

Changing the Way We Work Community of Practice for Ontario Family Physicians

Feb 6, 2026

**Dr. Allison McGeer
Dr. Daniel Warshafsky**



Infectious Disease & Best Practices for MSK Imaging



Family & Community Medicine
UNIVERSITY OF TORONTO

Ontario College of
Family Physicians



Infectious Disease & Best Practices for MSK Imaging

Moderator:

- **Dr. Ali Damji**, Family Physician, Credit Valley Family Health Team, Mississauga, ON

Panelists:

- **Dr. Allison McGeer**, Infectious Disease Specialist, Mount Sinai Hospital, Toronto, ON
- **Dr. Daniel Warshafsky**, Associate Chief Medical Officer of Health at the Office of the Chief Medical Officer of Health, Toronto, ON

Host:

- **Dr. Jobin Varughese**, OCFP President, Family Physician, Assistant Dean of Primary Care Education for the School of Medicine at Toronto Metropolitan University (TMU), Brampton, ON

Session slides will be available on the CTWWW website by the end of the day.

The Changing the Way We Work Community of Practice for Ontario Family Physicians has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 32 Mainpro+ Certified Activity 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.

Changing the way we work

A community of practice for family physicians

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

- Identify the current best practices for delivery of primary care 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. Jobin Varughese (OCFP), Dr. Ali Damji (DFCM), Dr. Eleanor Colledge (DFCM), Dr. Stephanie Zhou (DFCM), Julia Galbraith (OCFP), Pavethra Yogeswaran (OCFP), Angeline Tan (OCFP), Reema Chaudhry (OCFP), Marisa Schwartz (DFCM), Erin Plenert (DFCM)

Previous webinars & related resources:

<https://dfcm.utoronto.ca/past-changing-way-we-work-community-practice-sessions>

Self-learning program

The session materials, including recordings, tools, and resources are available as self-learning modules.

This one-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 80 credits.

To participate in this self-learning:

- Select the dates/sessions you wish to participate in. You are welcome to complete as many sessions as you wish.
- Watch the video recording of the live session.
- Review the session tools and resources.
- Complete the self-learning post-session activity, click the button below.

[Complete self-learning activity](#) 

Self-Learning Activity and Evaluation: COVID-19 Community of Practice for Ontario Family Physicians

By completing this Self-Learning Activity for the COVID-19 Community of Practice for Ontario Family Physicians, you are confirming that you have completed this activity.

*** 1. Attestation: I confirm that I have completed the COVID-19 CoP self-learning activity (video and resources). (If completing multiple session dates, please enter all that apply below**

ENTER DATE AS Month-Day-Year i.e. December 10, 2021)

Session Date(s):

Name:

Email:

*** 2. After reviewing this COVID-19 session material (video and resources), I have a question (s) regarding the content that needs clarifying.**

I have no questions

Question:

Missed a session? Want to earn credits?

The Self-learning Program lets you earn credits for watching past sessions.

Just click the link and fill out a 60s form!



Dr. Allison McGeer – Panelist

Infectious Disease Specialist, Mount Sinai Hospital



Dr. Daniel Warshafsky – Panelist

Associate Chief Medical Officer of Health at the Office of the
Chief Medical Officer of Health

Speaker Disclosure

- Faculty Name: **Dr. Allison McGeer**
- Relationships with financial sponsors:
 - Grants/Research Support: Pfizer, SanofiPasteur, CIHR, CITF, PSI, PHAC, CIRN, Appili Therapeutics
 - Speakers Bureau/Honoraria: Moderna, Pfizer, AstraZeneca, Novavax, SanofiPasteur, GSK, Merck, Roche, Seqirus
 - Others: N/A

- Faculty Name: **Dr. Daniel Warshafsky**
- Relationships with financial sponsors:
 - Grants/Research Support: N/A
 - Speakers Bureau/Honoraria: N/A
 - Others: N/A

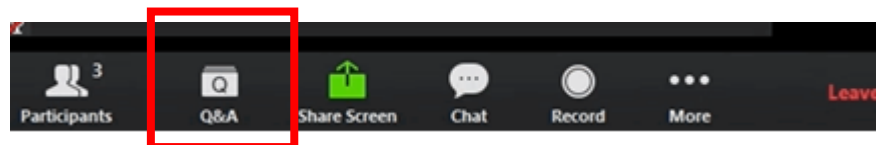
Speaker Disclosure

- Faculty Name: **Dr. Jobin Varughese**
- Relationships with financial sponsors:
 - Grants/Research Support: N/A
 - Speakers Bureau/Honoraria: Ontario College of Family Physicians
 - Others: Toronto Metropolitan University, School of Medicine (Assistant Dean of Primary Care Education)

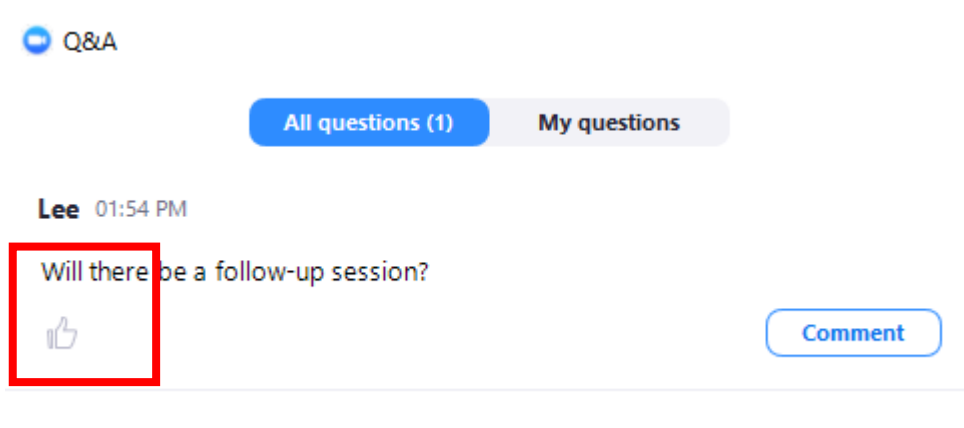
- Faculty Name: **Dr. Ali Damji**
- Relationships with financial sponsors:
 - Grants/Research Support: N/A
 - Speakers Bureau/Honoraria: Ontario College of Family Physicians, Ontario Medical Association Section of General & Family Practice, Trillium Health Partners, Canadian Mental Health Association Peel Dufferin, Center for Effective Practice, GSK
 - Advisory boards: Medical Post Advisory Board, Foundation for Advancing Family Medicine, Center for Effective Practice
 - Others: N/A

How to Participate

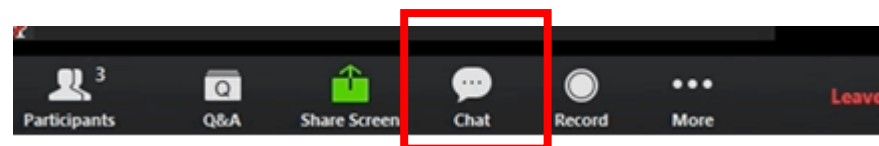
- All questions should be asked using the Q&A function at the bottom of your screen.



- Press the thumbs up button to upvote another guest's 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. Allison McGeer – Panelist

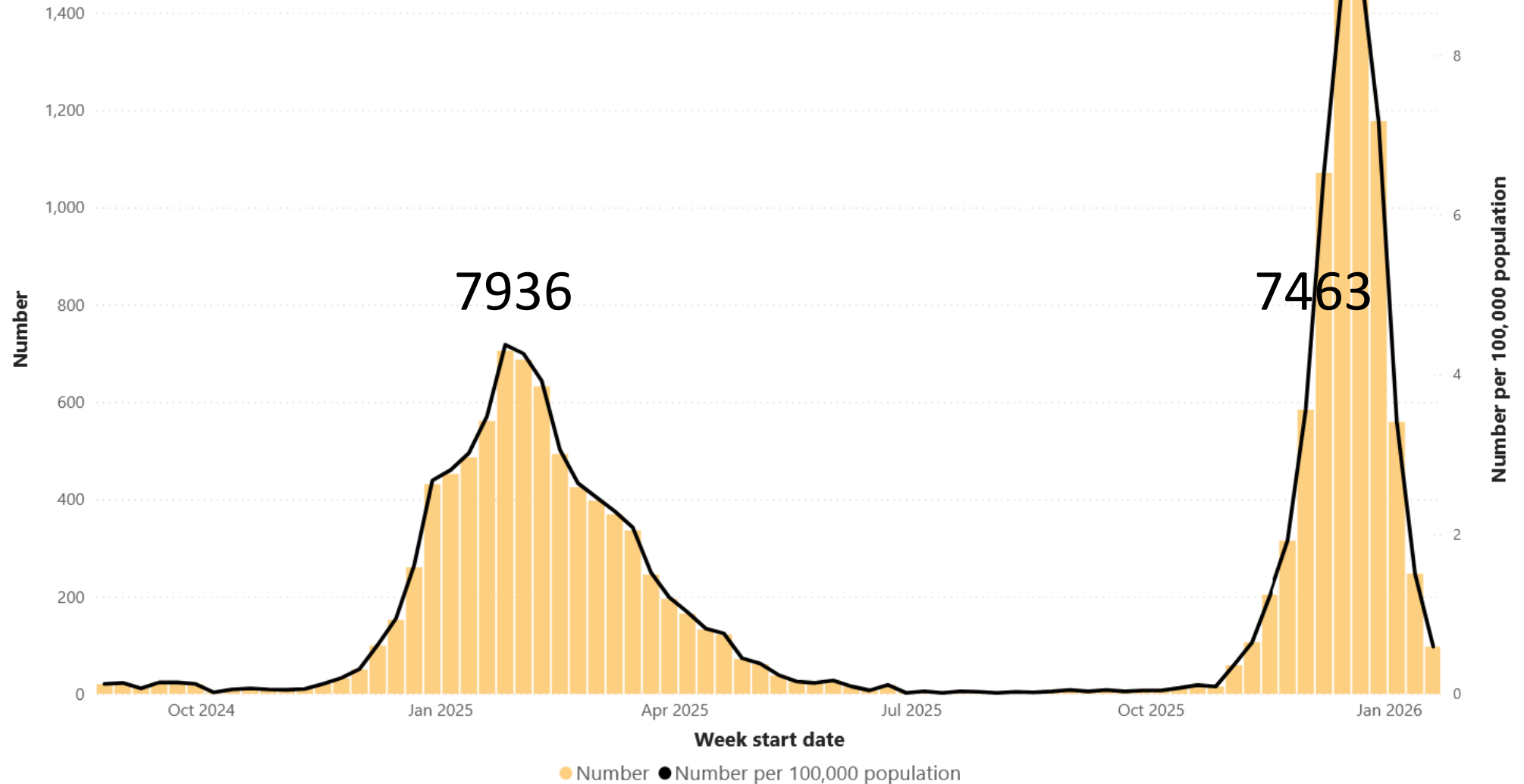
Infectious Disease Specialist, Mount Sinai Hospital



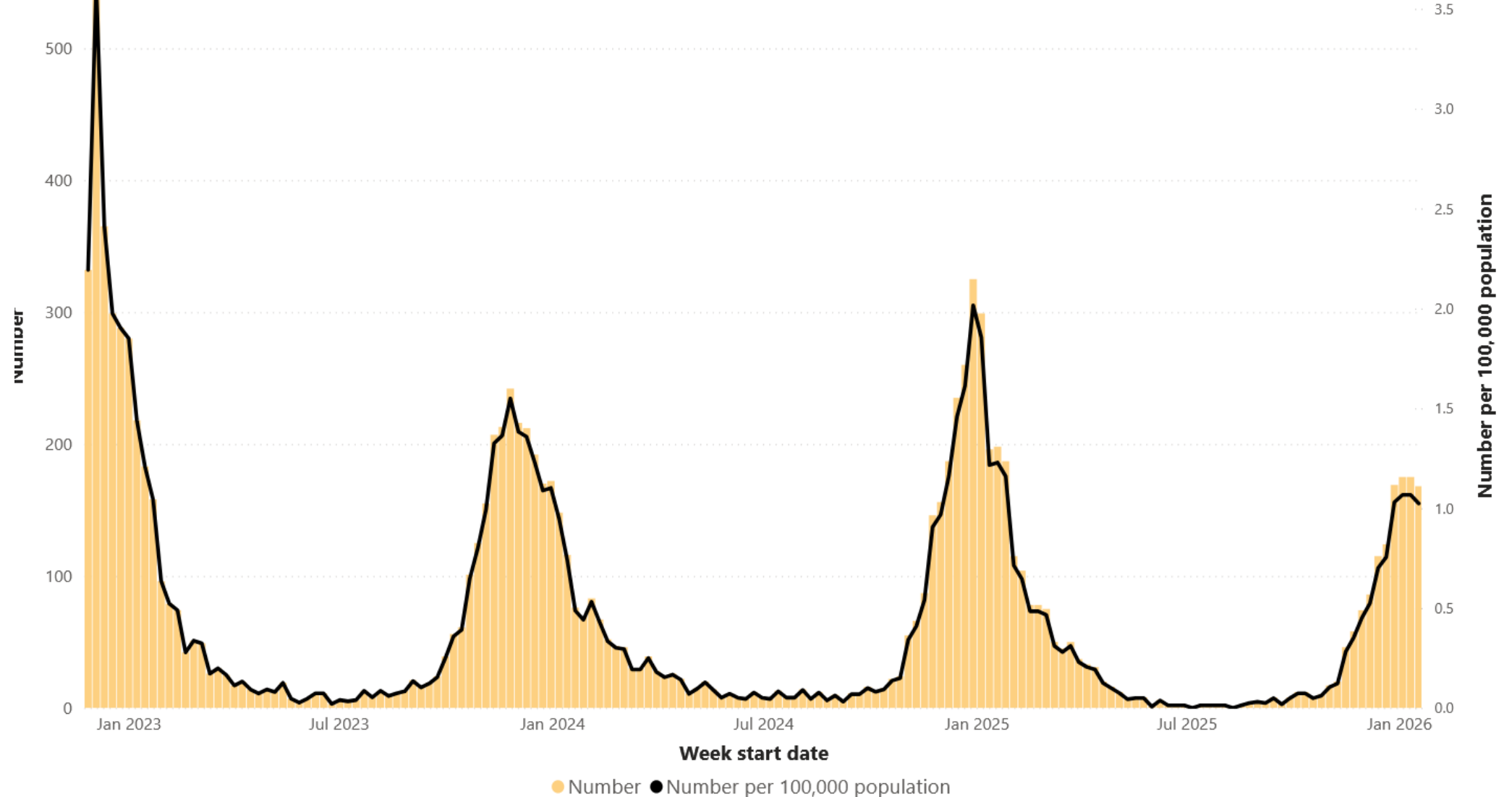
Dr. Daniel Warshafsky – Panelist

Associate Chief Medical Officer of Health at the Office of the
Chief Medical Officer of Health

Influenza hospitalizations, Ontario 2024-5 and 2025/6

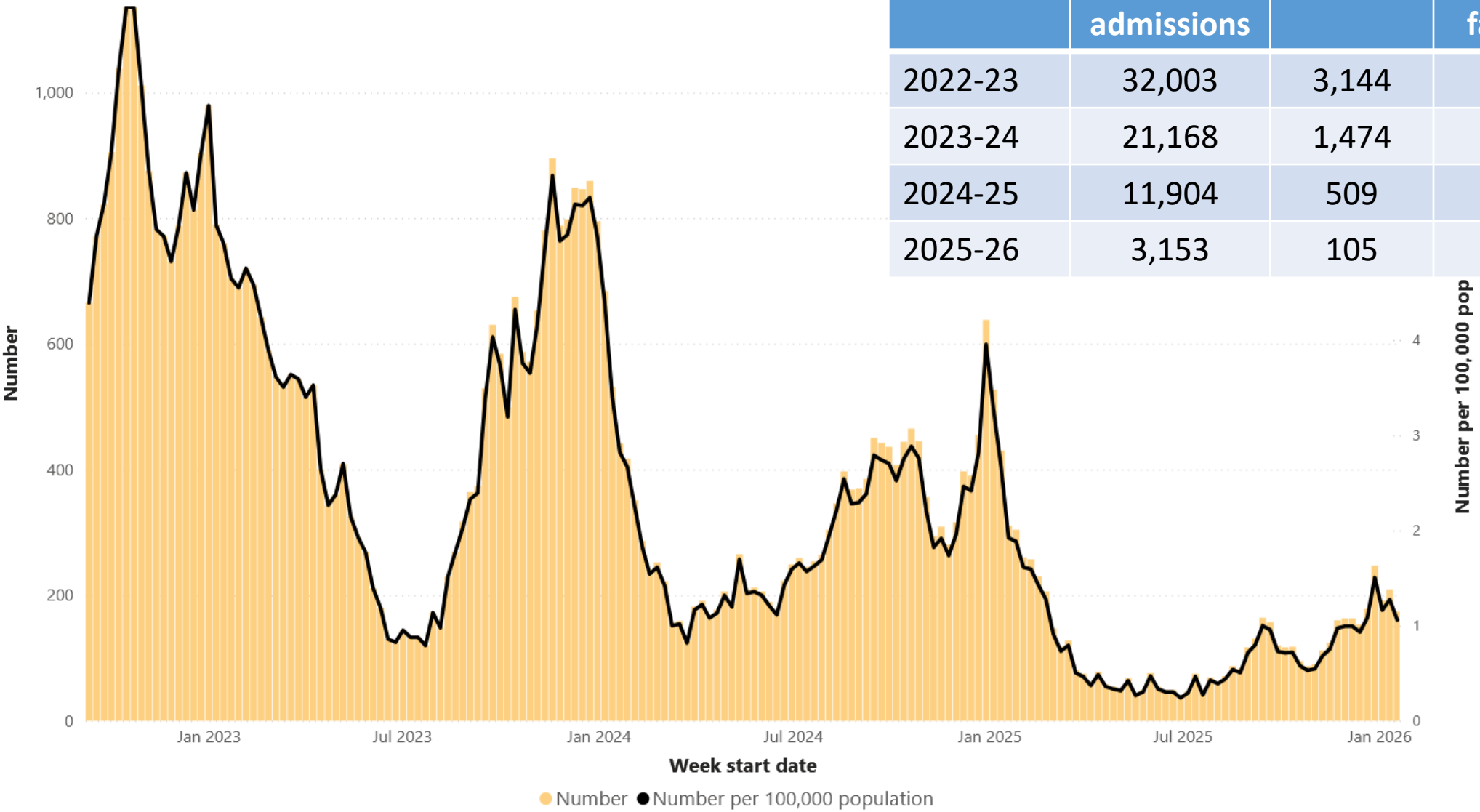


RSV hospitalizations, Ontario 2022-3 to 2025/6



COVID-19 hospitalizations 2022-3 to 2025-6

Season	Hospital admissions	Deaths	Case fatality
2022-23	32,003	3,144	9.8%
2023-24	21,168	1,474	7.0%
2024-25	11,904	509	4.3%
2025-26	3,153	105	3.3%

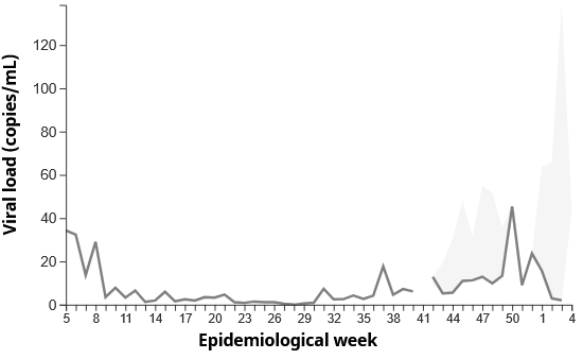


● Number ● Number per 100,000 population

Where is COVID-19 going?

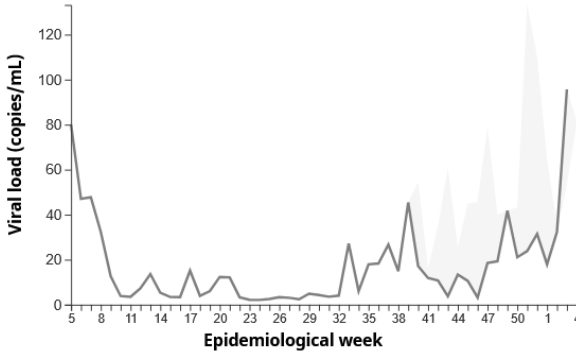
Kingston

COVID-19 wastewater viral activity level is currently **Low**



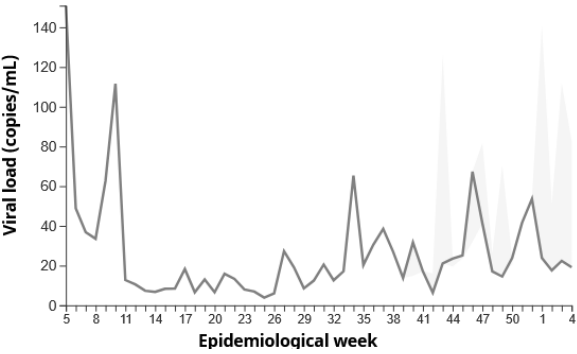
London

COVID-19 wastewater viral activity level is currently **High**



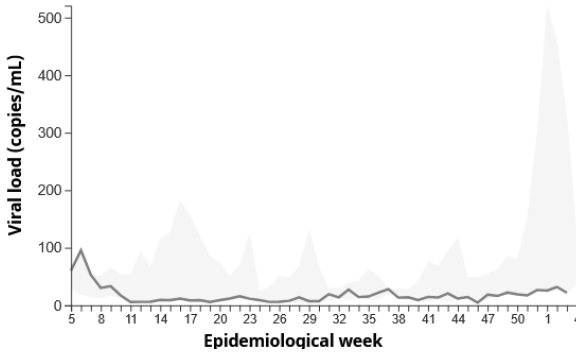
Peel Region

COVID-19 wastewater viral activity level is currently **Moderate**

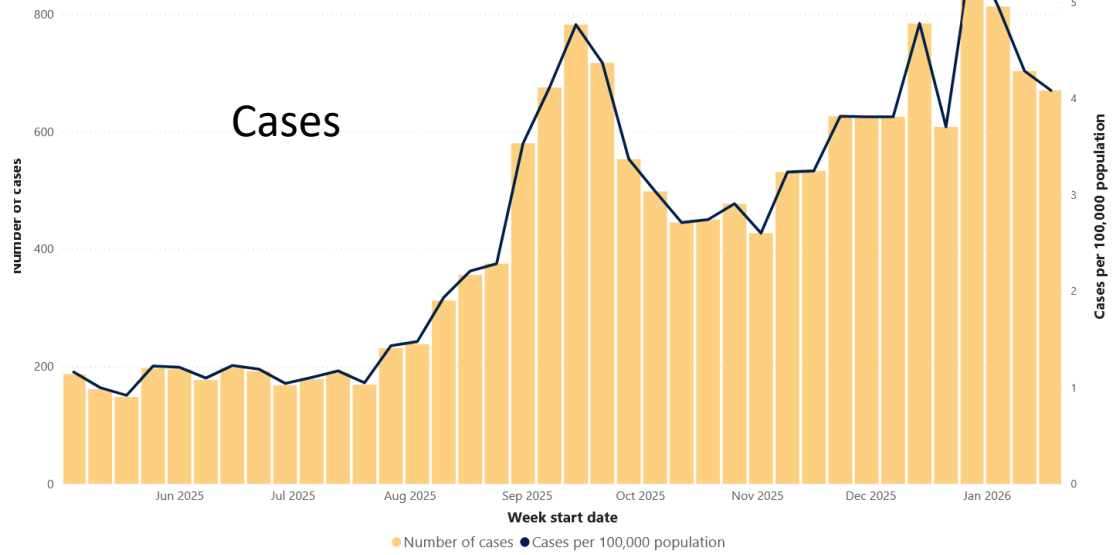


Toronto

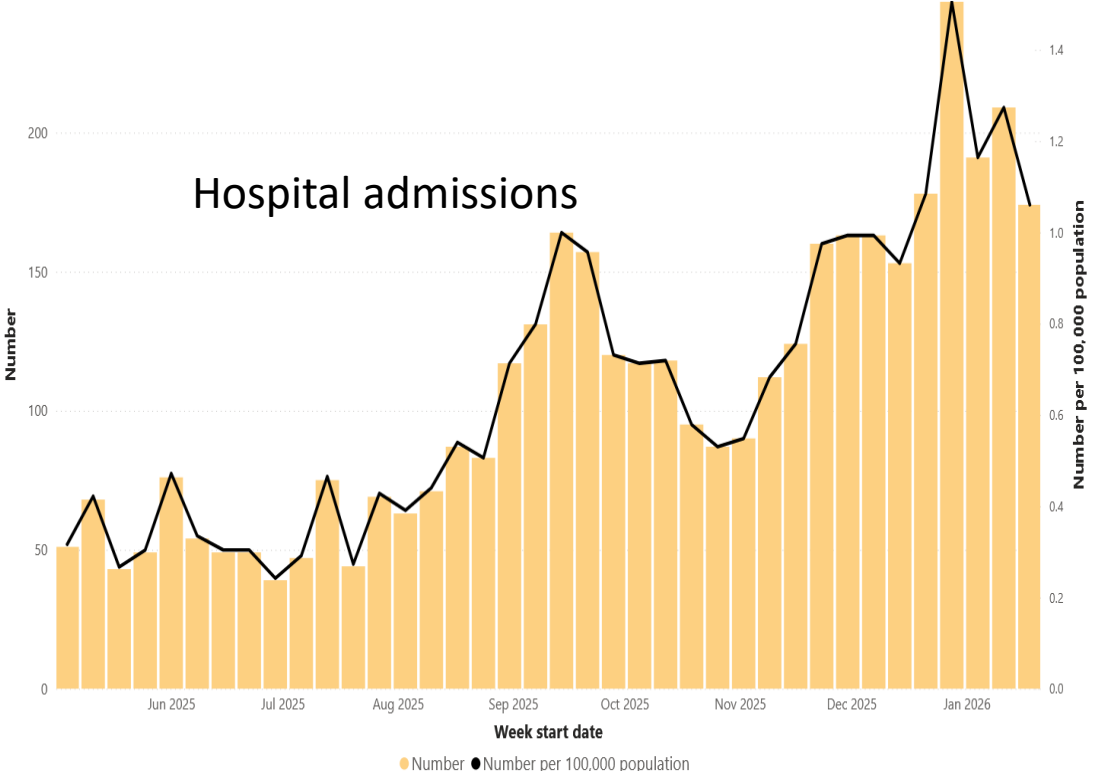
COVID-19 wastewater viral activity level is currently **Moderate**

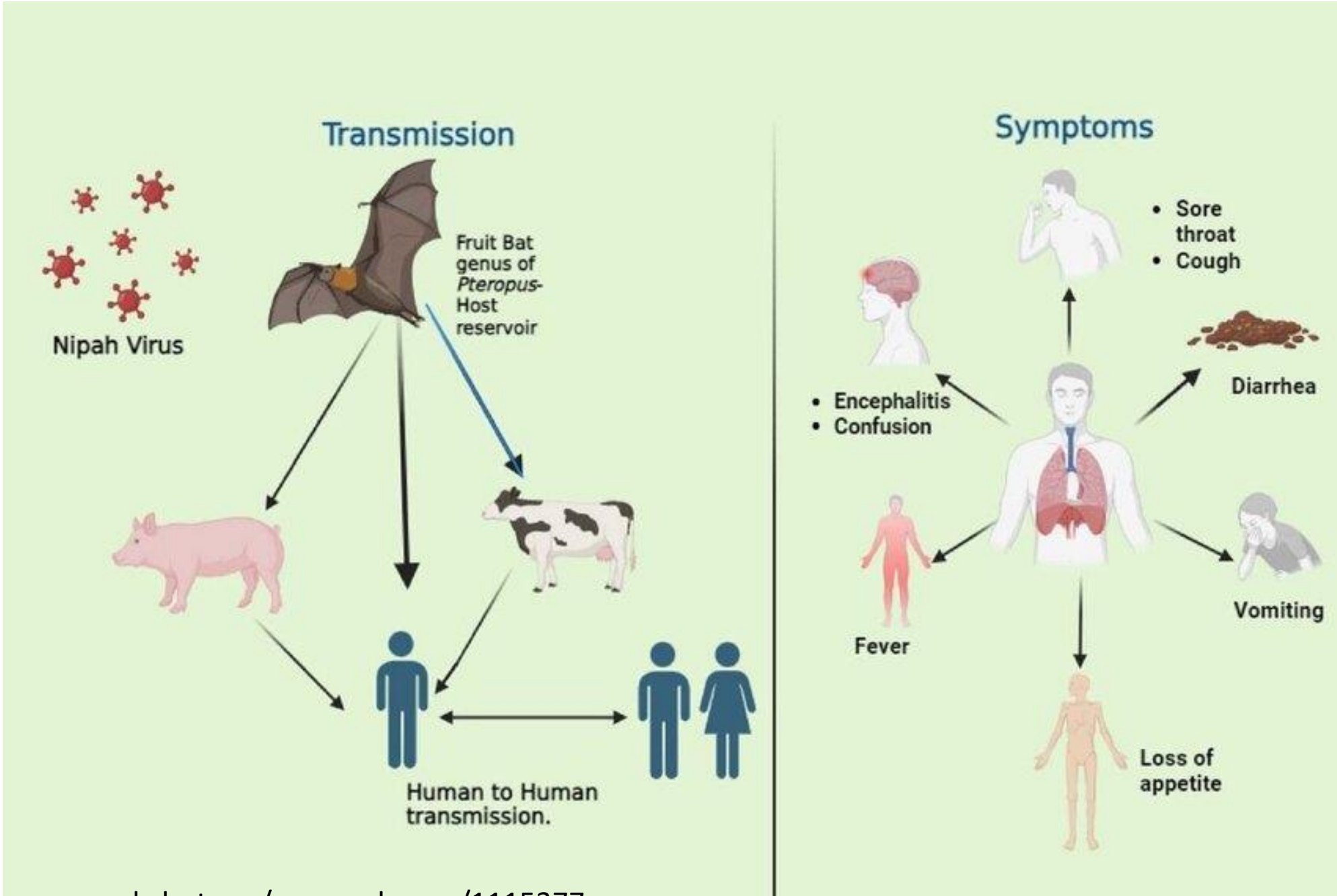


Cases



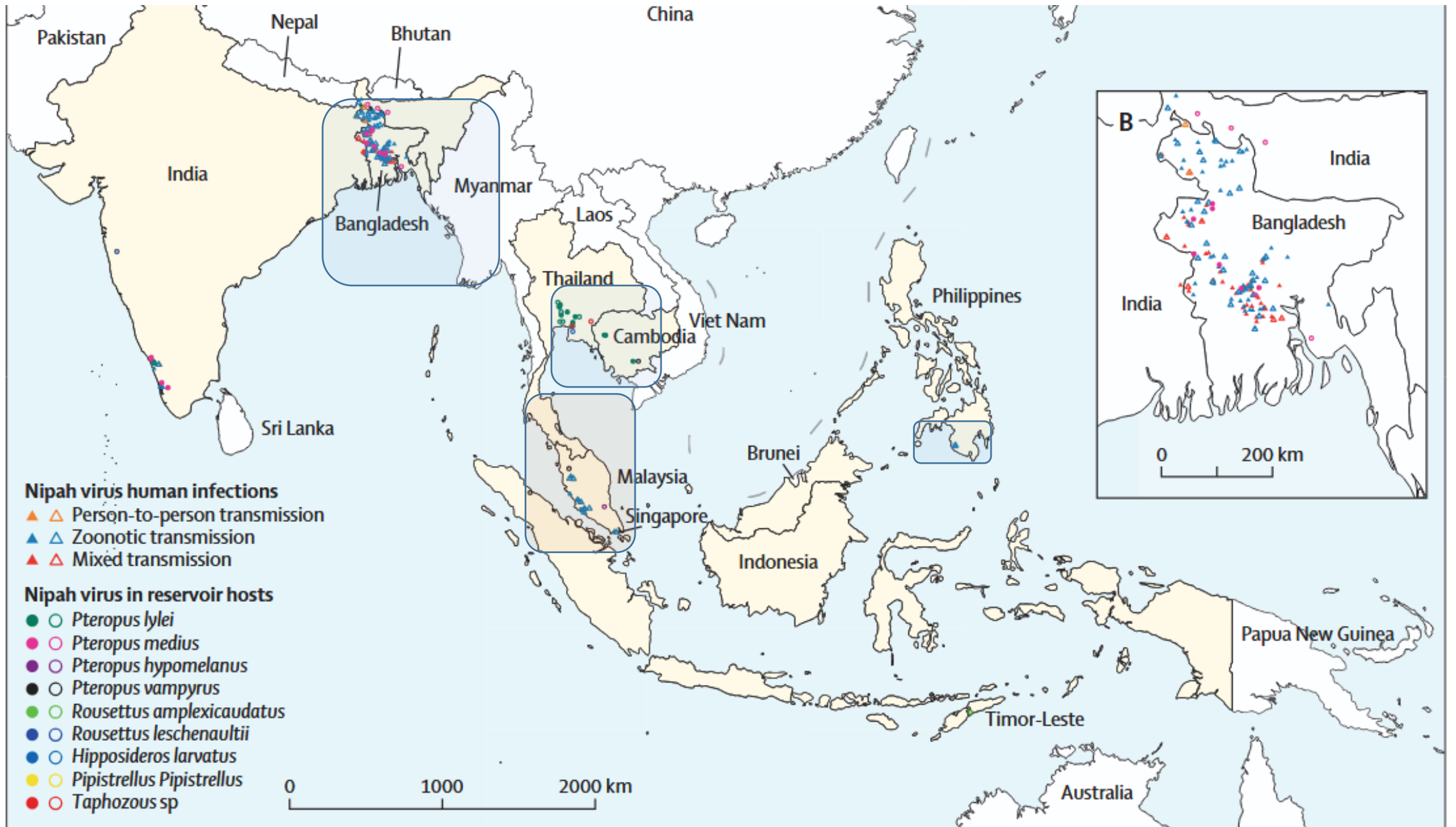
Hospital admissions





<https://www.eurekalert.org/news-releases/1115377>

<https://www.who.int/news-room/fact-sheets/detail/nipah-virus>



Nipah virus

• Why worry?

- High case fatality rate
- No vaccines or treatment
- Some evidence of viral evolution with different clinical characteristics
- Transmission human to human
- Health care worker infections
- Unknowns:
 - Why gaps between outbreaks?
 - What drives human to human transmission?

• Why NOT worry?

- Most infection associated with specific farming practices
- Limited viral evolution
- Reproductive ratio ~ 0.3

<https://www.eurekalert.org/news-releases/1115377>

https://www.nejm.org/doi/10.1056/NEJMoa1805376?url_ver=Z39.88-2003



Best Practices for MSK Imaging

General principles for Musculoskeletal Imaging in Primary Care

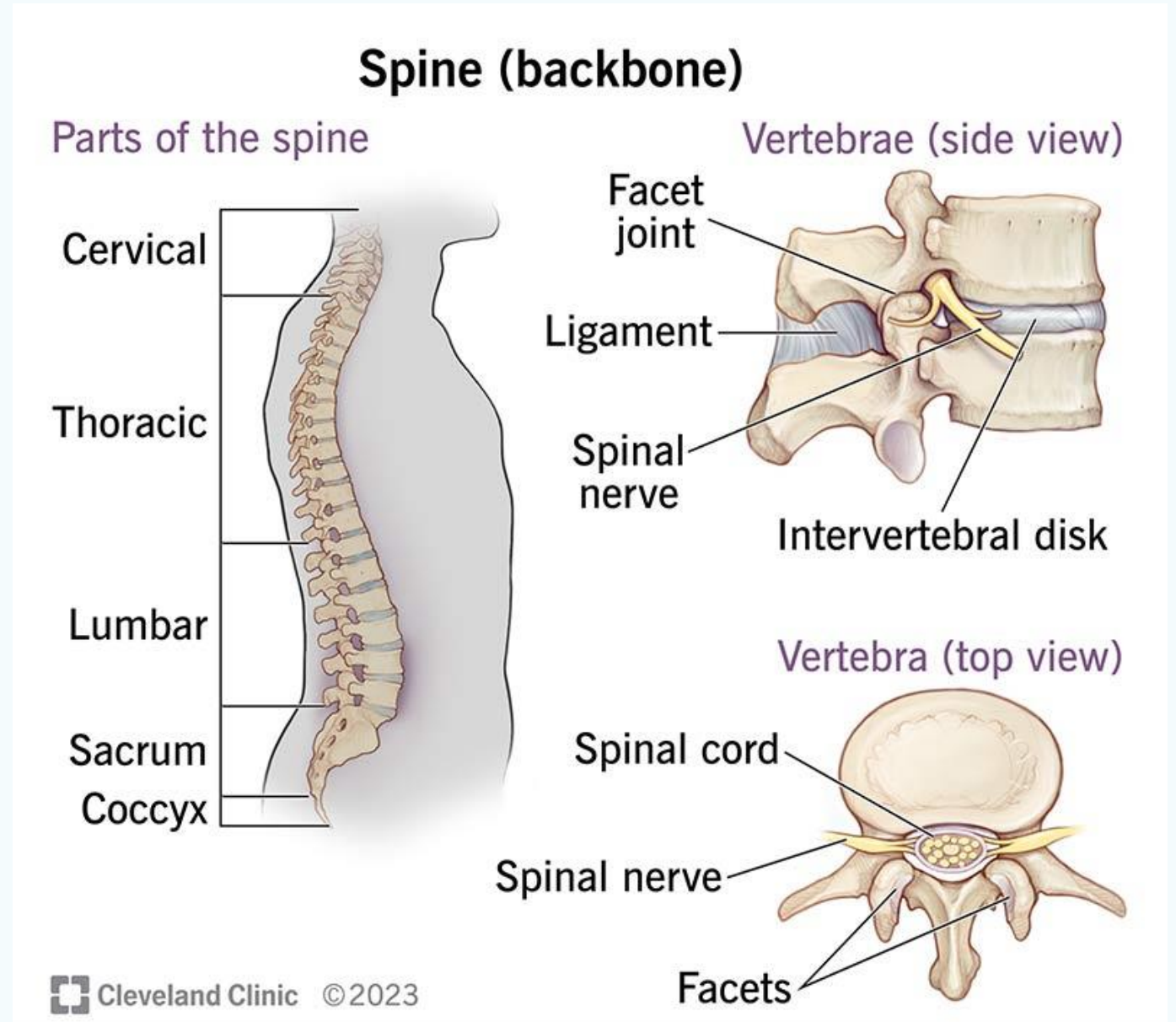


- Acute Trauma Imaging - fractures, dislocations, particularly if non-weight bearing
 - Start with X-rays
- Ultrasound is an excellent tool for evaluating tendon/ligament injury
 - Choose a clinic that has expertise in MSK scans
- MRI is reserved for potential surgical cases
- Restricted range of motion
 - Locked knee, hip FAI
 - Restricted due to pain or pseudo-locking (PFPS) is not an indication
- Targeted muscle weakness
 - Acute tear
 - Neurologic compromise
 - Generalized weakness
- Joint instability
 - MDI, ACL/PCL tear, labral injury



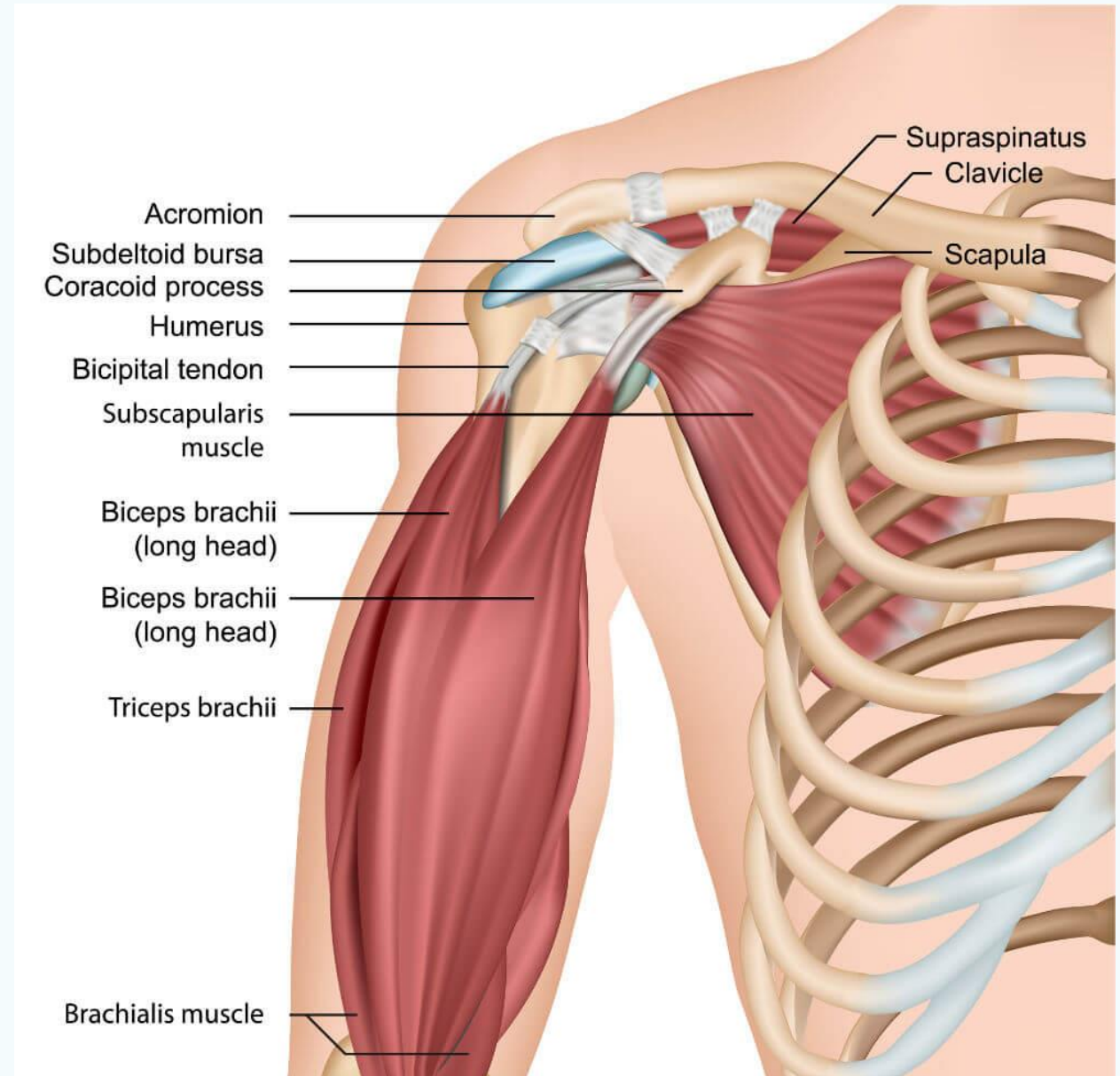
Spine

- Acute injury with concern for fracture or new red flags
 - X-ray and/or CT
- For chronic symptoms imaging is unlikely to be of value (no X-ray for low back pain)
- Progressive radicular symptoms warrant additional diagnostics
 - Consider NCS/EMG testing to help localize (spinal compression or elsewhere) and to assess nerve health
 - MRI if potential for surgery



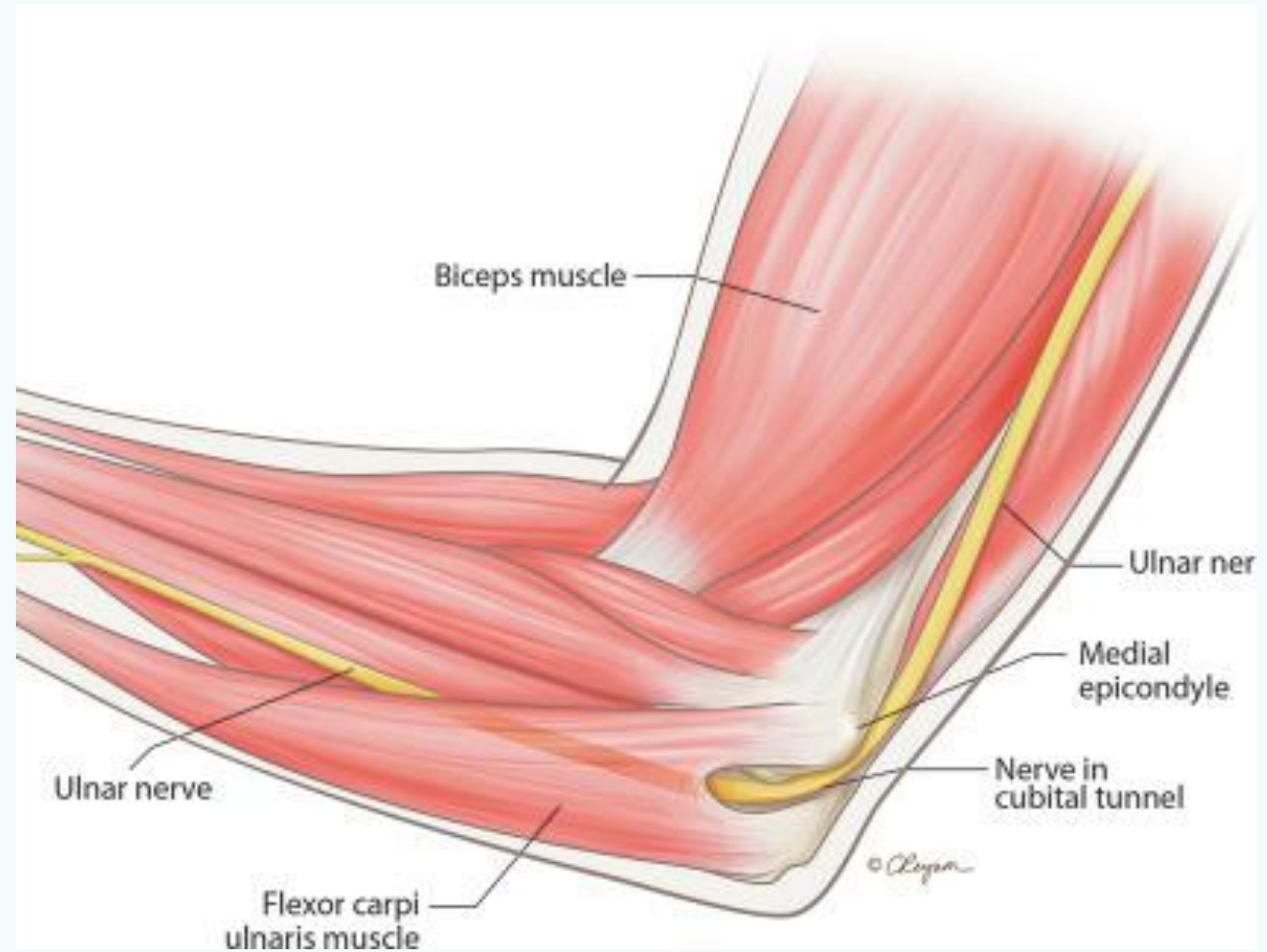
Shoulder/Rotator cuff

- Imaging suggested when complete tear suspected (significant weakness, drop arm sign)
 - Start with ultrasound
 - MRI if significant tear, considering surgery, and under 65
- If positive labral signs (O'Brien's test, Speed's test, crank test, clunk test) or instability (apprehension/relocation, MDI) then consider MR arthrogram
- Don't forget possible radicular symptoms



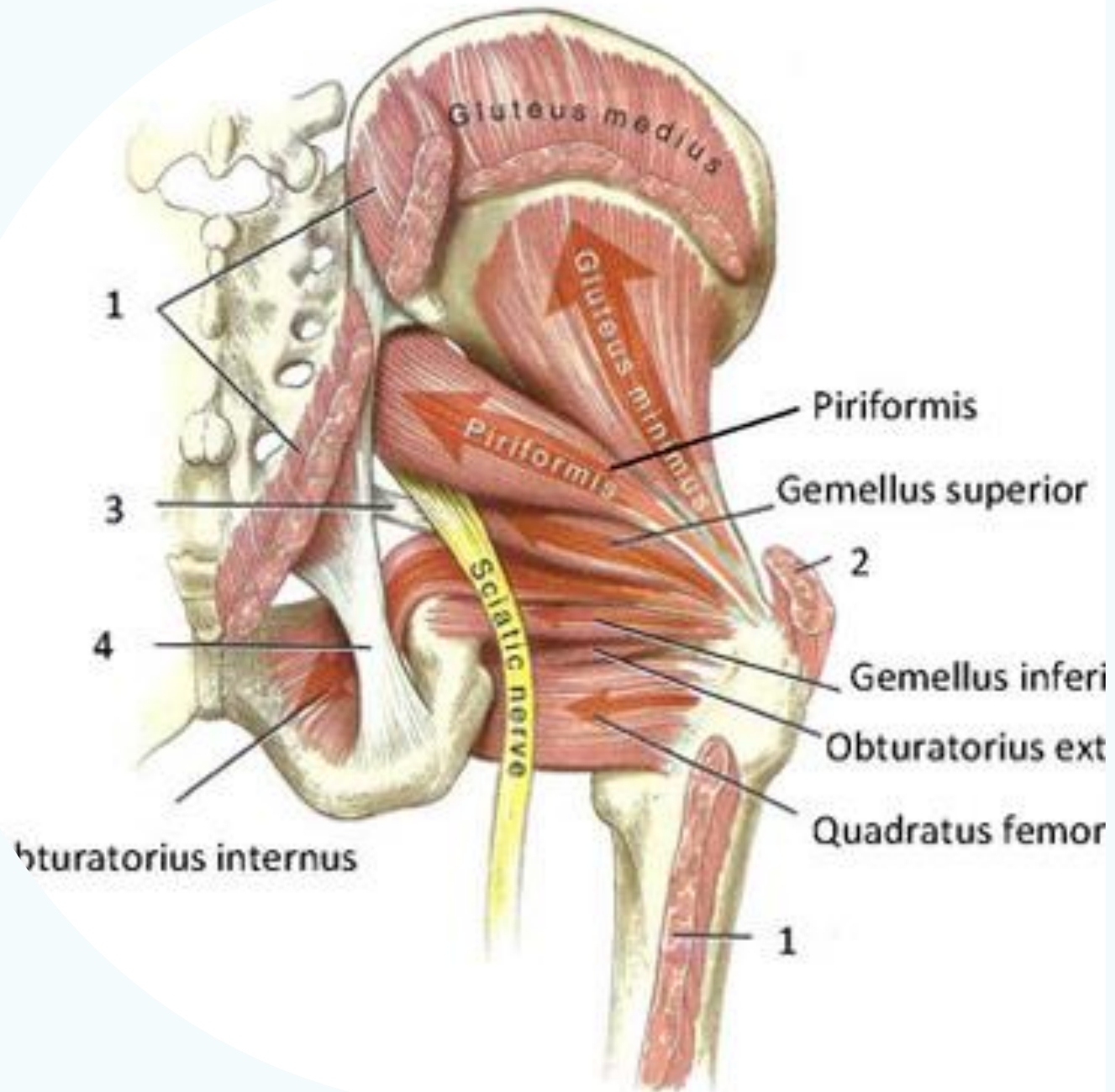
Elbow

- Chronic pain/acute pain without mechanical symptoms usually does not need imaging
- X-rays for acute injury with concern for fracture/dislocation or with decreased ROM and investigating arthritis
- Epicondylopathy (tennis/golf elbow) does not benefit from imaging



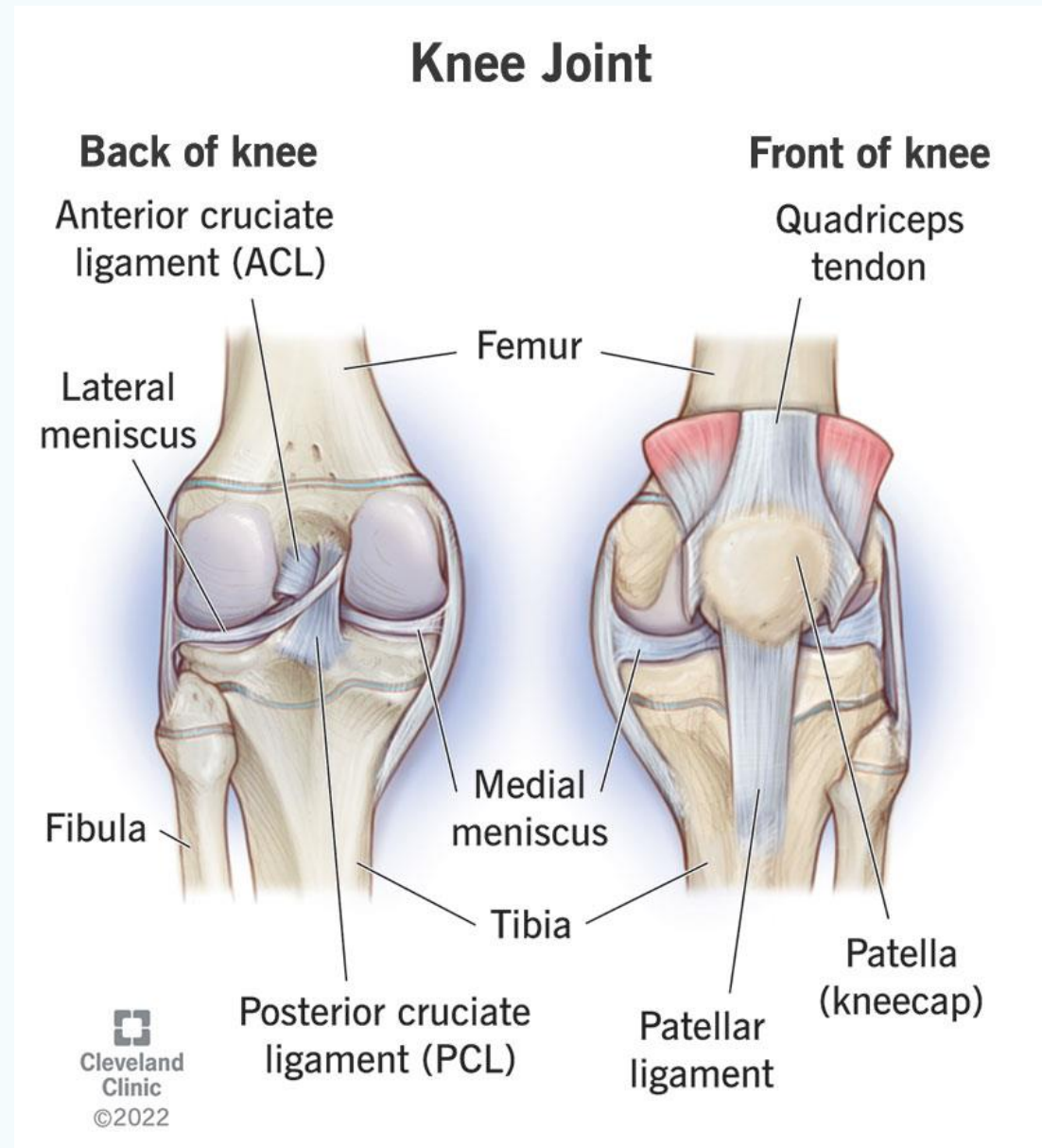
Hip

- Imaging suggested when weight-bearing is impaired, fracture/dislocation
- Positive FAI or labral injury signs on exam
 - FAI best evaluated by Dunn view and frog leg
 - MR arthrogram gold standard for labral tear
- Lateral hip pain does not often need imaging (bursitis, tendinopathy)



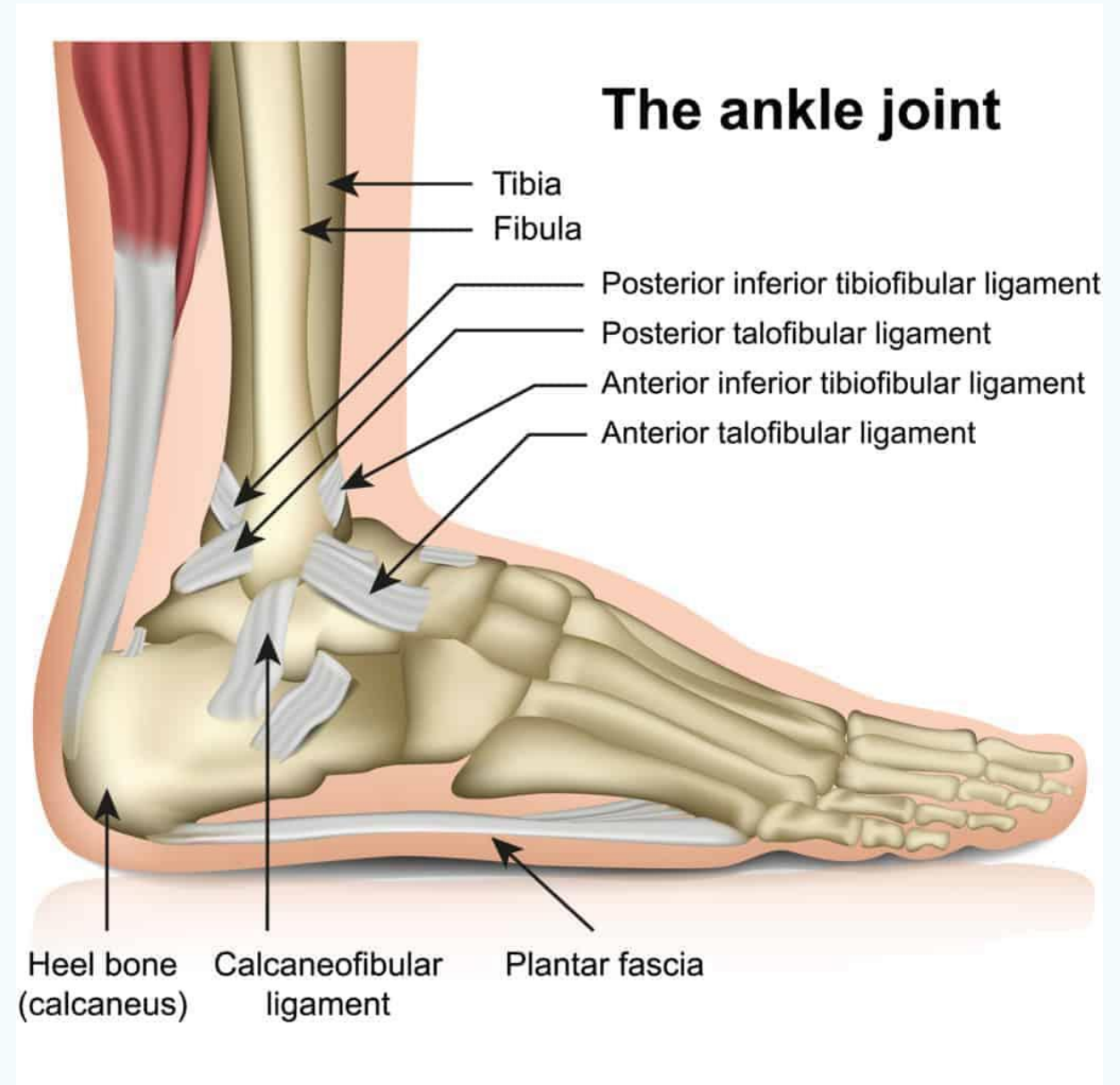
Knee

- If evaluating arthritis ensure **standing X-rays** are performed, not supine
- Knee ultrasound is of limited value and should not be done routinely
 - Consider for specific ligamentous/tendinous tears (e.g., MCL/LCL tear, insertional hamstring tear)
- If OA on X-rays, then no MRI unless concern for new injury with surgical intervention (ACL rupture, meniscal tear with mechanical symptoms)
- Persistent pain despite negative initial X-ray.



Ankle

- Imaging required when patient cannot weight bear
 - Start with X-ray
- Ankle instability or acute injury with concern for midfoot ligaments (i.e., Lisfranc) warrants MRI
- No ultrasound for ankle sprains, plantar fascia
- Heel spurs are rarely clinically relevant, don't look for them on X-ray



References

- [Choosing Wisely Canada](#)
- [EviCore Musculoskeletal Imaging Guidelines](#)
- Leal-Serrata, A., Scherger, K., & Skinner, R. (2020). Imaging Stewardship: A Primary Care Provider's Guide to Treating and Referring Patients With Musculoskeletal Conditions. *Journal for Nurse Practitioners*, 16(1), 1–6. <https://doi.org/10.1016/j.nurpra.2019.08.007>
- [ACR Appropriateness Criteria \(American College of Radiology\)](#)

Pre-budget Advocacy



Ontario College of
Family Physicians

Strengthening Primary Care in Ontario 2026 Pre-Budget Submission



Family Doctors: Caring for Ontarians, For Life

Family doctors are the cornerstone of Ontario's healthcare system, supporting patients through every stage of life. The government has taken positive steps to strengthen our system, and we support those efforts and the work of the Primary Care Action Team to connect every person in Ontario to primary health care within five years.

We are ready to work with you to make this bold commitment a reality.

The Solutions

We can ensure every Ontarian, no matter where they live, has access to a family doctor. And that every family doctor can focus even more on what matters most – their patients.

1 Technology: Smarter, More Efficient Workflows

Investing in technology can transform how family doctors work: reducing administrative workloads, releasing more time for patient care, and improving the patient experience.

- Co-designed with doctors, accelerate the development of a central intake and referral system to get patients coordinated and faster access to specialists and diagnostic testing. Ensure that this system provides access based on need and is transparent to both patients and clinicians.
- Develop and implement a provincially supported digital health and AI strategy – including a dedicated primary care strategy – that builds on Ontario's AI scribe program and has a plan for incorporating other digital innovations in family practice.

Create a mechanism to assess, prioritize and implement technology in partnership with doctors, ensuring they are interoperable, user-friendly, and that strategies are in place to help with onboarding.

Infrastructure: Building Better, Connected Care

2 As part of the digital health and AI strategy noted above, co-created with family doctors, include plans to achieve the following priorities:

- Connect EMRs that integrate across care settings, with a portable patient record accessible to all providers involved in a patient's care.
- Strengthen the digital foundation to help cut wait times and improve access for patients in northern and rural communities, through infrastructure, connectivity, IT support, training and security.
- Create an immunization registry, ensuring every Ontarian and immunization provider has real-time access to vaccination records that are integrated into EMRs and a patient portal.

Every Ontarian deserves timely, high-quality primary care within a seamlessly connected system.

3 Workforce: Making Family Medicine a More Attractive Option

Investing in Ontario's primary care workforce is an essential part of attracting and retaining the skilled professionals that are the foundation of patient care.

- Support family practices with their digital infrastructure: Family doctors need support to manage increasingly complex and costly digital technologies. Provide targeted practice supports for their IT and information management needs.
- Address the HHR shortfall: To help attract and retain allied healthcare professionals in primary care teams, address the wage gap with other publicly funded health settings to build the capacity of family doctors and ensure patients can access the care they need.
- Partner on Change Management: Invest \$500,000 per year for three years to leverage the OCFP's Community of Practice, Leadership Academy, and Family Physician-Administrative Leadership Partnership to help advance the work of PCAT and facilitate change with family doctors.

The evidence shows: primary care can produce a range of economic benefits through its potential to improve health, economic growth and equity.

4 Teams: Meeting the Needs of Patients and Family Doctors

Done right, team-based care can increase family doctor capacity to help reach the government's goal of attaching more patients.

- Optimize collaboration within teams: Accelerate the FHT contract review process by 2026/27, enabling better integration of resources in family doctor workflows.
- Showcase and spread current approaches that are effectively increasing clinical support and reducing administrative burden for family doctors.
- Remove financial barriers that undermine appropriate delegation.

Family doctors need seamless access to an interprofessional team to help patients stay healthier in their communities and avoid hospital visits.

Why It Matters

Having a family doctor means:



The right care in
the right place



Staying healthy and
preventing illnesses
before they happen



Decreased
hospitalization



Reduced health
care costs

About OCFP

The Ontario College of Family Physicians represents more than 18,000 family physicians and medical students, including residents, retired family physicians, and more than 15,000 who are working in communities providing care to patients. Our members care for Ontarians across the health system, in primary care offices, hospitals and emergency departments, urgent care centres and walk-in clinics, as well as through home and long-term care, palliative care and more.

For more information,
please contact:

Deeey Sur, MSW, PhD, RSW

CEO, Ontario College
of Family Physicians
dsur@ocfp.on.ca

REGISTER TODAY!

Ontario College of
Family Physicians



Health Equity Community of Practice for Family Physicians

FEBRUARY 19, 2026 | 12 P.M. - 1 P.M. EST

Practical Strategies for Supporting Patients on OW & ODSP



[Click here](#) or scan the QR code

The Children's Mental Health Workshop Series

Foundations of Children's Mental Health

March 9, 2026 | 1:00PM - 4:00PM | Virtual Workshop | Claim up to 3 credits!



- Explore how to take a comprehensive psychosocial history specific to school-aged children and adolescents
- Identify common childhood presentations, including adjustment disorder, anxiety & depression, and review essential concepts related to ADHD
- Review early identification through use of evidence-based screening tools
- And More

Price: \$200 +HST (early bird pricing)
Discount applies until Feb 13!

[Register now](#)



Scan QR Code

Supports for Mental Health, Addictions and Chronic Pain

Find information to support the care you give patients – in a way that also considers your wellbeing.

Community of Practice



[Prescribing for Insomnia: When and How to Use Medications Safely \(Feb 25\)](#)

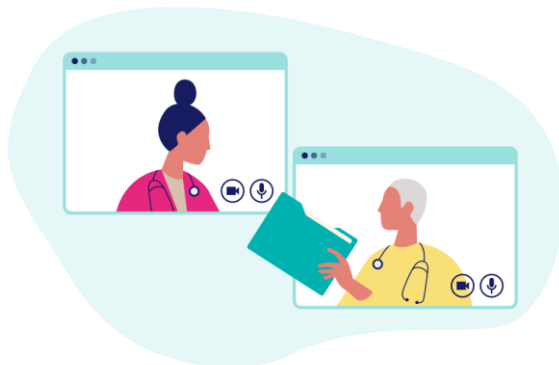
[Navigating WSIB for Family Physicians: Improving Patient Access and Your Practice \(Mar 25\)](#)

Peer Connect Mentorship

Receive tailored support to skillfully respond to challenges in your practice and earn Mainpro+ credits.

Topics Explored by Peer Learners:

- Managing ADHD in primary care
- Strategies to address work-life balance
- Supporting patients living with chronic pain and addiction challenges

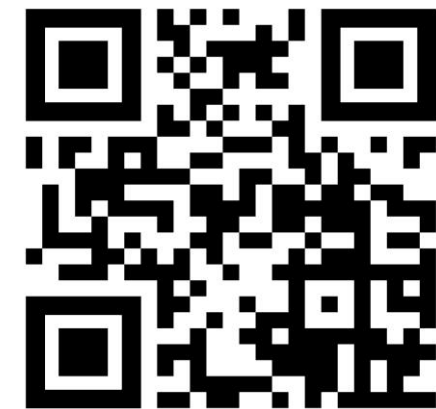


[Sign up to become a Peer Learner](#)

Join a series of small group learning sessions!

Engage in **open discussions** where you're invited to **share the difficulties you're facing in your practice, in areas related to mental health, substance use disorders, chronic pain and your own wellness.** Groups are held between April 1, 2026 and March 26, 2026.

- Family physicians at all stages of their career
- Transitioning to retirement
- Psychiatry in primary care
- Transitioning to GP psychotherapy
- Support for family physicians with lived experience of a chronic illness/disability
- Boundaries/work-life balance



The deadline to register is March 9, 2026

Learn More and Register

Interested in joining the CTWWW planning committee?

We are seeking a new member who **practices outside of the GTA** for our Community of Practice Scientific Planning Committee.

The OCFP strongly encourage applications from individuals who bring diverse perspectives, backgrounds, and experiences that reflect the communities served by family physicians across Ontario.

Scan the QR code



Update from DFCM

We would like to welcome **Dr. Stephanie Zhou** to the Changing the Way We Work CoP Planning Committee as the new Continuing Professional Development (CPD) Program Director at the DFCM.

Thank you to **Dr. Eleanor Colledge** for her leadership and dedication as CPD Program Director over the past two years. We are deeply grateful for her commitment, expertise, and impact.

Eleanor will continue to moderate the CTWWW CoP along with **Dr. Ali Damji**. Ali will be co-chairing the planning committee.

We would also like to thank **Dr. Harry O'Halloran**, who is stepping down from the CTWWW planning committee, for his contributions and perspective which have been invaluable in helping guide our sessions.

RECENT SESSIONS

October 17	Infectious Disease & Managing Nutrition	Dr. Gerald Evans Dr. Mary Sco
October 31	Infectious Disease & New Aneurysm Screening Program	Dr. Daniel Warshafsky Dr. Varun Kapila
November 21	Infectious Disease & Migraine Updates	Dr. Zain Chagla Dr. Danny Adel Monsour
December 5	Infectious Disease & Current Public Health Issues	Dr. Daniel Warshafsky Dr. Kieran Moore
January 16	Infectious Disease & e-Referral Development	Dr. Alon Vaisman Dr. Stephen Pomedli

Past Webinars, Slides, Self-Learning & More Resources:
<https://dfcm.utoronto.ca/past-changing-way-we-work-community-practice-sessions>

UPCOMING SESSIONS

Month	Date
February 2026	February 20
March 2026	March 6
March 2026	March 27

SAVE THE DATE

Registration links will be emailed to you closer to the date



Ontario College of
Family Physicians
*Thriving Family Physicians
in a Healthy Ontario*



Family & Community Medicine
UNIVERSITY OF TORONTO

Questions?

Webinar recording and curated Q&A will be posted soon.

Session slides will be available by the end of the day:

<https://dfcm.utoronto.ca/past-changing-way-we-work-community-practice-sessions>

Our next Community of Practice: February 20, 2026

Contact us: ocfpcme@ocfp.on.ca

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