

## Changing the Way We Work Community of Practice for Ontario Family Physicians March 6, 2026

### Infectious Disease & Supporting Healthy Aging in Women

*\*Resources are current as of March 6, 2026 – subject to change due to frequently updated guidance.*

Community of Practice past sessions and resources: <https://dfcm.utoronto.ca/changing-way-we-work-community-practice>

#### Infectious Disease

- [OCFP: Respiratory Illness – Tools and Resources for Doctors](#)
- [Ontario Respiratory Virus Tool](#)
- [Canadian Respiratory Virus Surveillance Report](#)
- [Acute Care Enhanced Surveillance \(ACES\): Viral Respiratory Mapper ED Visits](#)
- [CEP Seasonal Preparedness Guide](#)
- [Public Health Unit Locator](#)
- Ontario Health: [Influenza Clinical Guidelines and Resources](#)

#### Supporting Healthy Aging in Women

- Ontario Health Quality Standards: [Menopause Care](#)
- UK Government: [Health matters – getting every adult active every day](#)
- [CSEP Whole Day Matters Toolkit for Primary Care](#)
- Exercise is Medicine Canada: [Exercise Prescription Pad](#)
- [How to Naturally Increase GLP-1](#)
- [Nutrition Prescriptions](#)
- [Canadian Menopause Society](#)
- CMAJ article: [A pragmatic approach to the management of menopause](#)
- Centre for Effective Practice: [Menopause Management](#)
- MQ6: [Menopausal Health Promotion](#)

#### Participant Shared Links:

- [Association between sauna bathing and fatal cardiovascular and all-cause mortality events](#)
- UBC: [Why I no longer prescribe weight loss, calculate BMI, or use the term “obesity”](#)
- Thames Valley FHT: [Best Weight Virtual Session](#)
- Tools to support conversations with patients about weight: [5AsT Toolkit](#)