

Practising Well Community of Practice

Managing Alcohol Use: Understanding Updated Recommendations

April 17, 2024

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. 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

- Mental Health and Addictions Community of Practice - <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/community-of-practice/>
- Self-learning – <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/community-of-practice/past-events/>
- Peer Connect Mentorship - <https://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
Canada's Guidance on Alcohol and Health: Final Report	Guideline	https://www.ccsa.ca/sites/default/files/2023-01/CCSA_Canadas_Guidance_on_Alcohol_and_Health_Final_Report_en.pdf
Knowing your limits with Alcohol: a practical Guide to Assessing Your Drinking:	Guideline	https://www.ccsa.ca/knowning-your-limits-alcohol-practical-guide-assessing-your-drinking
A link to learn what a standard drink is	Resource	http://aodtool.cfar.uvic.ca/index-stdtdt.html
Primary care management of substance abuse:	Resource	https://www.metaphi.ca/wp-content/uploads/Guide_PrimaryCareManagement.pdf
New CMAJ guideline on alcohol use disorder	Guideline	https://www.cmaj.ca/content/195/40/E1364
Summer Mocktails:	Resource	https://ccsmh.ca/wp-content/uploads/2023/06/WEB-FINAL-ccsmh-mocktail-recipe-cards.pdf
Problematic Alcohol Use and Alcohol Use Disorder	OH Quality Standard	Problematic Alcohol Use and Alcohol Use Disorder