

COVID-19 Community of Practice for Ontario Family Physicians – February 18, 2022

The Omicron Aftermath: Post-acute COVID and Physician Wellness

**Resources are current as of February 18, 2022 - subject to change due to frequent updated guidance. Any updates to resource list, along with the session recording, slides and Q&A can be found here - <https://www.dfc.utoronto.ca/covid-19-community-practice/past-sessions>*

COVID-19 CoP Resources

COVID 19 CoP resources and past session recordings - <https://www.dfc.utoronto.ca/covid-19-community-practice/past-sessions>

Confused about COVID? Series <https://dfcm.utoronto.ca/confused-about-covid>. **Available in English, French, Korean and Chinese (Spanish and Farsi coming soon) **. To cut through the confusion, family doctors have come together to help patients and the public make sense of the current COVID rules and realities. The 'Confused about COVID? Family doctors answer your questions' series offers patients and the public trustworthy advice about protecting their health and how family doctors can help.

COVID-19 CoP self-learning program - <https://dfcm.utoronto.ca/covid-19-community-practice/past-sessions>

COVID-19 Vaccination in Canada: An educational series for primary care professionals - Self-learning E-modules - <https://www.dfc.utoronto.ca/covid19-vaccination-modules>

General Vaccine Resources:

COVID-19 Community of Practice for Ontario Family Physicians - <https://www.dfc.utoronto.ca/covid-19-community-practice>

Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/covid-19>

Centre for Effective Practice - <https://cep.health/clinical-products/covid-19-vaccines/>

Shared Resources

Land Acknowledgement Assistance: <https://land.codeforanchorage.org/>

Ministry of Health: COVID-19 Vaccines for children and youth (February 14, 2022) <https://covid-19.ontario.ca/covid-19-vaccines-children-and-youth>

Ministry of Health: COVID-19 Vaccine Third Dose Recommendations (Version 7.1 – Updated February 7, 2022)
* Update Pending* https://health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/vaccine/COVID-19_vaccine_third_dose_recommendations.pdf

Ontario Health: Post COVID-19 Condition: Guidance for Primary Care
https://www.ontariohealth.ca/sites/ontariohealth/files/2021-12/PostCovidConditionsClinicalGuidance_EN.pdf

Patient Resources for Self-Management

Recovery resources, fact sheets and videos about Post-COVID Condition symptom management:

- BC Health Authority: <http://www.phsa.ca/health-info/post-covid-19-care-recovery> ***Fact sheets available in multiple languages

- University Health Network: COVID-19 Resources for Patients and Families - <https://guides.hsict.library.utoronto.ca/covid19patientlibrary>
- Ottawa Hospital: Post-COVID Rehabilitation Self-Management: <https://sway.office.com/ftjIGXmmpt0WLTox?ref=email>
- World Health Organization (WHO): Support for rehabilitation: self-management after COVID-19-related illness - <https://apps.who.int/iris/bitstream/handle/10665/344472/WHO-EURO-2021-855-40590-59892-eng.pdf?sequence=1&isAllowed=y>
- COVID Long-Haulers Canada (Patient support and advocacy group) - <https://www.covidlonghaulcanada.com/>

Outpatient Post-COVID Condition rehabilitation programs in Ontario

COVID-19 Outpatient Rehabilitation Programs: https://www.rehabcareontario.ca/47/COVID-19_Outpatient_Rehabilitation_Programs/

North Ontario

- Health Sciences North –Community Care & Rehabilitation - <https://hsnsudbury.ca/en/Services-and-Specialties/Community-Care-Rehabilitation>
- St. Joseph’s Care Group (Thunder Bay) – Post-COVID-19 Outpatient Clinic - <https://sjcg.net/services/complex-physical-rehab/covid-19-outpatient-clinic.aspx>

West Ontario

- Halton Healthcare: Post COVID-19 Syndrome Clinic - https://www.haltonhealthcare.on.ca/services_/28763/s29703-outpatient-rehabilitation/t80512-post-covid-19-syndrome-clinic
- Hamilton Health Sciences Centre – Regional Rehabilitation Centre - <https://www.hamiltonhealthsciences.ca/areas-of-care/rehabilitation/>
- Hôtel-Dieu Grace Healthcare – COVID Recovery Program - <https://www.hdgh.org/COVIDRecovery>
- Hotel Dieu Shaver Health and Rehabilitation Centre - <https://www.hoteldieushaver.org/site/home>
- St. Joseph’s Health Care London – Post-acute COVID-19 Program - <https://www.sjhc.london.on.ca/>

East Ontario

- Providence Care Hospital (Kingston) - <https://providencecare.ca/>
- The Ottawa Hospital – Rehabilitation Centre - <https://www.ottawahospital.on.ca/en/clinical-services/deptpgrmcs/departments/rehabilitation-centre/>

South Ontario

- Runnymede Healthcare Centre - <https://runnymedehc.ca/front-content>
- Sinai Health System – Hennick Bridgepoint Hospital - <https://www.hennickbridgepointhospital.ca/en/what-we-do/Outpatient-Care.asp>
- Toronto Grace Health Centre: Pulmonary Rehabilitation Clinic - <https://www.torontograce.org/programs-services/respirology-clinic-and-pulmonary-function-testing-lab/>
- UHN – Toronto Rehabilitation Institute (TRI) - <https://www.uhn.ca/TorontoRehab>
- Unity Health Toronto – Providence Healthcare: Outpatient Post-COVID Condition Rehabilitation Program - <https://unityhealth.to/areas-of-care/programs-and-clinics/rehabilitation/#location-tab-providence-healthcare-2>

Econsult: <http://www.otnhub.ca/>

NEJM: Protection against the Omicron Variant from Previous SARS-COV-2 infection
<https://www.nejm.org/doi/full/10.1056/NEJMc2200133>

MMWR (Feb 11, 2022; Vol 71) Waning 2-Dose and 3-Dose Effectiveness of mRNA Vaccines Against COVID-19–Associated Emergency Department and Urgent Care Encounters and Hospitalizations Among Adults During Periods of Delta and Omicron Variant Predominance — VISION Network, 10 States, August 2021–January 2022 <https://www.cdc.gov/mmwr/volumes/71/wr/pdfs/mm7107e2-h.pdf>

U.S. Food & Drug: Coronavirus (COVID-19) Update: FDA Postpones Advisory Committee Meeting to Discuss Request for Authorization of Pfizer-BioNTech COVID-19 Vaccine for Children 6 Months Through 4 Years of Age <https://www.fda.gov/news-events/press-announcements/coronavirus-covid-19-update-fda-postpones-advisory-committee-meeting-discuss-request-authorization>

MMWR (Feb 15, 2022; Vol 71) Effectiveness of Maternal Vaccination with mRNA COVID-19 Vaccine During Pregnancy Against COVID-19–Associated Hospitalization in Infants Aged <https://www.cdc.gov/mmwr/volumes/71/wr/pdfs/mm7107e3-H.pdf>

Gov.UK: COVID-19 variants identified in the UK <https://www.gov.uk/government/news/covid-19-variants-identified-in-the-uk>

NEJM: Oral Nirmatrelvir for High-Risk, Non-hospitalized Adults with Covid-19 <https://www.nejm.org/doi/full/10.1056/NEJMoa2118542>

shared by session participant: Recent article in Nature Communications that showed that decreased IgG 3 and IgA to COVID was associated with long covid . That would support increased vaccine doses and may also indicate that oral steroids could be a potential problem. <https://www.nature.com/articles/s41467-021-27797-1>

shared by session participant: Noah Ivers - we need to LEARN to live with COVID in this National Post article: <https://www.thestar.com/opinion/contributors/2022/02/14/politicians-have-made-it-clear-were-going-to-learn-to-live-with-covid-but-that-cant-be-without-lessons-learned.html>

shared by session participant: <https://www.gov.uk/government/news/ukhsa-review-shows-vaccinated-less-likely-to-have-long-covid-than-unvaccinated> more evidence from UK info on vaccines preventing long COVID

Vaccines in pregnancy handout: <https://www.pcmch.on.ca/covid-19vaccine/>

NEJM: Novavax vaccine (NVX-CoV2373) approved by Health Canada for use in adults 18+ <https://www.nejm.org/doi/full/10.1056/NEJMoa2116185>

Physicians Wellness

SAMHSA Phases of Disaster <https://www.samhsa.gov/dtac/recovering-disasters/phases-disaster>

OCFP: Physician Wellness Resource <https://www.ontariofamilyphysicians.ca/tools-resources/covid-19-resources/community-supports-special-populations/ocfp-mh-physician-resources.pdf>

OCFP Strategic Plan: <https://www.ontariofamilyphysicians.ca/about-us/our-strategic-plan>

OCFP Family Medicine Summit: [OCFPsummit.ca](https://ocfpsummit.ca)

OCFP Practising Well

Register for Feb 23 Practising Well CoP on navigating undifferentiated distress during the pandemic -

https://us02web.zoom.us/webinar/register/WN_XF-NqDLQxWFTviavZkH1Q

Access past sessions on physician wellness -

<https://www.ontariofamilyphysicians.ca/education/practising-well/practising-well-community-of-practice/past-sessions>

Join as a Peer Learner - <https://www.ontariofamilyphysicians.ca/education/practising-well/peer-to-peer-connect>

CFPCLearn: Physician Wellness Small Group Learning Program https://cfpclearn.ca/physician_wellness/

Ontario Science Table: Use of Rapid Antigen Tests during the Omicron Wave: <https://covid19-sciencetable.ca/sciencebrief/use-of-rapid-antigen-tests-during-the-omicron-wave/>

OCFP President Message: Guidance for COVID-19 therapeutics, travel notes and more (February 4, 2022)

<https://www.ontariofamilyphysicians.ca/news-features/family-medicine-news/~240-Guidance-for-COVID-19-therapeutics-travel-notes-and-more>

OCFP: Considerations for Family Physicians: Balancing in-person and virtual care (February 2022)

<https://www.ontariofamilyphysicians.ca/considerations-for-in-person-visits-aug2021.pdf>

OCFP: Balancing Demands: Considerations for Family Physicians (February 2022)

<https://www.ontariofamilyphysicians.ca/tools-resources/covid-19-resources/clinical-care-office-readiness/covid-balancing-demands.pdf>

OCFP: Patient Script: to remind your patients of your need to prioritize and that we will always provide the

care they need when it's needed. <https://www.ontariofamilyphysicians.ca/tools-resources/covid-19-resources/covid-clinic-message-treatments.pdf>

NACI: Guidance for individuals who experienced SARS-CoV-2 infection before starting or completing their primary COVID-19 vaccine series (February 4, 2022)

<https://www.canada.ca/en/public-health/services/immunization/national-advisory-committee-on-immunization-naci/rapid-response-guidance-covid-19-vaccination-timing-individuals-previously-infected-sars-cov-2/summary.html>

NACI: Guidance for adolescents 12-17 years old at higher risk for severe outcomes from COVID-19 (January 28,

2022) <https://www.canada.ca/content/dam/phac-aspc/documents/services/immunization/national-advisory-committee-on-immunization-naci/summary-guidance-use-booster-covid-19-vaccines-adolescents-12-17-years-age.pdf>

NACI: Guidance for moderately to severely immunocompromised children 5-11 years old (January 25, 2022)

<https://www.canada.ca/content/dam/phac-aspc/documents/services/immunization/national-advisory-committee-on-immunization-naci/summary.pdf>

Shared by session participant: Docs that rock: https://www.youtube.com/watch?v=BexsS_b9SaI

CEP: COVID-19 Clinical Assessment Centers (CACs): <https://tools.cep.health/tool/covid-19/#listCAC>