

# DEARMAN DBT Skill

D – Describe

E- Express

A- Assert

R- Reinforce

M- Mindful

A- Appear Confident

N- Negotiate



## Choosing Opposite Action

DBT Skill

<b>Initial Emotion</b>	<b>Urge</b>	<b>Opposite Action</b>	<b>Opposite Emotion</b>
	X	✓	
<b>Anger</b>	Yell, Argue, Fight	Whisper, Breathe, Hug	Peaceful, Calm
<b>Sadness</b>	Isolate, Cry, Stay in bed	Connect, Laugh, Get up and out	Engaged, Happy
<b>Frustration</b>	Give up, Move on	Take a break, Try again	Mastery
<b>Unworthy</b>	Self-harm, Destructive behaviors	Self-care, Help others	Worthwhile, Useful
<b>Fear</b>	Avoid	Approach	Confident, Brave



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Toronto, ON



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Hamilton, ON



**Dr. James Goertzen**

Thunder Bay, ON

# CLUSTER B

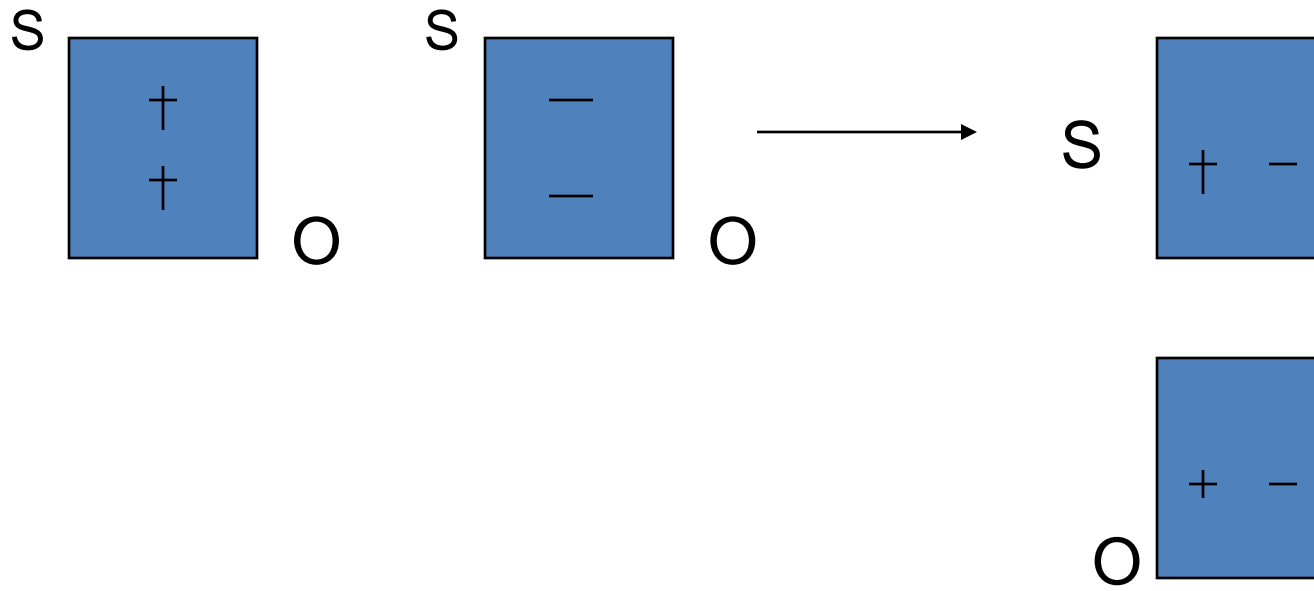
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This group often includes labile affect,  
poor impulse control, and anger

# 1. BORDERLINE PERSONALITY

- Problems with self identity and problems with self-other boundaries in interpersonal relationships.
- Mood lability, often including depression and anger.
- Unstable interpersonal relationships, often marked by a pattern of part-object relationships with “good” objects and “bad” objects.
- Abandonment sensitivity.
- Recurrent suicidal thoughts and attempts
- Self-harm behavior, with relief
- Chronic feelings of emptiness.
-

In therapy: the therapeutic limit setting may promote self-other differentiation, and whole object vs part object relationships.





**Self Identity**

**Obj Relations**

**Depression**

**Anger**

# Borderline Personality Disorder

- Do you feel you are still searching for your self identity?
- By self-identity, I mean that the things that you consider to be important about yourself and the world, do you find they stay relatively constant or do you find they are always changing dramatically for you?

# Borderline Personality Disorder

- Do you have long term or chronic feelings of sadness?
- Do you have long term or chronic feelings of anger?
- Do you find that your relationships usually get very difficult and end abruptly?

# Borderline Personality Disorder

- Do you find that you have had chronic suicidal ideation over the years?
- Have you had suicidal attempts in the past?

# Borderline Personality Disorder

- Have you had episodes in the past where you tried to hurt yourself, not kill yourself, but simply cause yourself pain?
- How do you feel after these episodes of self harm? (often feel sense of release or relief).
- Do you have chronic feelings of emptiness?

# Borderline Personality Disorder

- Do you find that your moods bounce around a lot so that you can be feeling okay then suddenly feel angry or you can be feeling okay and suddenly feel sad and does this happen a lot during the course of the day?
- Mood lability can be separated from bipolarity by:
  - 1. reactivity (very reactive)
  - 2. Length of time (briefer)
  - Can have both.
- Do you find that when your mood does change quickly, you may do things on impulse and then regret it afterwards?

# Borderline Personality Disorder

- Under stress. Can have micropsychotic episodes. This can include hallucinations, delusions, often paranoid. Usually brief.

# Borderline Treatment

- If clinically depressed, antidepressants.
- If micropsychotic episodes—brief neuroleptic use. If recurrent, possible longer term use
- Mood stabilizers not shown to be helpful for mood lability, including recent study with lamotrigine
- Use Trazodone 25-50 mg. po qhs prn for sleep issues
- Dialectical Behaviour Therapy (DBT) has good results



# Borderline Personality Disorder

- Supportive counselling from a trusted family doctor with a long term relationship can be invaluable
- Don't ever minimize this this!!!



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Thunder Bay, ON

# Challenges, stigma and avoidance

- Therapeutic relationships with BPD patients may involve disturbing behaviors including intense anger and multiple suicide attempts
- Care givers may interpret dysfunctional behaviors as deliberate, manipulative or within patient's control
- Patients with BPD face stigma and harsh attitudes from healthcare professionals which effect their care



# Effective management strategies

- Focus on therapeutic relationship
- Explore emotional health
- Be aware of boundaries
- Collaborative relationship
- Change oriented interventions
- Support for the practitioner

# Dialectical behavioral therapy principles

- People with BPD are doing their best
- Living with BPD is unbearable and people with BPD want to improve
- People with BPD can learn new behaviours for the situations they encounter
- Families coping with BPD need support



# Dialectical behavioral therapy principles

- Based on premise opposites can coexist & be integrated
- Aim of dialectical behavior therapy is to support patients with new ways of thinking, feeling & coping
- Important goal is replacing maladaptive & unhealthy responses with more effective behaviors

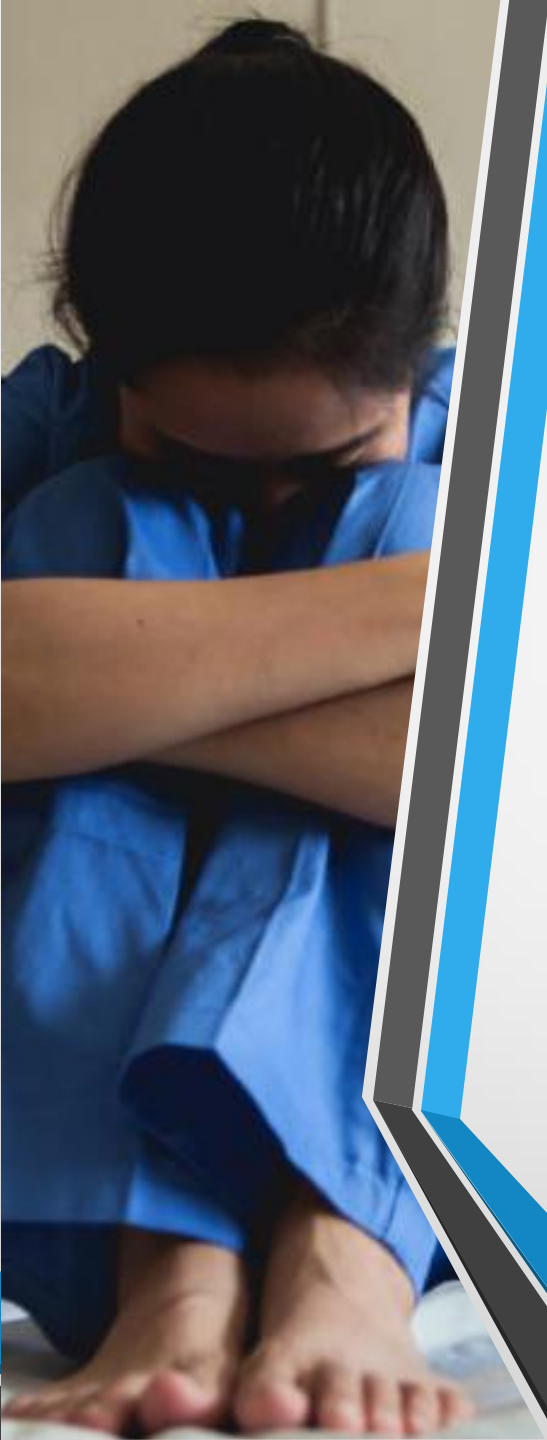




# Self-harm behavior

- Repeated suicide threats & self-harm attempts are common
- Borderline personality disorder patients have high mortality due to suicide
- Average of 10% of BPD patients die from suicide which is 50 times general population





# Self-harm behavior . . But why?

- Action may allow patient to feel alive when feeling emotionally dead
- Action can be a distraction & reduce distress or difficult mood
- Action may occur when patient in dissociative state
- Patients with BPD have limited or primitive coping skills



# Resources

# Tools



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

# Tools and Resources

Resource	Type	Link
<b>BORDERLINE PERSONALITY DISORDER</b> <b>Where to go when you're looking for help</b>	Community Resources	<a href="https://www.camh.ca/-/media/files/education-2021/community-resource-sheets/borderline-personality-disorder-resources-pdf.pdf">https://www.camh.ca/-/media/files/education-2021/community-resource-sheets/borderline-personality-disorder-resources-pdf.pdf</a>

Access more **mental health** tools and resources through the OCFP's [Clinical Tools & Resources repository](#).



## Mental Health

[Access Tools & Resources](#)

Resources

# Education



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

# Practising Well CoP – Self Learning Program

**The Practising Well CoP is now certified for self learning credits!**

Earn **1-credit-per-hour** for reviewing the recording and resources from **past CoP sessions**. The self learning program is certified for up to 38 Mainpro+ credits.



**For more information and to participate:**

<https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/practising-well-community-of-practice/practising-well-cop-self-learning-program>

## Peer Connect

Enabling you to connect, share and learn from your fellow family physicians.



## Mentorship Program - Connect with a Peer Guide!

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.

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



Ontario College of  
Family Physicians

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## Opening Keynote



### Dr. Hayley Wickenheiser

Family Physician Resident, Olympic Gold Medalist, Hockey Hall of Famer and Senior Director of Player Development for the Toronto Maple Leafs

Ontario College of  
Family Physicians



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Developed in partnership with **Rotman**



Resources

Supports



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

# Supporting Family Doctors Through Respiratory Illness Season

Information to help Ontarians stay healthy

[Information for Physicians](#)

[Information for Patients](#)

<https://www.ontariofamilyphysicians.ca/education-practice-supports/respiratory-illness-season-tools-and-resources>

## Respiratory Illness Season Tools and Resources

This respiratory illness season, the OCFP is sharing tools and resources to help family doctors and patients.

### Respiratory Illness Tools and Resources

Find current information on vaccines, IPAC reminders, planning for high-risk groups to access antivirals, and patient education on caring for illness at home.

[Tools and Resources for Family Doctors](#)

### Screening Tool

This tool will help you screen patients for respiratory symptoms to ensure high-risk patients have timely access to antiviral treatments.

[Screening for Symptoms of Respiratory Illness](#)

### Patient Education

Share these tips and resources on vaccines, antivirals and when and where to seek care.

[Tools for Patients](#)

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.

# Upcoming Community of Practice

**Strategies and tips for treating non-migraine headaches**  
with Dr. Sheri Wark and Dr. Virginia McEwen

**November 22, 2023**  
**8:00am – 9:00am**

[Register Now](#)

[practisingwell@ocfp.on.ca](mailto: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 12 credits.