

COVID-19 Community of Practice for Ontario Family Physicians

April 14, 2023

**Dr. Janine McCready
Dr. Sarah Smith**



***COVID updates and tips from the
Charting Coach***



Family & Community Medicine
UNIVERSITY OF TORONTO

Ontario College of
Family Physicians



COVID updates and tips from the Charting Coach

Moderator:

- Dr. Tara Kiran, Fidani Chair of Improvement and Innovation, University of Toronto and Family Physician, St. Michael's Academic FHT, Toronto, ON

Panelists:

- Dr. Janine McCready, Toronto, ON
- Dr. Sarah Smith, Alberta

Co-hosts:

- Dr. Mekalai Kumanan, Cambridge, ON
- Dr. Liz Muggah, Ottawa, ON

The COVID-19 Community of Practice for Ontario Family Physicians is a one-credit-per-hour Group Learning program that has been certified for up to a total of 32 credits.

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.

Sudbury

'We're in a humanitarian crisis,' Attawapiskat chief calls for more land to build adequate housing



The remote community declared a state of emergency in 2011 and 2013

CBC News - Posted: Apr 10, 2023 7:00 AM EDT | Last Updated: April 12



Some of the range of housing in Attawapiskat, including one of the new modular homes that arrived after the housing crisis in 2011. (Erik White/CBC)

[CBC News, April 12, 2023](https://www.cbc.ca/news/canada/sudbury/sudbury-attawapiskat-housing-crisis-1.6804202)

<https://www.cbc.ca/news/canada/sudbury/sudbury-attawapiskat-housing-crisis-1.6804202>

Changing the way we work

A community of practice for family physicians during COVID-19

At the conclusion of this series participants will be able to:

- Identify the current best practices for delivery of primary care within the context of COVID-19 and how to incorporate into practice.
- Describe point-of-care resources and tools available to guide decision making and plan of care.
- Connect with a community of family physicians to identify practical solutions for their primary care practice under current conditions.

Disclosure of Financial Support

This CPD program has received in-kind support from the Ontario College of Family Physicians and the Department of Family and Community Medicine, University of Toronto in the form of logistical and promotional support.

Potential for conflict(s) of interest:

N/A

Mitigating Potential Bias

- The Scientific Planning Committee has full control over the choice of topics/speakers.
- Content has been developed according to the standards and expectations of the Mainpro+ certification program.
- The program content was reviewed by a three-member national/scientific planning committee.

Planning Committee: Dr. Tara Kiran (DFCM), Dr. Mekalai Kumanan (OCFP); Dr. Ali Damji (DFCM), Dr. Liz Muggah (OH), Kimberly Moran (OCFP), Mina Viscardi-Johnson (OCFP), Julia Galbraith (OCFP), Marisa Schwartz (DFCM), Erin Plenert (DFCM)

Previous webinars & related resources:

<https://www.dfcm.utoronto.ca/covid-19-community-practice/past-sessions>



Dr. Janine McCready – Panelist

Infectious Disease Physician, Michael Garron Hospital



Dr. Sarah Smith – Panelist

Rural Family Physician, Alberta, Charting Coach for Physicians



Dr. Mekalai Kumanan– Co-Host

Twitter: @MKumananMD

President, Ontario College of Family Physicians
Family Physician, Two Rivers Family Health Team
Chief of Family Medicine, Cambridge, ON



Dr. Liz Muggah – Co-Host

Twitter: @ElizabethMuggah

Senior Clinical Advisor, Primary Care, Ontario Health
Family Physician, Bruyère Family Health Team

Speaker Disclosure

- Faculty Name: **Dr. Janine McCready**
 - Relationships with financial sponsors:
 - Grants/Research Support: N/A
 - Speakers Bureau/Honoraria: Ontario College of Family Physicians
 - Others: N/A

- Faculty Name: **Dr. Sarah Smith**

Any Direct Relationships, including receipt of honorarium:

Names of Not for Profit and For-Profit Organisations: Southern California Kaiser Permanente, Northern Ontario School of Medicine Money Fit MD – Speaker Honorarium
Money for Women Physicians , Weight Solutions for Physicians; You Are Not Broken ; Anti-Fragile Female MD; Empowering Women Physicians ;South Calgary Primary Care Network
Allina Health Rehabilitation Institute ; Queens University Toronto ;Mount Nittany Medical Centre ; Kara Pepper Coaching ; Ontario College of Family Physicians
Canadian Women in Medicine Conference ; Victoria Division of Family Physicians ; University of Chicago Rheumatology Grand Rounds ; Canadian College of Family Physicians, Family
Medicine Forum ; Rocky Mountain Internal Medicine Conference ; University of Alberta, Fall Conference ; University of Alberta, Fall Conference ; MNP Accounting ; Mosaic Primary
Care Network ; Kootenay Boundary Division of Family Practice ; Schuswap Division of Family Practice ; South Island Division of Family Practice ; Nanaimo Division of Family Practice
Chilliwack Division of Family Practice ; Authenticity, Courage and Empowerment Conference ; Ohio Family Physicians; Physicians Mom’s Group Conference;
North York General Hospital Family Medicine Residents OntarioMD Digital Health and Virtual Care Conference; Mankato Clinic; Dartmouth Hitchcock Dermatology Department;
Victoria Division of Family Physicians; BC College of Family Physicians –; Ontario College of Family Physicians

Funded Grants, Research or clinical Trials – N/A

Patents for a drug or Device – N/A

Investments – N/A

Membership on advisory boards or speakers’ bureaus

Member Alberta College of Family Physicians – Member Advisory Council (Now inactive); Member McLeod River Primary Care Primary Care Network – Physician
Member (Active); University of Alberta – Department of Community Engagement – Preceptor (Active); Edson Medical Centre Board Member and Physician Owner
(Active); Alberta Medical Association – Consultant and Speaker Honorarium; Integrate Community Clerkship Education Advisory Committee (Now inactive member)

All other investments or relationships that could be seen by a reasonable, well-informed participant to influence the content of the educational activity

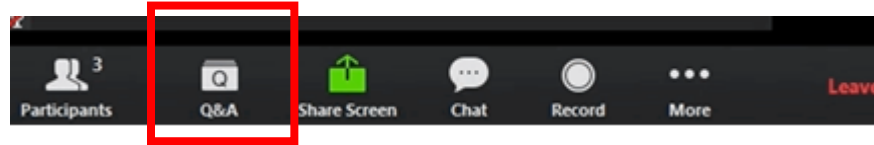
Reach Career Coaching Inc – Director/Owner of the Charting Champions Program

Speaker Disclosure

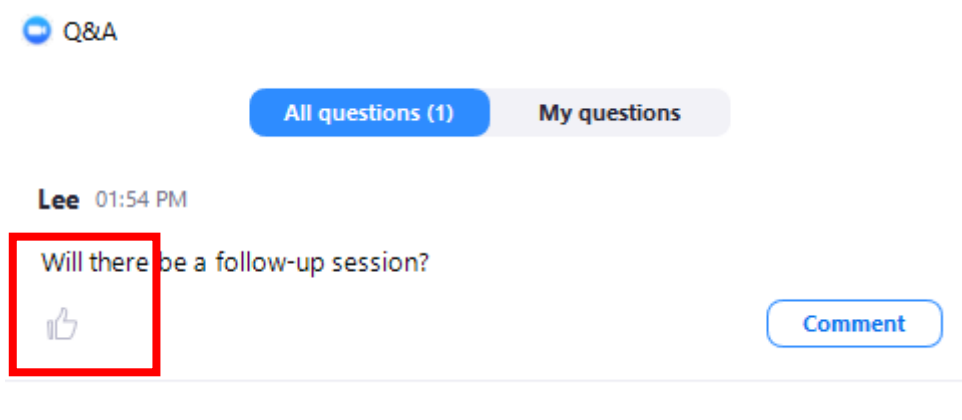
- Faculty Name: **Dr. Mekalai Kumanan**
- Relationships with financial sponsors:
 - Grants/Research Support: N/A
 - Speakers Bureau/Honoraria: Ontario College of Family Physicians
 - Others: Chief of Family Medicine, Cambridge Memorial Hospital
- Faculty Name: **Dr. Liz Muggah**
- Relationships with financial sponsors:
 - Grants/Research Support: N/A
 - Speakers Bureau/Honoraria: N/A
 - Others: Ontario Health
- Faculty Name: **Dr. Tara Kiran**
- Relationships with financial sponsors:
 - Speakers Bureau/Honoraria: St. Michael's Hospital, University of Toronto, Health Quality Ontario (HQQ), Canadian Institutes for Health Research (CIHR).Ontario College of Family Physicians (OCFP), Ontario Medical Association (OMA), Doctors of BC, Nova Scotia Health Authority, Osgoode Hall Law School, Centre for Quality Improvement and Patient Safety, Vancouver Physician Staff Association, University of Ottawa, Ontario Health, Canadian Medical Association, McMaster University, Queen's University, North American Primary Care Research Group.
 - Grants/Research Support: Canadian Institute for Health Research, Ministry of Health and Long-Term Care, St. Michael's Hospital Foundation, St. Michael's Hospital Medical Services Association, Women's College Hospital Academic and Medical Services Group Innovation Fund, University of Toronto, Health Quality Ontario, Ontario Ministry of Health, Gilead Sciences Inc., Staples Canada, Max Bell Foundation.

How to Participate

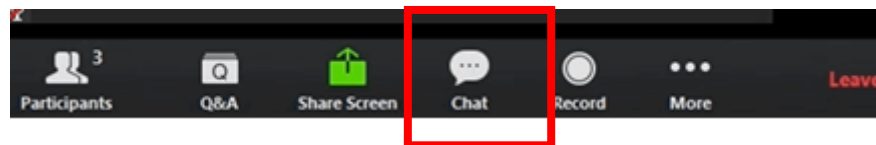
- All questions should be asked using the Q&A function at the bottom of your screen.



- Press the thumbs up button to upvote another guests questions. Upvote a question if you want to ask a similar question or want to see a guest's question go to the top and catch the panels attention.



- Please use the chat box for networking purposes only.





Dr. Janine McCready – Panelist

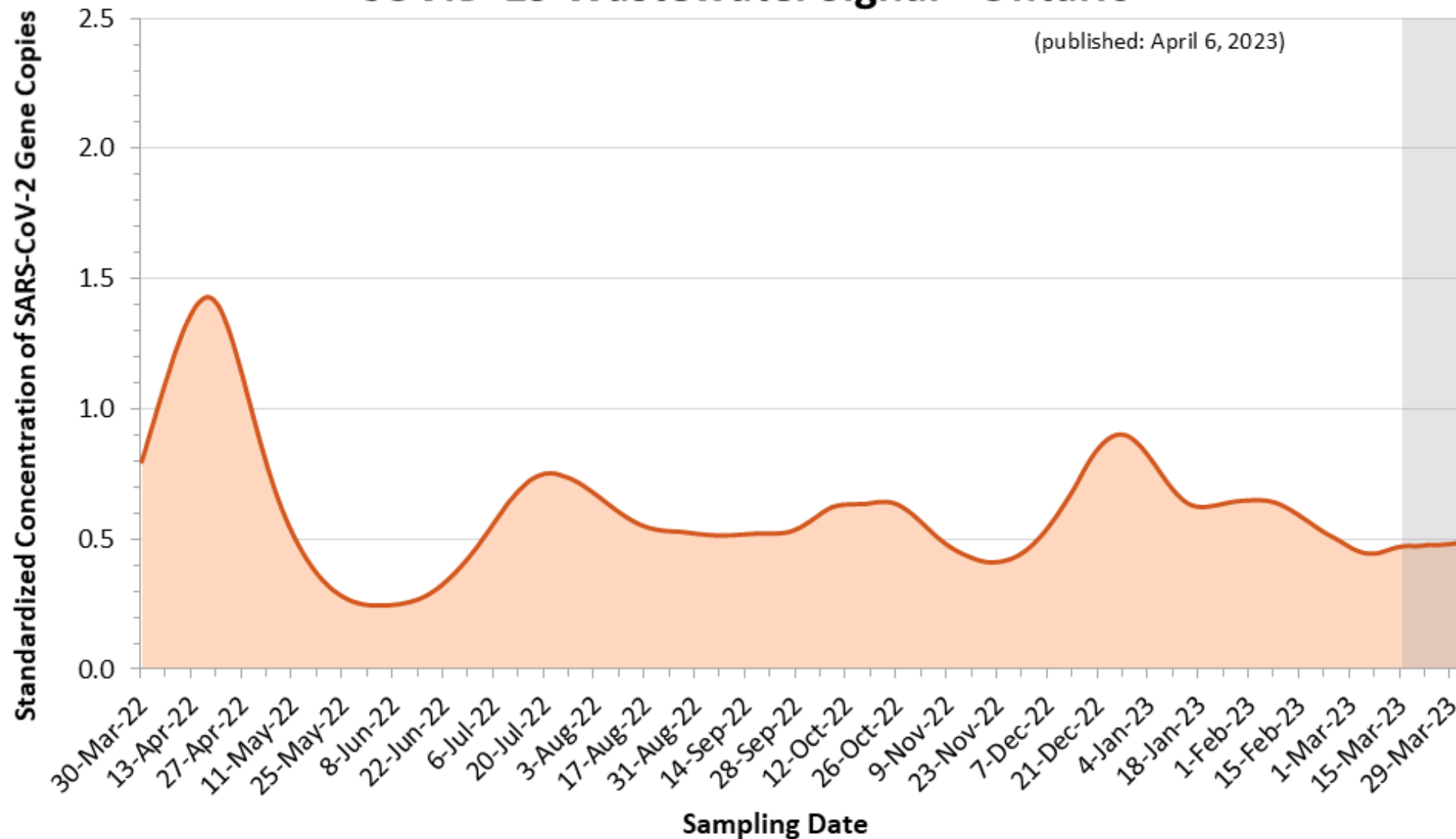
Infectious Disease Physician, Michael Garron Hospital



Dr. Sarah Smith – Panelist

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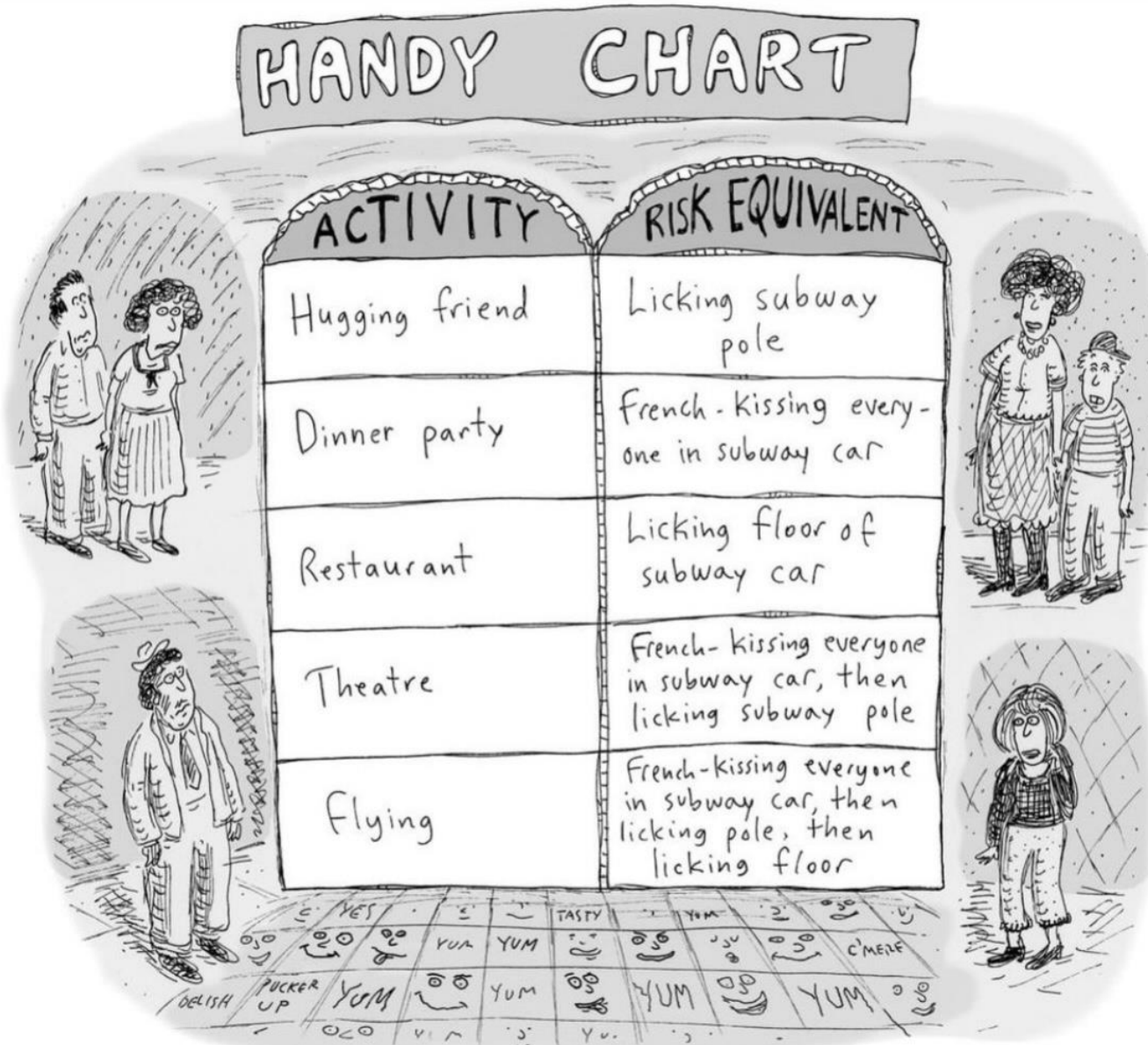
COVID-19 Wastewater Signal - Ontario



<https://www.publichealthontario.ca/en/Data-and-Analysis/Infectious-Disease/COVID-19-Data-Surveillance/Wastewater>

Who is higher risk for poor outcomes from COVID-19?

- Age
- Immunocompromise
- LTC/congregate settings
- Unvaccinated or under vaccinated



Advice for Higher Risk Patients

- Keep up to date with COVID-19 vaccine boosters
- Influenza vaccines
- Pneumococcal vaccines
- Avoid those with symptoms of a viral infection
- Mask in indoor crowded places
- If symptoms, test and discuss +/- give paxlovid

GUIDANCE ON AN ADDITIONAL COVID-19 BOOSTER DOSE IN THE SPRING OF 2023

for individuals at high risk of severe illness due to COVID-19



NACI RECOMMENDS THAT:

- Starting in the spring of 2023, an additional booster dose may be offered **6 or more months** from the last COVID-19 vaccine dose or infection to the following individuals who are at increased risk of severe illness from COVID-19: (Discretionary NACI recommendation)
 - Adults 80 years of age and older
 - Adults 65 to 79 years of age, particularly if they do not have a known history of SARS-CoV-2 infection
 - Adult residents of long-term care homes and other congregate living settings for seniors or those with complex medical care needs
 - Adults 18 years of age and older who are moderately to severely immunocompromised due to an underlying condition or treatment

March 3, 2023

COVID VACCINE FACTS

<https://www.canada.ca/en/public-health/services/publications/vaccines-immunization/national-advisory-committee-immunization-guidance-additional-covid-19-booster-dose-spring-2023-individuals-high-risk-severe-illness-due-covid-19.html>



SPRING COVID BOOSTERS

are recommended for:



- ANYONE 5 years & older who has not received a booster dose since **September 1 2022** & it is 6 months since their last COVID-19 infection

Symptoms
possibly due
to COVID
infection

Is your patient at higher risk of having serious symptoms
or being hospitalized because of COVID-19?

YES

Do a Rapid Antigen Test

If positive consider Paxlovid

- Refer to CanTreat
COVID
- Prescribe
- Refer to pharmacy

If negative but symptoms
consistent with COVID, repeat
RAT daily and get a PCR

No

Stay home until symptoms improving for
at least 24 hours (48 hrs if GI symptoms)

Fever resolved

No new symptoms

Avoid high-risk individuals for 10 days

Wear a mask when indoors out of your
house for 10 days

Can take a Rapid Antigen Test (RAT).

Even if you test negative on the RAT,
stay home and self-isolate and follow
above.

Where to find RATs or Get tested?

- <https://www.ontario.ca/rapid-test-locator>
- <https://www.ontario.ca/assessment-centre-locations>
- <https://www.ontario.ca/covid-treatment-screener/>



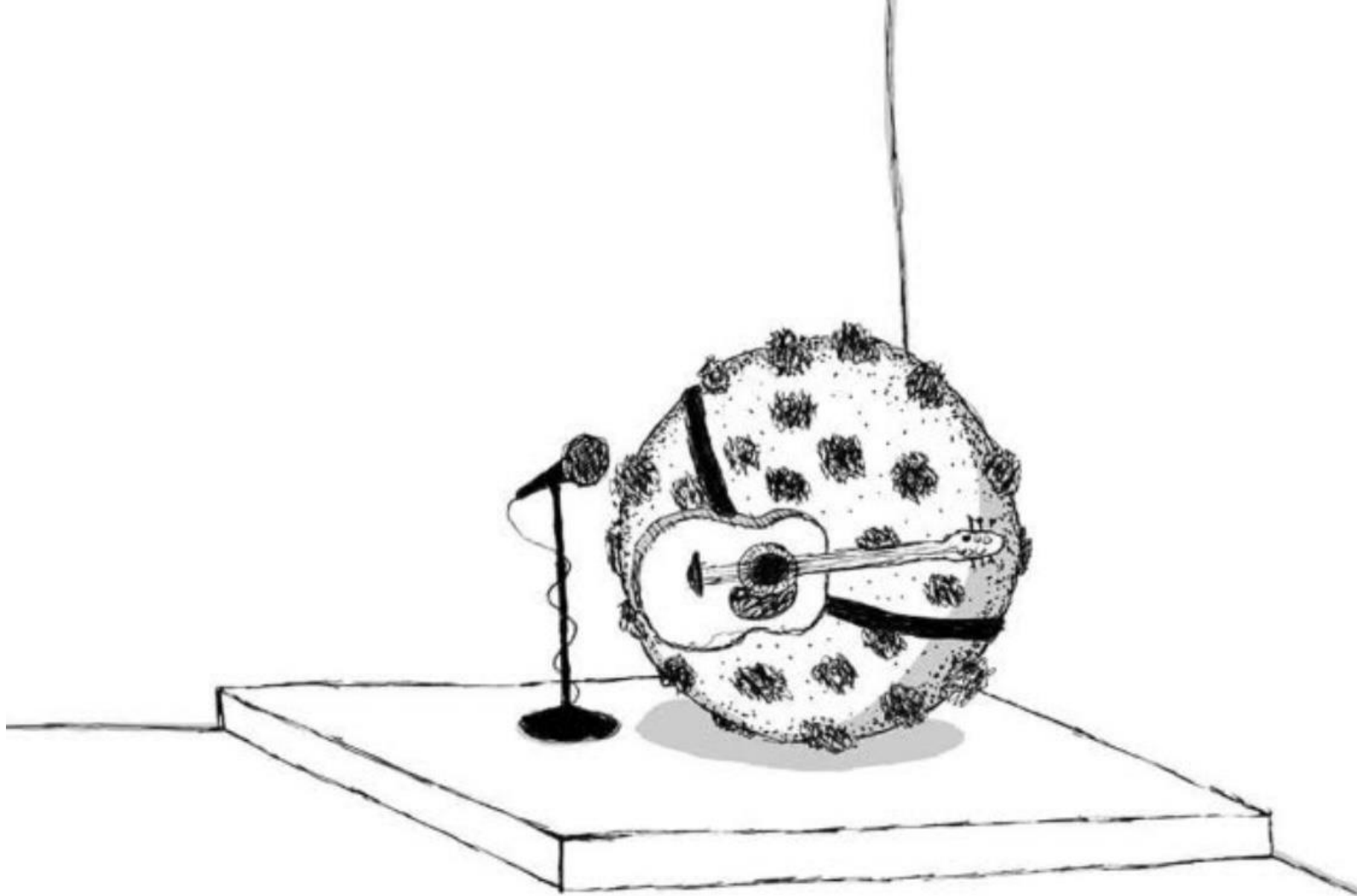
CanTreatCOVID

Canadian Adaptive Platform Trial of Treatments
for COVID in Community Settings

- Canada-wide study evaluating effectiveness of COVID-19 medications
- By primary care providers, for primary care providers
- Eligible: Adults with a positive COVID test, aged 50+ years or 18-49 years with one or more chronic condition(s)
- Enrollment underway – to refer your patients (patients may self-refer):
 - Phone: **1-888-888-3308 (Monday - Friday, 8 am to 6 pm ET)**
 - Email: info@CanTreatCOVID.org
 - Website: **CanTreatCOVID.org/contact**
- More information:
 - FAQs: <https://www.dfcm.utoronto.ca/sites/default/files/inline-files/CanTreatCOVID%20Study%20Info%20FAQ.pdf>
 - COVID-19 CoP session, “COVID Therapeutics” – Jan. 20, 2023:
<https://www.dfcm.utoronto.ca/past-covid-19-community-practice-sessions>

Masking in Healthcare

- Uncertain Seasonality
- High, vs non-high risk? Outbreaks, hospitalizations, ICU admissions, waste-water positivity
- Toronto hospitals – moderate level of COVID:
- **No longer *require* masking** in the following settings:
 - Non-clinical, non-patient facing areas of the hospital or affiliated buildings (e.g. finance departments, HR, etc.)
 - Clinical, non-patient facing areas of the hospital (e.g. pharmacy departments, labs)
 - Meeting/conference/gathering rooms not located within inpatient units or patient care areas
- **Masking will remain mandatory** in:
 - All clinical, patient facing areas (inpatient and ambulatory)
 - Meeting rooms that are contiguous with patient care areas/inpatient units (e.g. bullet rounds rooms)



*"This one's dedicated to all the people that didn't believe
in me when I was getting started."*



Tips from the Charting Coach

Creating Time for Our Lives
Outside of Medicine

Dr Sarah Smith, Charting Coach

- Rural Family Physician
- Founder of The Charting Champions Program
- Adventurer
- Mom

➤ ceo@reachcareercoaching.ca

➤ IG: @chartingcoach

❖ Sustainable Clinical Medicine Podcast



After the last patient
leaves for the day...

You sit down to
complete the rest of
today's work

How are you feeling?



Tired
Overwhelmed
Frustrated
Miserable
Dreading Work
Burnt-Out



Where do I even Start

I'm never done

Does it ever end


I'm So Overwhelmed

Will I ever figure this out

What's wrong with me

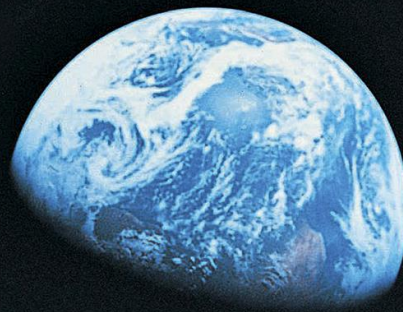


What is
Medicine
Costing You?

A photograph of a woman with dark, curly hair and a nose ring, wearing a dark green shirt, holding and kissing a young child on the cheek. The child is wearing a light green striped shirt and is smiling. They are outdoors in front of a house with a porch and a railing. The background is slightly blurred, showing greenery and a clear sky.

**It's Possible to
Be having a
Different
Experience of
Clinical Medicine
Right Now.**

It may feel
Impossible





Taking Notice of
Our Clinical Day

Protected
Patient Time

A woman with glasses and a yellow shirt is sitting at a desk, talking on a mobile phone. She is looking thoughtful, with her hand on her neck. In the background, there is a bookshelf filled with books and a window with light coming through. A laptop is open on the desk in front of her.

Taking Notice – Everything Else

- Patient Portal/Messages
 - Inbox for Lab Results
 - Script Refills
 - Staff Questions
- Triage requests for new patients
 - Letters back to PCP
 - Meetings
 - Forms
 - Emails
- Learners and other Admin Roles



Where to start if we want to create something new:

Step 1: Completing your charting after every patient

Step 2: Lead the Clinical Encounter

Step 3: Manage Your Interruptions

Step 4: Exact Plan for Inboxes, Worklists and Forms



Complete Your Charting after every
patient

Even When ...



How is it Possible? Evaluate

What is in your notes and Why

What is your brain telling you is more important than the note

How and where could you get the note done if you wanted to

What stops you



What Stops You?

For Every Obstacle
What is YOUR most simple solution?



Leading Your Clinical Encounters

Evaluating all the
Minutes and Seconds in
the Room

Making Decisions with
Now and Later in mind



Manage Your Interruptions

Interruptions contribute to our Decision Fatigue

Exact Plan for Inboxes, Worklists and Forms



Sustainable Clinical Medicine



- Consider: What is discouraging about your clinical day
- Remain Curious: What changes could you make to create a more sustainable shift for you
- What's the Upside: Change is hard, uncomfortable and energy taxing. What would make it worthwhile?
- Seek Help: It's more fun with community and easier with assistance

Change is hard But NOT impossible

- Small steps
- Let it be messy



Charting Champions



www.chartingcoach.ca



Canadian Physician Resources:

Charting Champions Program
Lifetime Access, CME, Tools, Support
and Community

www.chartingcoach.ca

Boundaries Training

<https://www.triumphleader.com/>

OntarioMD

<https://www.ontariomd.ca/>

10-minute CBT for Doctors

<http://cbt.ca/topics/ten-minute-cbt/>

“In Real Time” AI Scribing

<https://mutuohealth.com/>

Expressions of Interest for Interprofessional Primary Care Teams

- As a result of OCFP advocacy efforts, the Ministry of Health has announced \$30 million to fund up to 18 new interprofessional primary care teams to support family doctors in practice.
- Family doctors will be called on to submit their Expression of Interest later this month. OCFP will share that information as soon as it becomes available.
- We will continue to advocate that equitable access to team-based care for all family doctors is imperative and that more must be done.

Eating Disorders & Lyme Disease

Guiding evidence-based care for people in Ontario

APRIL 14, 2023



**Ontario
Health**

Eating Disorders Quality Standard

Scope

- The quality standard addresses care for people of all ages with anorexia nervosa, bulimia nervosa, or binge-eating disorder in all care settings.

Key Improvement Opportunities & Resources

- **Quality Statement 1 – Comprehensive Assessment:** Timely access to comprehensive assessment
- **Quality Statement 8 – Promoting Equity:** Provider biases can impact eating disorder screening, identification and treatment; individuals with eating disorders may be any age, race, gender, gender identity or weight
- [Eating Disorders quality standard](#) and useful resources: [placemat](#) (2-page summary with links to resources), [Patient Guide](#), and [Caregiver Guide](#)

Mainpro+® accredited opportunities

- Eating Disorders Webinar, May 5, 12:00-1:00 p.m. Register here: ow.ly/cfoO50NC6Hw
- Earn an extra 2.25 Mainpro+® credits by reading the Eating Disorders quality standard through the Understanding Quality Standards in Primary Care Program*



*This self-learning program (1 credit per hour) has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 63.0 credits. Registration is open year-round.

Lyme Disease Clinical Guidance Document



Scope

- The management of tick bites and investigation of early localized Lyme disease (*3-30 days following tick exposure*) in primary care and the emergency department
- Originally developed in 2018 and updated March 2023, in collaboration with Public Health Ontario

Key Improvement Opportunities & Updates

- **Box 1:** Clinical manifestations of early localized Lyme disease, including a link to images of the Erythema migrans rash
- **Box 6:** Updated laboratory testing guidance based on the new Public Health Ontario serological testing method (Modified Two-Tier Testing [MTT])
- **Box 5 and 8:** Updated treatment recommendations for post-exposure prophylaxis and the treatment of children and adults with early localized Lyme disease

Weblink to the Clinical Guidance Document

- [Lyme Disease Clinical Guidance Document](#)

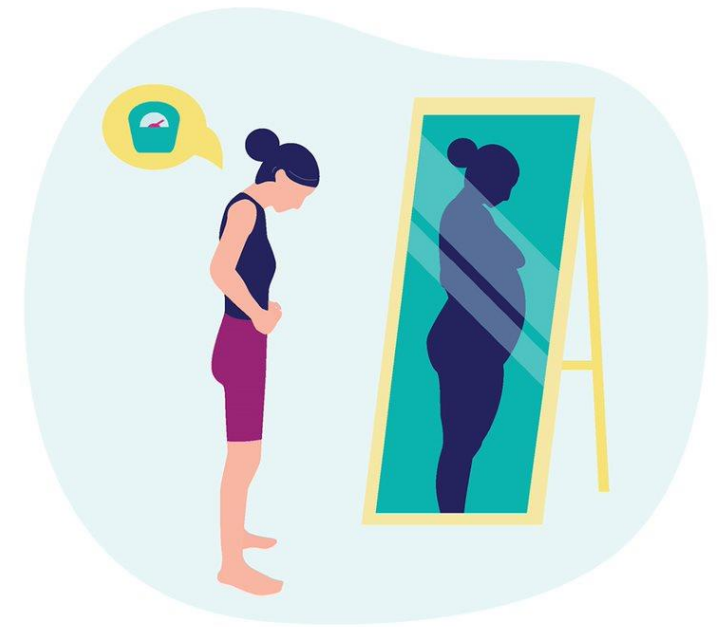
Helpful approaches to eating disorders

A Practising Well Community of Practice session

with Drs. Marina Abdel Malak, Deema Abdul Hadi and Karen Trollope-Kumar

April 26, 2023
8:00am – 9:00am

Join our session to learn tips to recognize and address a potential eating disorder with a patient. We'll also share ideas on how to help patients feel comfortable talking about an eating disorder.



Register Now

<https://www.ontariofamilyphysicians.ca/education-practice-supports/events/register?&eventID=83>

Questions?

Webinar recording and curated Q&A will be posted soon

<https://www.dfcm.utoronto.ca/covid-19-community-practice/past-sessions>

Our next Community of Practice: May 5, 2023

Contact us: ocfpcme@ocfp.on.ca

Visit: <https://www.ontariofamilyphysicians.ca/tools-resources/covid-19-resources>

The COVID-19 Community of Practice for Ontario Family Physicians is a one-credit-per-hour Group Learning program that has been certified for up to a total of 32 credits..

Post session survey will be emailed to you. Mainpro+ credits will be entered for you with the information you provided during registration.