

COVID-19 Community of Practice for Ontario Family Physicians November 13, 2020

Changing the way we work: Supporting patients with COVID-19, evolving guidance, and fatigue

General Resources

- Past COVID 19 CoP resources and past session recordings
<https://www.dfcu.utoronto.ca/covid-19-community-practice>
- Ontario College of Family Physicians
<https://www.ontariofamilyphysicians.ca/tools-resources/covid-19-resources>
- Centre for Effective Practice
<https://cep.health/toolkit/covid-19-resource-centre/>
- OCFP Clinical Supports
<https://www.ontariofamilyphysicians.ca/education/mentoring>

Shared Resources

cmaj – COVID-19 and the decolonization of Indigenous public health
<https://www.cmaj.ca/content/192/38/E1098>

OCFP – “We’re Your Family Doctors”
<https://www.ontariofamilyphysicians.ca/tools-resources/covid-19-resources/family-docs-here-for-care.pdf>

Renfrew County Visual Triage and Assessment Centre
<https://rcvtac.ca/mod/url/view.php?id=246>

Project ECHO at UHN
https://uhn.echoontario.ca/covid-19-resources/?mc_cid=8f319e730c&mc_eid=7a3e929907

COVIDCare@Home
<https://covidcareathome.ca>
<https://covidcareathome.ca/covid-resources.html#mental-health> (mental health)
<https://covidcareathome.ca/covid-resources.html#social-support> (social support)

Internet-Based CBT

- <https://info.mindbeacon.com/>
- <https://ontario.abiliticbt.com/home>
- Bounce Back - videos, telephone coaching & workbooks 15 & up
<https://bouncebackontario.ca/>
- Togetherall- Digital Mental Health support for ages 16 and up
<https://togetherall.com/en-ca/>
- Wellness Together Canada: Mental Health and Substance Use Support
<https://ca.portal.gs/>
- Counselling Connect
<https://www.counsellingconnect.org>
- TeleCBT
<https://telecbt.ca/>

General links for patients

- <https://www.ontario.ca/page/covid-19-support-people#section-4>
- Community sourced mental health support
<https://takecare19.com/>
- Coping with COVID anxiety
<https://www.anxietycanada.com/covid-19>

Crisis Support

- Crisis Text Line Text HOME to 686868
<http://www.crisistextline.ca/>
- Kids Help Phone (<20 y/o)
<https://kidshelpphone.ca/>
- Gerstein Centre
<http://gersteincentre.org/> (Toronto)
- Indigenous helpline
<http://www.hopeforwellness.ca/>
- Senior's safety line
<http://www.eapon.ca/what-is-elder-abuse/help-for-seniors/>

Connex Ontario

<http://www.connexontario.ca/>

Primary Care Portal – e-mental health

<https://primarycare.ementalhealth.ca/>

ECHO Mental Health

<https://camh.echoontario.ca/echo-coping-with-covid/>

Centre for Effective Practice

<https://cep.health/tools/>

<https://tools.cep.health/tool/covid-19-social-care-guidance/>

OCFP

<https://www.ontariofamilyphysicians.ca/tools-resources/covid-19-resources/community-supports-special-populations>

SAMHSA Phases of Disaster

<https://www.samhsa.gov/dtac/recovering-disasters/phases-disaster>

Reimagining Family Medicine – Learning from the COVID experience

<https://bcfamilydocs.ca/wp-content/uploads/2020/09/BC-Family-Doctors-Reimagining-Family-Medicine.pdf>

COVID 19: Workplace supports & personal resilience

<https://journals.sagepub.com/doi/full/10.1177/1715163520945741>

Physician Specific Resources

- OMA Physician Health Program
<https://php.oma.org/>
- PARO for residents
<https://myparo.ca/>
- CAMH
<https://www.camh.ca/en/health-info/mental-health-and-covid-19/information-for-professionals>
- Ontario Shores
https://www.ontarioshores.ca/finding_help/programs_and_services/adults/health_care_worker_assist
- Royal Ottawa
<https://www.theroyal.ca/covid-frontline-wellness>
- St. Joe's (Hamilton)
<https://www.stjoes.ca/hospital-services/mental-health-addiction-services/connect-mental-health-and-addiction-outpatient-programs/covid-19-mental-health-services-for-hcw>
- Waypoint
https://www.waypointcentre.ca/programs_and_services/c_o_v_i_d_frontline_wellness
- CMA Wellness Hub
<https://www.cma.ca/physician-wellness-hub>
- Faculty Wellness Offices
 - Western - https://www.schulich.uwo.ca/facultyaffairs/faculty_equity_wellness/index.html
 - uOttawa - <https://med.uottawa.ca/professional-affairs/faculty-wellness-program>
 - NOSM - <https://www.nosm.ca/our-community/coronavirus-information-for-nosm-community/wellness-resources/>



- Toronto - <https://medicine.utoronto.ca/wellness-resources-faculty>
- McMaster - <https://www.macfacaffairs.ca/home/well-being-resilience>
- ECHO Coping with COVID
<https://camh.echoontario.ca/echo-coping-with-covid/>
- “Pause for Providers”
<https://www.pause4providers.com/team/mary-elliott>

Flu Shot Resources

- OCFP Flu Resources
<https://www.ontariofamilyphysicians.ca/tools-resources/timely-trending/influenza-resources-2019/2020-season>
- Top 10 flu questions
<https://www.ontariofamilyphysicians.ca/tools-resources/timely-trending/influenza-resources-2019/2020-season/top-10-flu-questions-for-fps.pdf>
- CEP
<https://tools.cep.health/tool/pc-ops-covid-19-context/#wave-2-flu-vaccination-and-flu-vaccination-clinics>
- NACI
<https://www.canada.ca/en/public-health/services/immunization/national-advisory-committee-on-immunization-naci/guidance-influenza-vaccine-delivery-covid-19.html>

In-Person Visits

- Considerations for in-person visits (OCFP)
<https://www.ontariofamilyphysicians.ca/tools-resources/timely-trending/novel-coronavirus-2019-ncov/considerations-for-in-person-visits.pdf>
- Balancing in-person and virtual visits in primary care during COVID-19
<https://cmajblogs.com/ramping-up-in-person-office-visits-in-primary-care-in-the-aftermath-of-covid-19/?unapproved=218322&moderation-hash=03e25554fa16b36504a9ffbd4005bc79#comment-218322>

PPE

- PPE Resource (OCFP)
<https://www.ontariofamilyphysicians.ca/tools-resources/timely-trending/novel-coronavirus-2019-ncov/ocfp-ppe-for-hpc-visual-june-2020.pdf>
- PPE/Swab Kit Intake Form
<https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fehealthontario.on.ca%2Fen%2Ffor-healthcare-professionals%2Fppe-intake%3Fa%3Dppe-intake&data=02%7C01%7Cdauid.kaplan%40ontariohealth.ca%7Cda5d1859c6094af1b66308d855a06fd9%7C4ef96c5cd83f466ba478816a5bb4af62%7C0%7C0%7C637353494841783494&sdata=TiV8wzXUuJnBXfxvti4VFrXP2B8Qr%2BFjuNXIFl8FT9Y%3D&reserved=0>
- Ontario Health
<https://ehealthontario.on.ca/en/for-healthcare-professionals/ppp-intake?a=ppe-intake>

Webinar – COVID-19 Preparedness and Management in Primary Care
<https://myflushot.ca/>

BMJ resource: Management of post-acute covid-19 in primary care
<https://www.bmj.com/content/370/bmj.m3026>

Indications for antibody testing
<https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/lab-testing-ontario/covid-19-serology-testing>

Choosing Wisely Canada Toolkit
<https://choosingwiselycanada.org/perspective/the-cold-standard/>