

Improving burnout with time management

December 13, 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**.

General Resources

- Practising Well - <https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well>
- Peer Connect (mentorship program) - <https://www.ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/peer-connect-mentorship/>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

Resource	Type	Link
Digital Health Tools Accessible from Your EMR	Digital Health Tools	https://www.ontariomd.ca/what-we-do/digital-health-tools
OMD Educates Webinars	Webinars	https://www.ontariomd.ca/what-we-do/events/omd-educates
Physician Burnout Brochure	OMD Publications	https://www.ontariomd.ca/documents/resource library/ontariomd-physician-burnout-brochure-aug-2 final.pdf
Digital Health Drug Repository (DHDR) Brochure	OMD Publications	https://www.ontariomd.ca/documents/resource library/dhdr brochure.pdf
OMD Advisory Service	OMD Publications	https://www.ontariomd.ca/documents/resource library/omd advisory service brochure.pdf
Online Appointment Booking	OMD Publications	https://www.ontariomd.ca/documents/resource library/oab brochure.pdf
Peer Leader Brochure	OMD Publications	https://www.ontariomd.ca/documents/resource library/peer leaders bro 4gtsnmu.pdf
OMD Products & Services Brochure	Brochure	https://www.ontariomd.ca/documents/resource library/products-and-services-brochure-v6-2 final.pdf
Privacy & Security Online Training	Online Training	https://www.ontariomd.ca/products-and-services/privacy-and-training-resources
Digital Health eTips Newsletter	Newsletter	https://www.ontariomd.ca/

OMA. Physician's guide to uninsured services: A guide for Ontario Physicians. January 2023 Edition.	Guide	https://www.oma.org/search?q=physician%20guide%202023%20uninsured%20services
OMA. Uninsured services.	Poster	https://www.oma.org/member/search?q=uninsured%20services%20poster
CPSO. Advice to the Profession – Continuity of Care	Information	https://www.cpso.on.ca/Physicians/Policies-Guidance/Policies/Continuity-of-Care/Advice-to-the-Profession-Continuity-of-Care#:~:text=Advice%20to%20the%20Profession%3A%20Continuity%20of%20Care%201,...%205%20Walk-in%20Clinics%20...%206%20Endnotes%20
CPSO. Third Party Medical Reports	Information	https://www.cpso.on.ca/Physicians/Policies-Guidance/Policies/Third-Party-Medical-Reports
CMPA. Medical letters, forms, and reports. May 2022	Guide	https://www.cmpa-acpm.ca/en/education-events/good-practices/physician-patient/medical-letters--forms--and-reports