

## Changing the Way We Work (COVID-19) Community of Practice for Ontario Family Physicians – November 17, 2023

### COVID-19 Updates and the New Ontario Structured Psychotherapy Program

*\*Resources are current as of November 17, 2023 – subject to change due to frequently updated guidance.*

Community of Practice past sessions and resources: <https://www.dfc.utoronto.ca/covid-19-community-practice>

Resources shared on today's call:

#### **COVID-19 Updates**

Remdesivir referral <https://healthcareathome.ca/document/remdesivir-infusion-referral-forms-procedures/>

COVID-19 testing locations and clinical assessment centres <https://www.ontario.ca/assessment-centre-locations/>

COVID-19 Resources <https://www.ontario.ca/page/covid-19-coronavirus>

Toronto COVID-19 Testing <https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/respiratory-viruses/covid-19/covid-19-what-you-should-do/covid-19-testing/>

CanTreat COVID 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](mailto:info@CanTreatCOVID.org)
- Website: [www.CanTreatCOVID.org/contact](http://www.CanTreatCOVID.org/contact)
- FAQs: <https://www.dfc.utoronto.ca/sites/default/files/inline-files/CanTreatCOVID%20Study%20Info%20FAQ.pdf>

Guide to Offering PCR Testing for COVID-19 in Your Office, including links to the requisition and where to order supplies (gated): <https://www.oma.org/uploadedfiles/oma/media/member/membermappedpdfs/practice-professional-support/coronavirus/offering-lab-based-pcr-testing-for-covid-19.pdf/>

#### **OCFP 2023-24 Respiratory Illness Season Resources**

[stayhealthyontario.ca](http://stayhealthyontario.ca)

<https://www.ontariofamilyphysicians.ca/education-practice-supports/respiratory-illness-season-tools-and-resources>

VaxFacts <https://www.shn.ca/vaxfacts/>

Public Health Ontario Recommendations: Clinical Considerations for the Co-administration of RSV, COVID-19 and Influenza Vaccines Among Older Adults in Long-term Care Facilities [https://www.publichealthontario.ca/-/media/Documents/O/2023/oia-clinical-considerations-co-admin-covid-19-influenza-vaccines-ltc.pdf?rev=87b838ca343a4f5e810dbd86a6c0b32a&sc\\_lang=en](https://www.publichealthontario.ca/-/media/Documents/O/2023/oia-clinical-considerations-co-admin-covid-19-influenza-vaccines-ltc.pdf?rev=87b838ca343a4f5e810dbd86a6c0b32a&sc_lang=en)

#### **Ontario Structured Psychotherapy Program**

Ontario Structured Psychotherapy Program <https://www.ontariohealth.ca/getting-health-care/mental-health-addictions/depression-anxiety-ontario-structured-psychotherapy>

AccessMHA for Ontario Health East <https://www.accessmha.ca/professionals>

OHIP covered psychotherapy <https://telecbt.ca/>. Initial telephone intake appointment costs \$110 (new Nov 2023). First visit in person – Toronto, Markham, Burlington, London, Kitchener/Waterloo or Ottawa. No diagnoses or medications provided by physicians. Physician referral required

For Patients:

**Online therapy/support** <https://www.anxietycanada.com/>

My Anxiety Plan (MAP): **free CBT-based anxiety management program** <https://maps.anxietycanada.com/>

**Self-compassion** resources <https://self-compassion.org/>

Netflix: **Headspace** Guide to Meditation; Headspace Unwind Your Mind; Headspace Guide to Sleep

Apps:

**Mindshift** – by Anxiety Canada

**Insight Timer** – for guided meditation/relaxation exercises

For Providers:

**e-mental health** <https://www.ementalhealth.ca/>

**DSM-5 Cross Cutting** <https://www.psychiatry.org/getmedia/e0b4b299-95b3-407b-b8c2-caa871ca218d/APA-DSM5TR-Level1MeasureAdult.pdf>

Additional CME for **primary care 5-min CBT course** (can add name to list for next training planned in 2025!)

<https://horizonscda.ca/surveys/index.php/549917/lang-en>