

COVID-19 Community of Practice for Ontario Family Physicians

Nov 17, 2023

**Dr. Gerald Evans
Dr. Paul Kurdyak
Dr. Leah Skory**



COVID-19 Updates and the New Ontario Structured Psychotherapy Program



Family & Community Medicine
UNIVERSITY OF TORONTO

Ontario College of
Family Physicians



COVID-19 Updates and the New Ontario Structured Psychotherapy Program

Moderator:

- Dr. Ali Damji, Division Head, Primary Care, Trillium Health Partners and Family Physician, Credit Valley Family Health Team, Mississauga, ON

Panelists:

- Dr. Gerald Evans, Kingston, ON
- Dr. Paul Kurdyak, Toronto, ON
- Dr. Leah Skory, Barrie, ON

Host:

- Dr. Mekalai Kumanan, Cambridge, 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.

With a canoe ride down the Grand River in Ontario, these paddlers bring a 400-year-old treaty to life

For 10 days every summer, a group of Indigenous and non-Indigenous people launch their canoes each morning after a Haudenosaunee Thanksgiving Address and continue on their journey down the Grand River in southern Ontario.

[With a canoe ride down the Grand River in Ontario, these paddlers bring a 400-year-old treaty to life | CBC News](#)



Participants in this summer's Two Row on the Grand paddle put their canoes in the water near Cambridge, Ont. (Aicha Smith-Belghaba/CBC)

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. Harry O'Halloran, Mina Viscardi-Johnson (OCFP), Julia Galbraith (OCFP), Pavethra Yogeswaran (OCFP), Marisa Schwartz (DFCM), Erin Plenert (DFCM)

Previous webinars & related resources:

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



Dr. Gerald Evans – Panelist

Infectious Disease Specialist at Kingston Health Sciences Centre
and Chair of the Division of Infectious Diseases, Queen's University



Dr. Paul Kurdyak – Panelist

Professor and Chair, Addictions and Mental Health Policy
Research in the Department of Psychiatry and Institute for Health
Policy, Management and Evaluation, University of Toronto



Dr. Leah Skory– Panelist

Physician, Barrie Community Health Centre



Dr. Mekalai Kumanan – Host

Twitter: @MKumananMD

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

Speaker Disclosure

- Faculty Name: **Dr. Gerald Evans**
- Relationships with financial sponsors:
 - Grants/Research Support: N/A
 - Speakers Bureau/Honoraria: Moderna Australia
 - Membership on advisory boards: Ontario COVID-19 Science Advisory Table (NFP)
 - Others: N/A
- Faculty Name: **Dr. Paul Kurdyak**
- Relationships with financial sponsors:
 - Grants/Research Support: N/A
 - Speakers Bureau/Honoraria: Ontario College of Family Physicians
 - Membership on advisory boards: N/A
 - Others: N/A
- Faculty Name: **Dr. Leah Skory**
- Relationships with financial sponsors:
 - Grants/Research Support: N/A
 - Speakers Bureau/Honoraria: Ontario College of Family Physicians, ACFP, Atlantic Mentorship Network, University of Toronto
 - Membership on advisory boards: N/A
 - Others: N/A

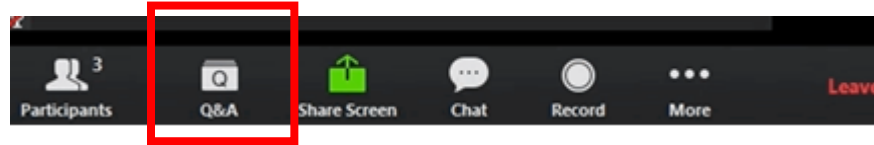
Speaker Disclosure

- 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

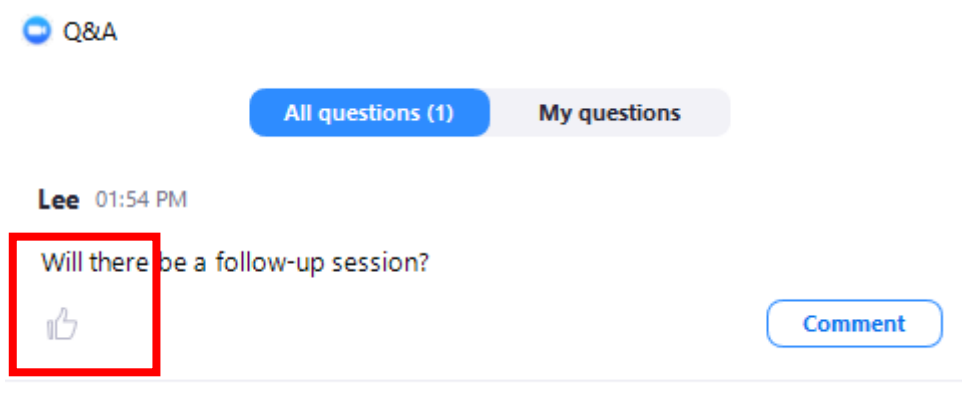
- Faculty Name: **Dr. Ali Damji**
- Relationships with financial sponsors:
 - Grants/Research Support: N/A
 - Speakers Bureau/Honoraria: Ontario College of Family Physicians
 - Others: N/A

How to Participate

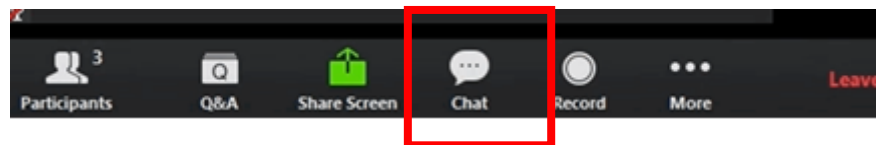
- All questions should be asked using the Q&A function at the bottom of your screen.



- Press the thumbs up button to upvote another 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. Gerald Evans – Panelist

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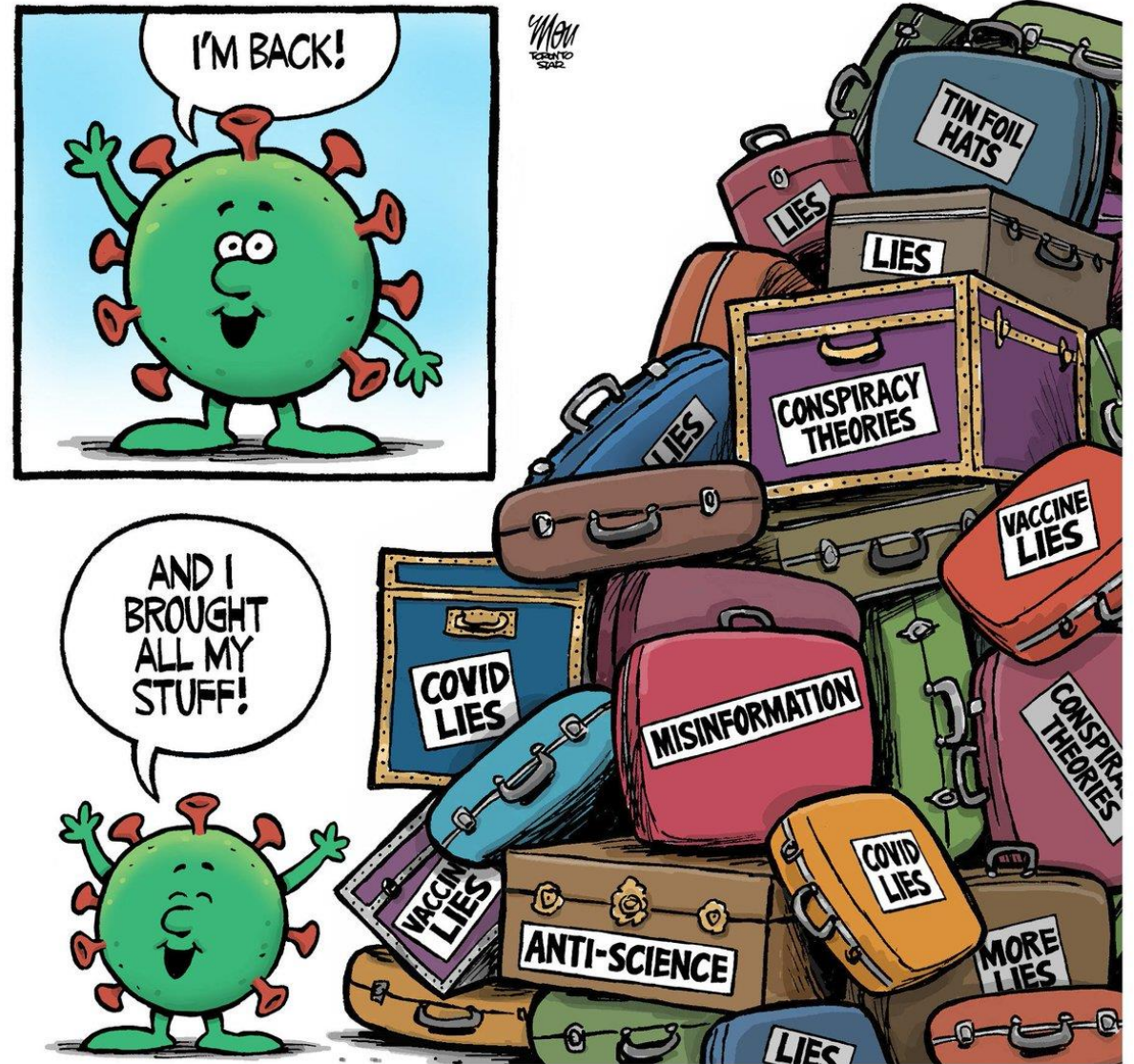


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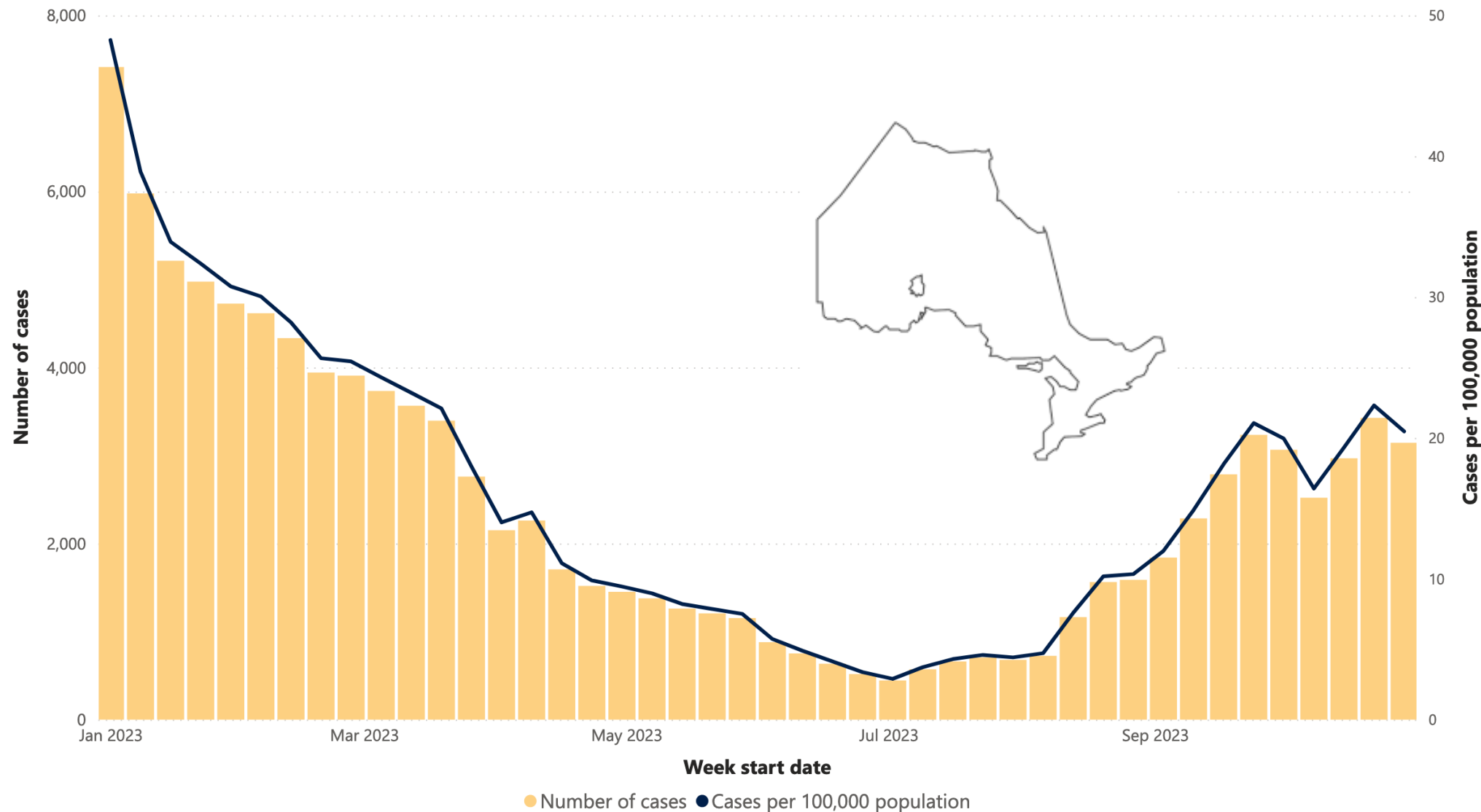
Physician, Barrie Community Health Centre

COVID-19 Update

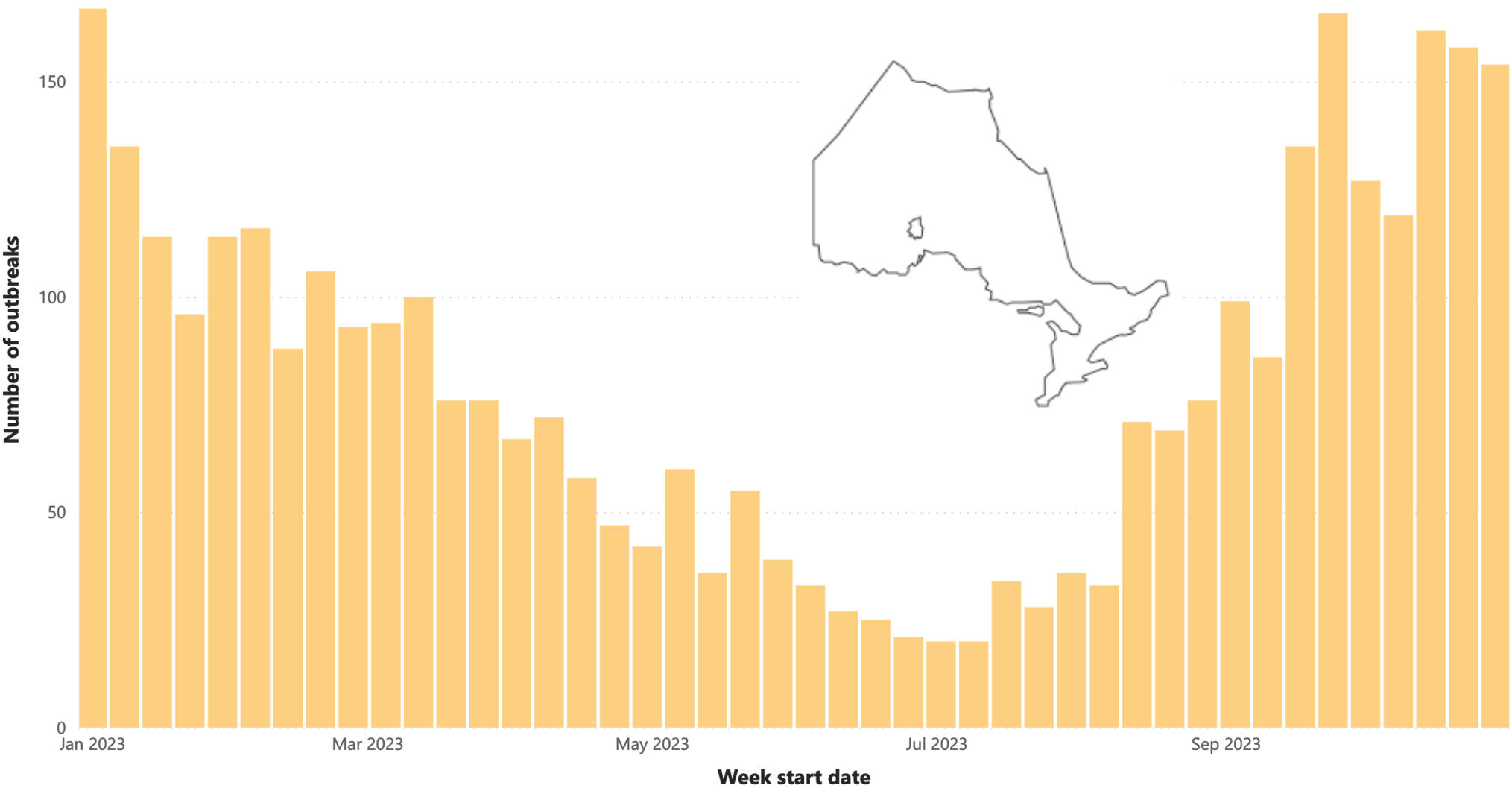
November 17, 2023



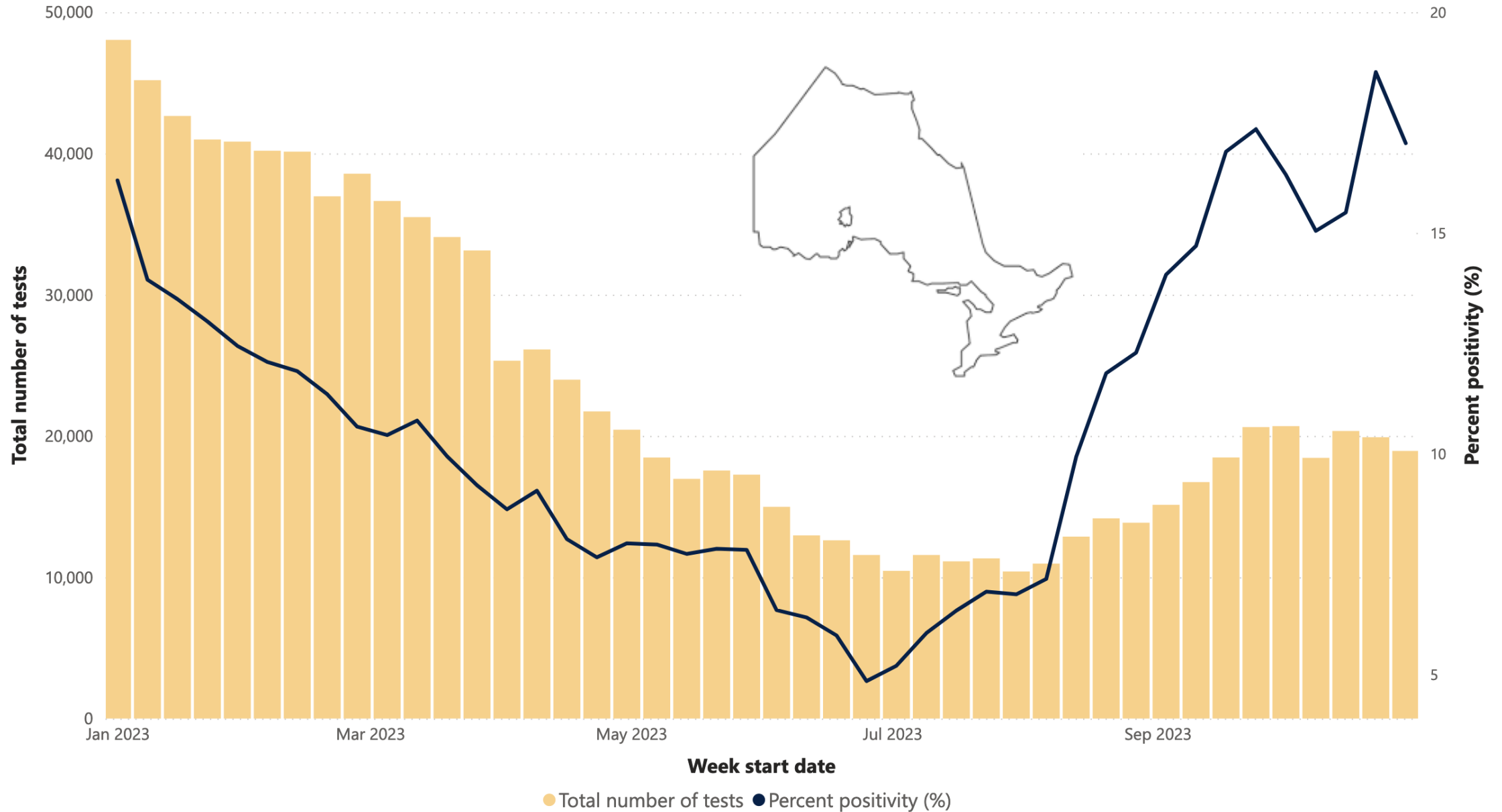
Laboratory confirmed weekly case counts and rates of COVID-19 in Ontario



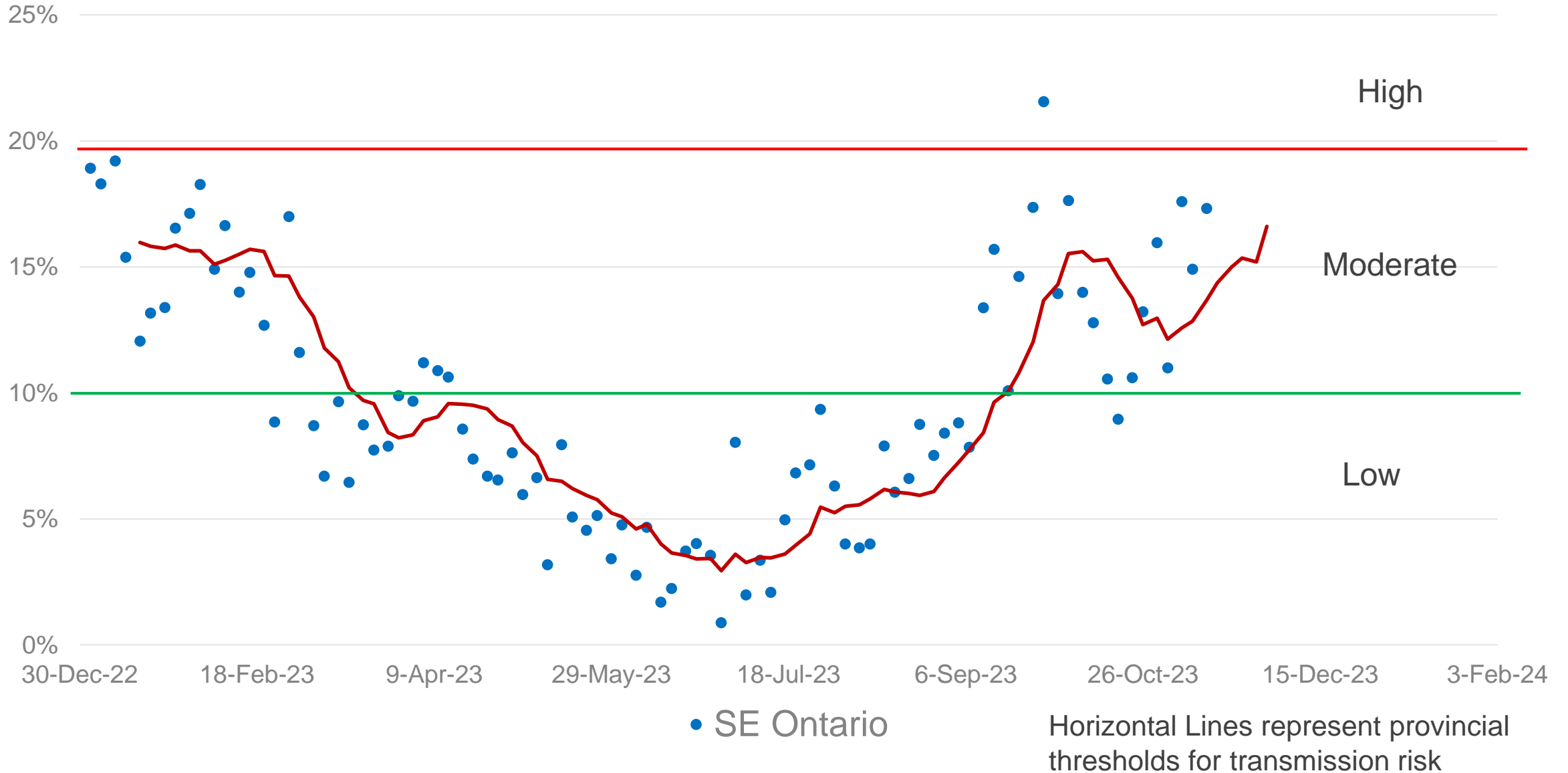
Weekly confirmed outbreaks (COVID-19) in Ontario



SARS-CoV-2 weekly total tests and percent positivity in Ontario (Provincial COVID-19 Diagnostic Network data)

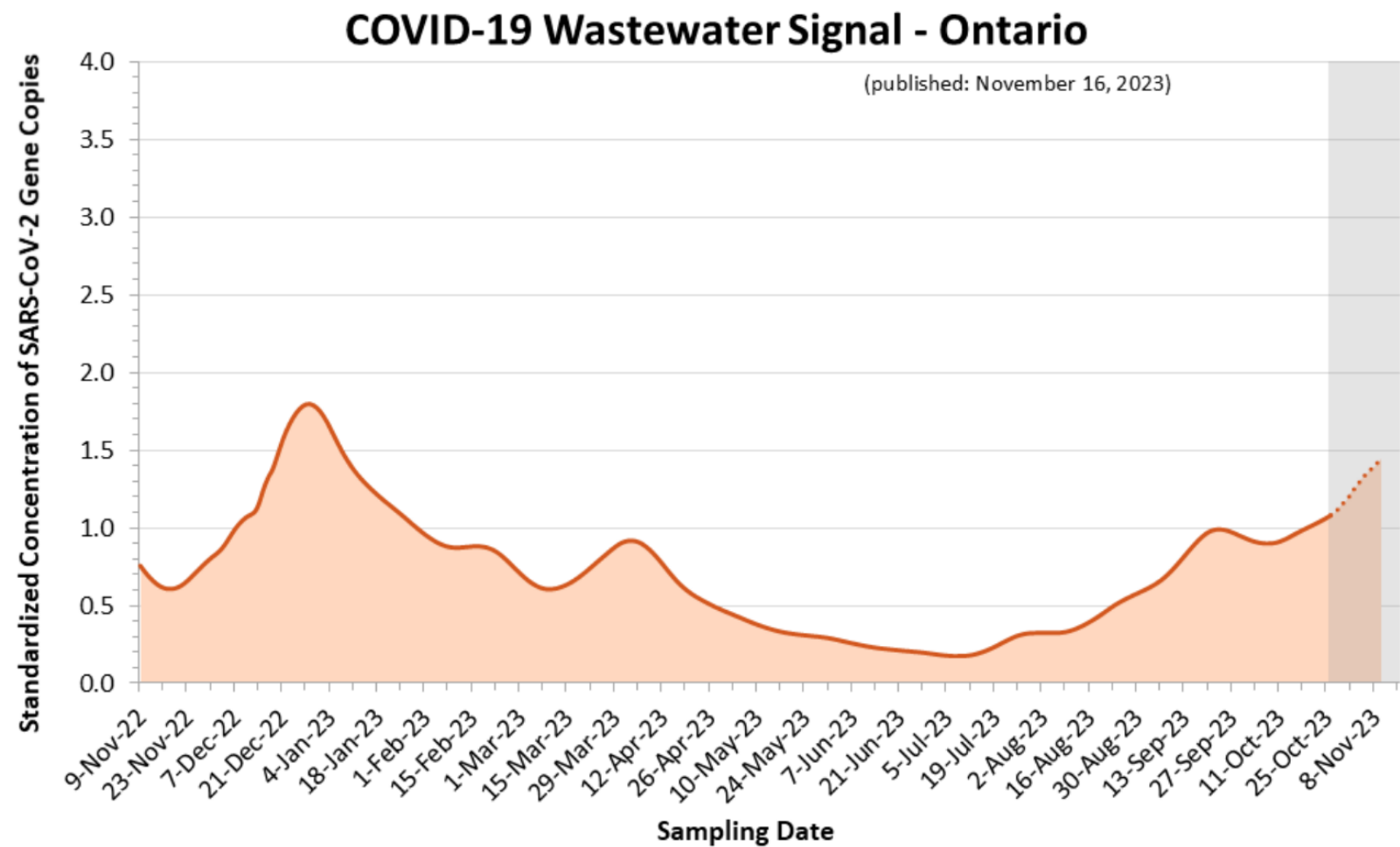


SE Ontario Regional COVID-19 28-Day Moving Average of Transmission Risk by Test Positivity



SARS-CoV-2 RNA in Ontario Wastewater

November 16, 2023



Current Status of Ontario Surrogate Markers of COVID- 19 Community Activity— November 16, 2023



Outbreak numbers



Test positivity

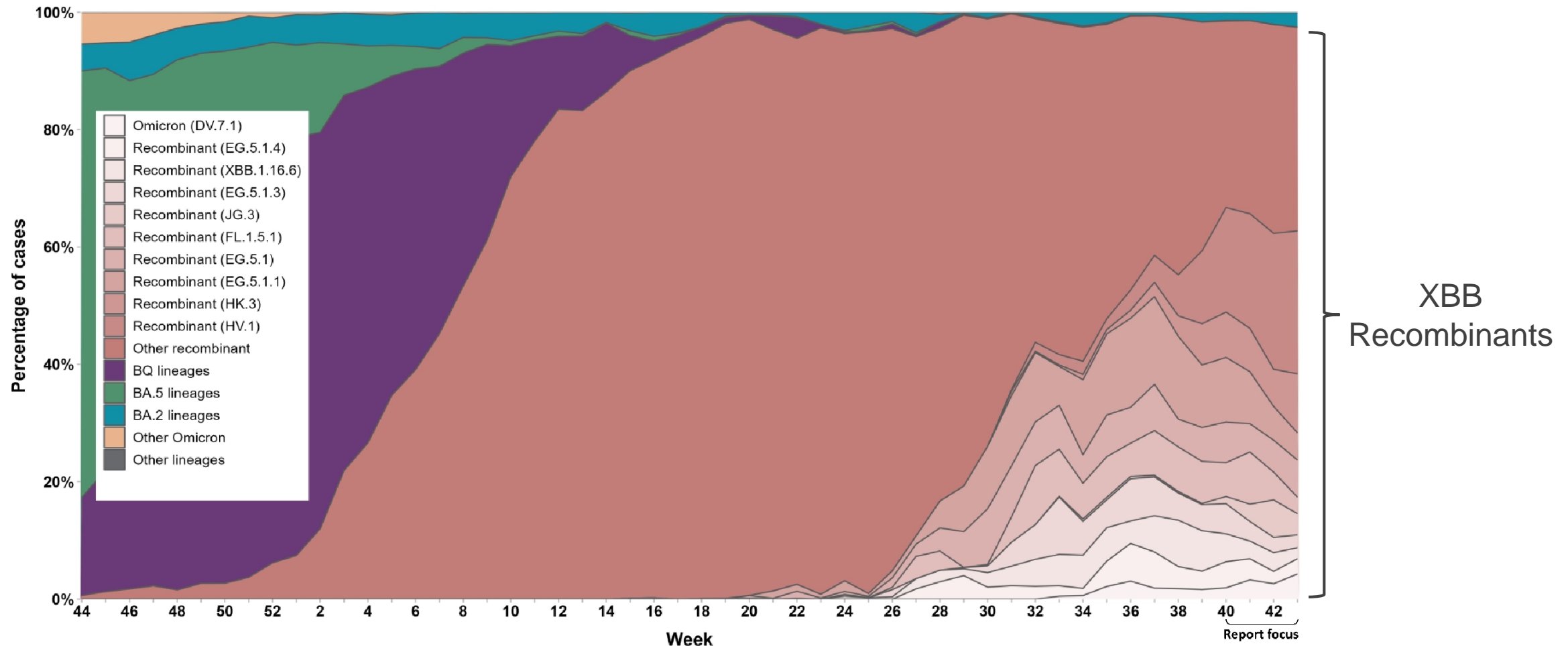


Wastewater detection



Ontario Variant Watch – November 13, 2023

Figure 1. Percentage of COVID-19 cases by the most prevalent lineages and week, representative surveillance, Ontario, October 30, 2022 to October 28, 2023

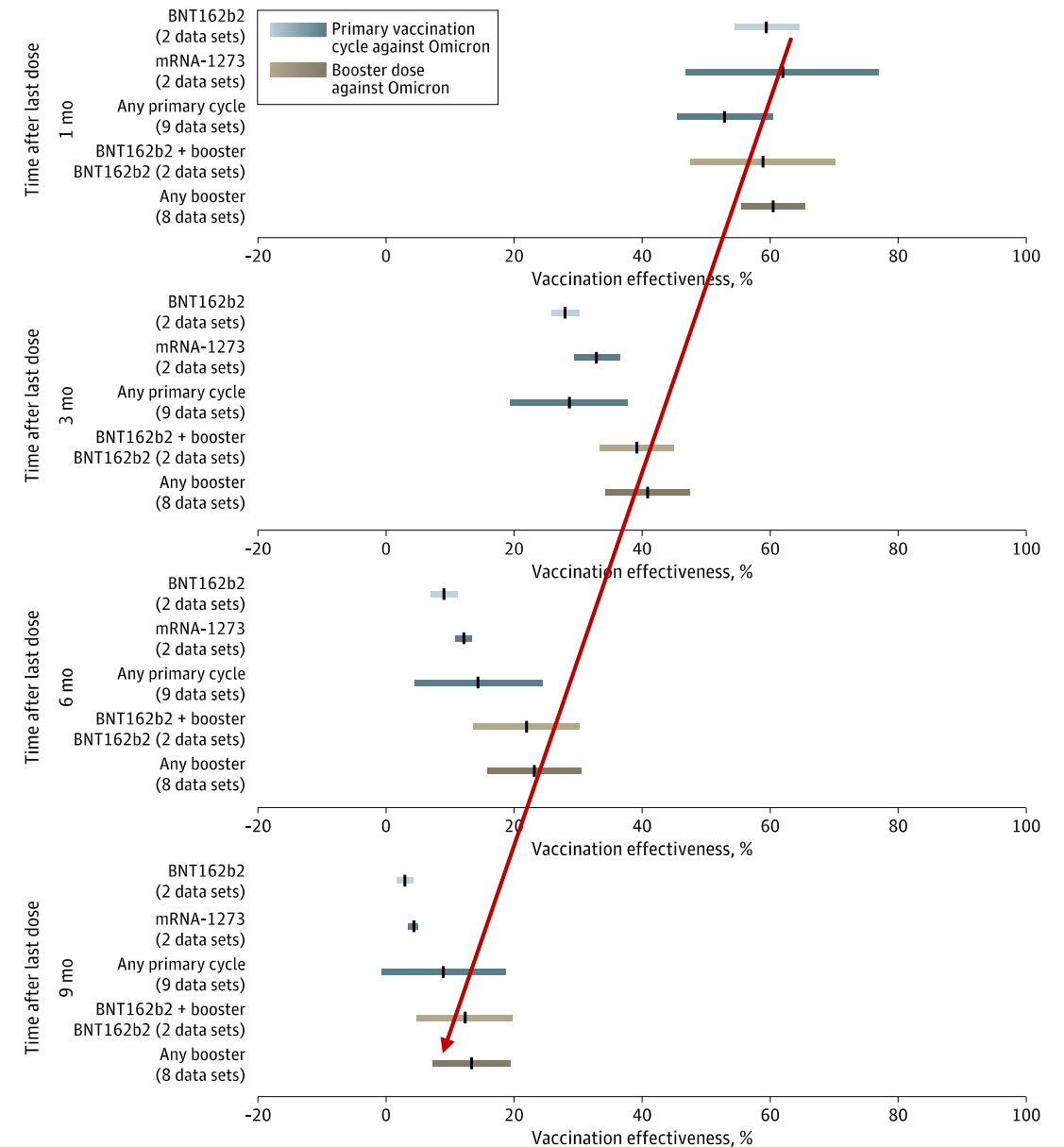


VE Over Time Against Omicron Symptomatic Disease

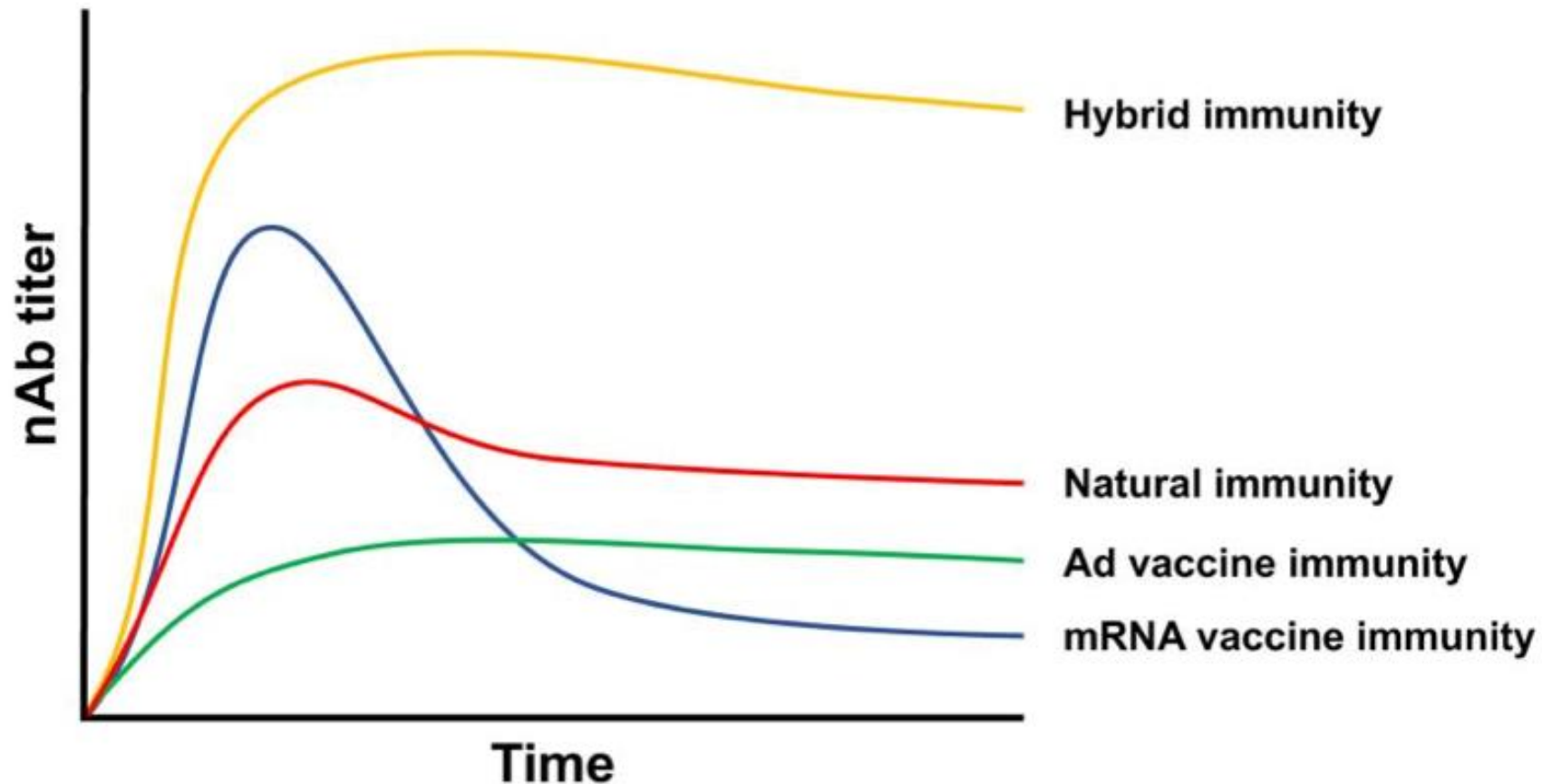
Pooled estimates of vaccine effectiveness
against symptomatic disease with Omicron
across different vaccine products at 1, 3, 6, and
9 months from the administration of last dose

Source: F Menegale et al 2023 *AMA Network Open*.
2023;6(5):e2310650.
doi:10.1001/jamanetworkopen.2023.10650

























Figure 1. Effectiveness Over Time of Primary Vaccination Cycle and Booster Vaccination Against Omicron Symptomatic Disease



Magnitude and durability of nAb titers following SARS-CoV-2 infection, vaccination, and both



Clinical and Preclinical Experience with Variant-modified Vaccines – Supported Bivalent BA.4/5 Vaccine Authorization

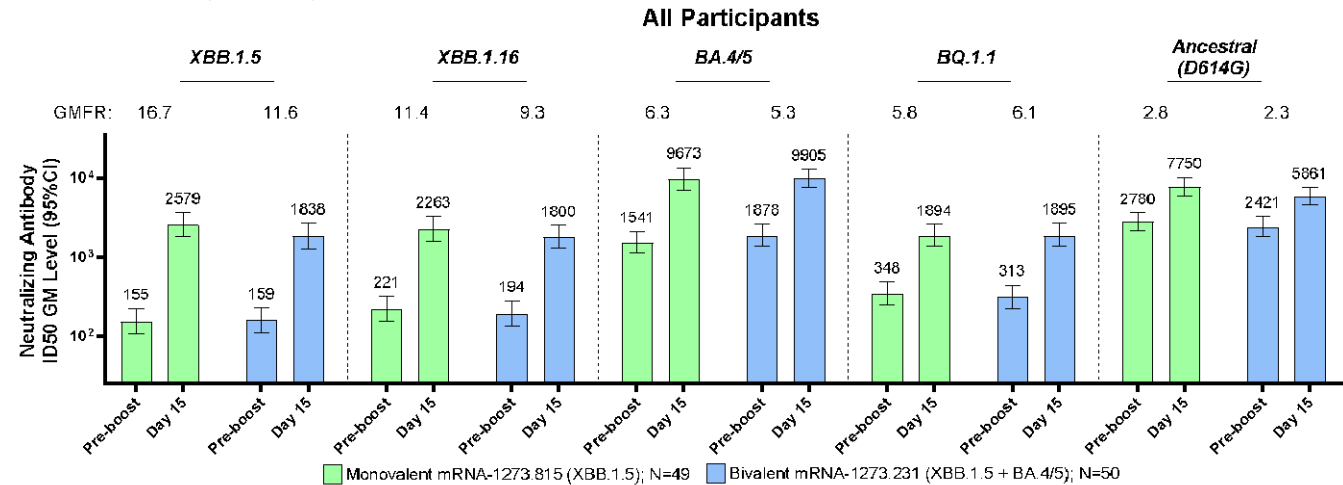
Modified Vaccine	Age Group	Vaccine Regimen	Clinical Data	Preclinical Data
Beta monovalent	18 to 55 years		  	  
Omicron BA.1 monovalent	18 to 55 years		   	   
Omicron BA.1 bivalent	18 to 55 years >55 years			
Omicron BA.4/5 bivalent	6 months to 11 years 12 to 55 years >55 years			
Omicron XBB.1.5 monovalent	12 to 55 years >55 years	Single Dose 	Ongoing	

 Original Vaccine

 Variant Vaccine

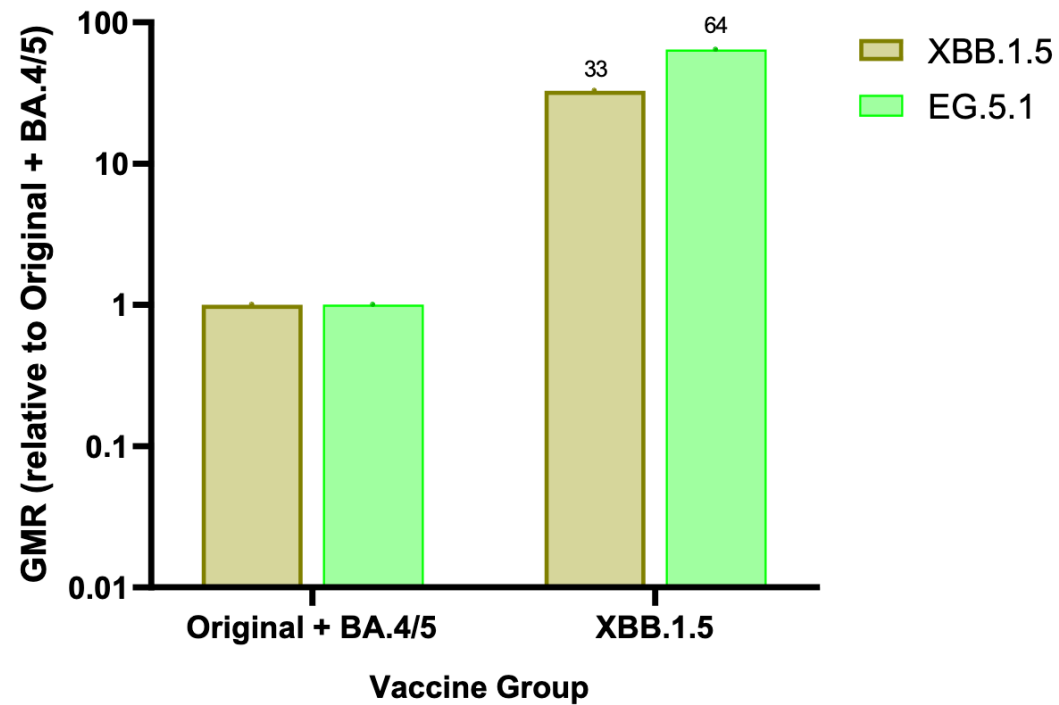
Moderna XBB Vaccine Efficacy

Figure 1. Neutralizing Antibodies After a Booster Dose of XBB.1.5-Containing Monovalent and Bivalent Vaccines Against XBB.1.5, XBB.1.16, BQ.1.1 and BA.4/5 Variants and Ancestral SARS-CoV-2 (D614G)

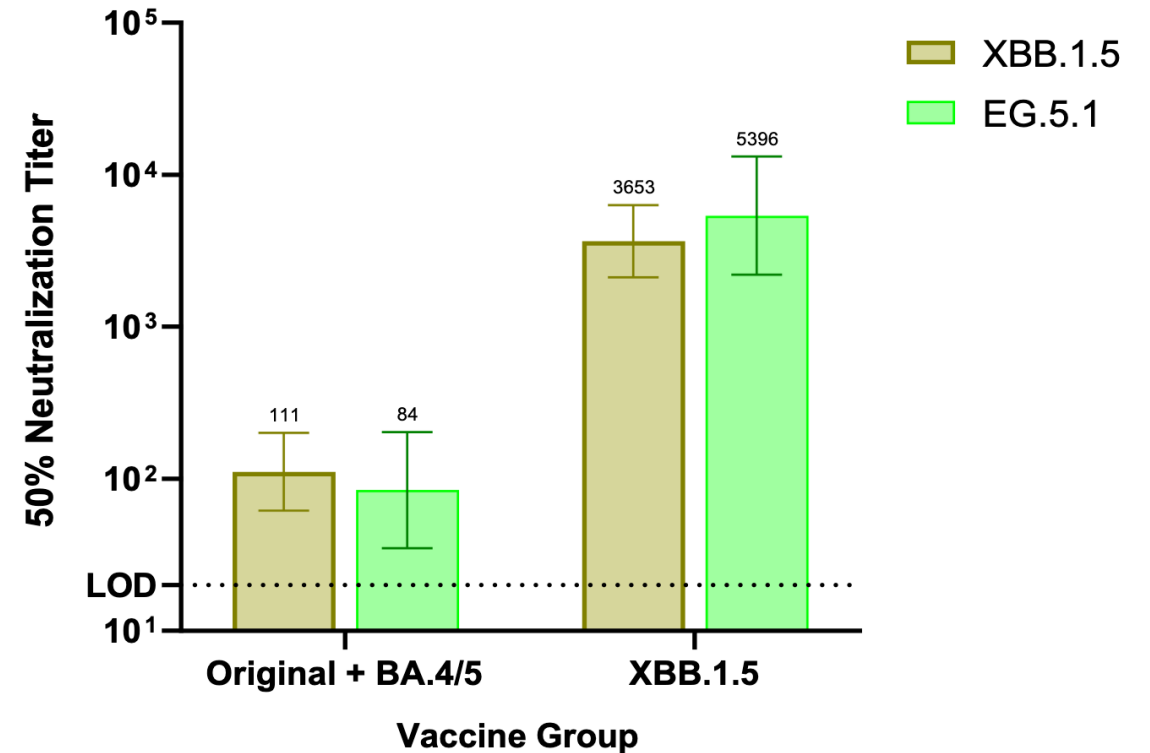


- Phase 2/3 open-label study showed that the XBB-containing vaccine produced an improved immune response against the Omicron XBB.1.5 subvariant, and against other XBB strains of the virus
- No published VE data on clinically relevant outcomes or endpoints for any of the mRNA vaccines or Novavax's recombinant protein vaccine

Pfizer XBB Vaccine Efficacy



Neutralizing response XBB.1.5 and XBB.1.9.2

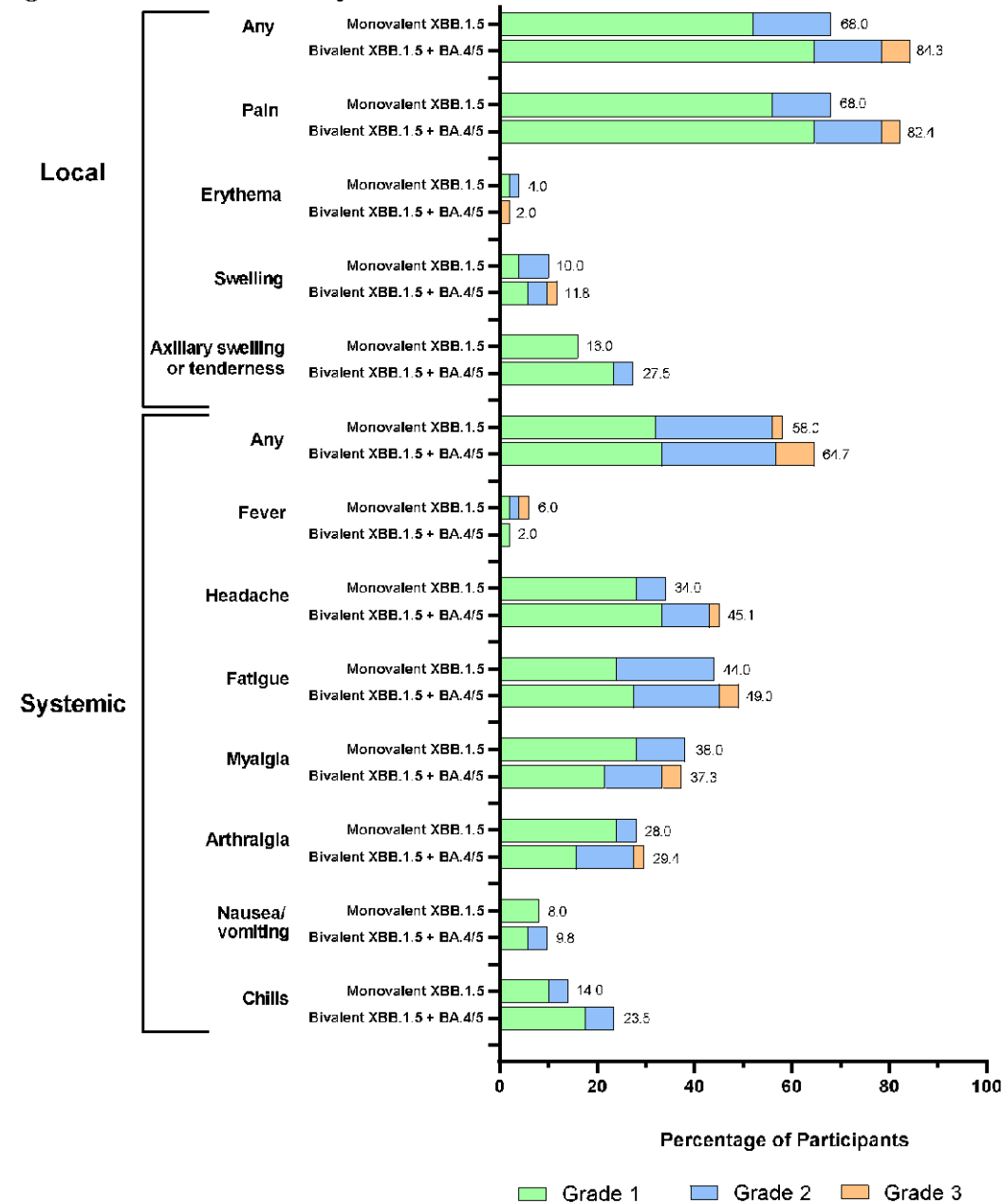


Neutralizing Abs to XBB.1.5 and XBB.1.9.2

Moderna XBB Vaccine Safety

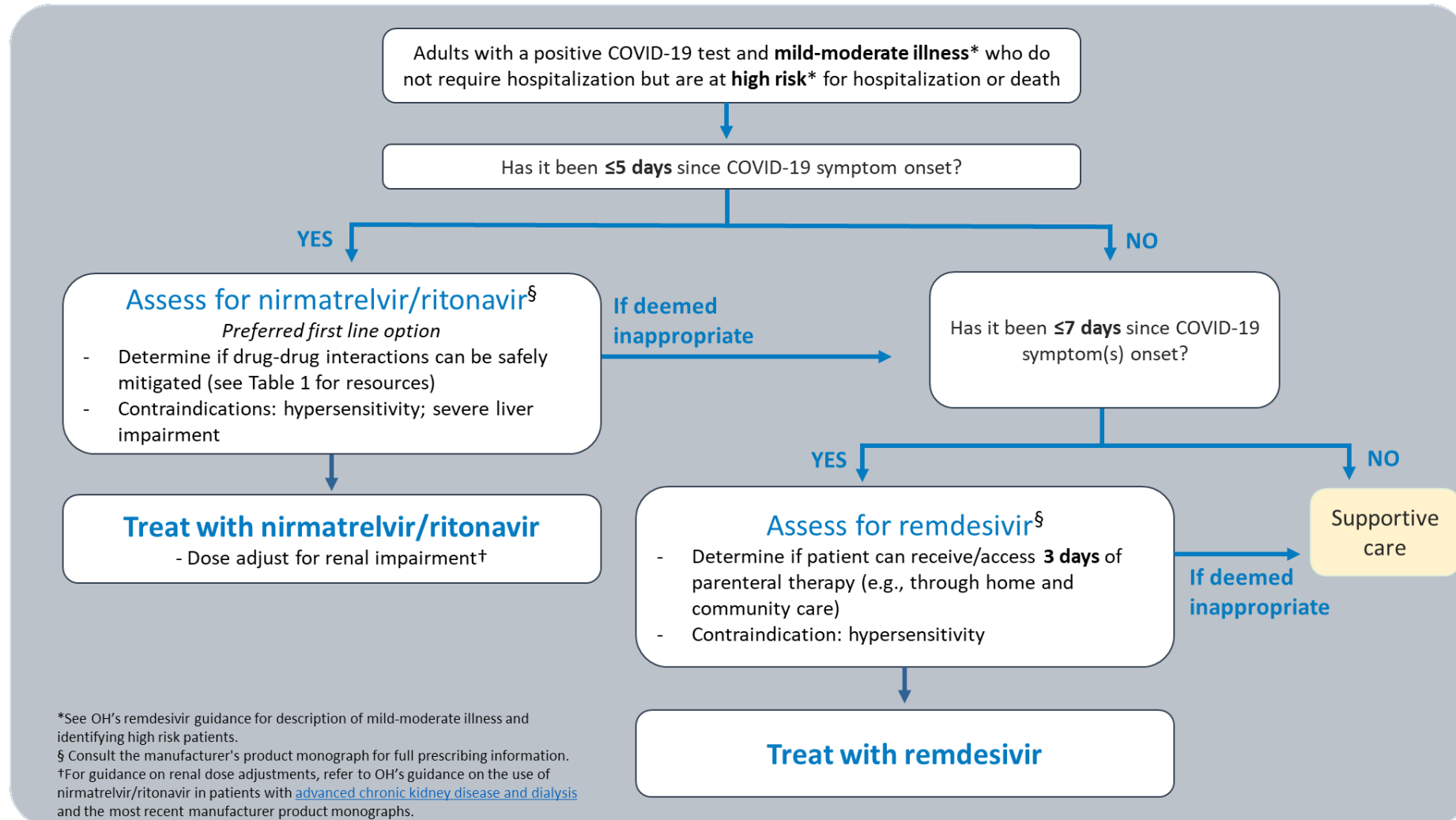
- XBB-containing vaccine recipients reporting any solicited local reactions (68%), or systemic adverse reactions (58%) within 7 days of vaccination
- No Grade 4 local or systemic reactions and no fatal events or serious adverse events in an interim analysis of XBB.1.5-containing vaccines given as a 5th dose

Figure 3. Solicited Local and Systemic Adverse Reactions



Outpatient Use of Antivirals in Adults with COVID-19

Figure 1: Treatment Algorithm for non-hospitalized adults with COVID-19



Ontario Structured Psychotherapy Program

Ontario Health Mental Health and Addictions Centre of Excellence

DR. PAUL KURDYAK | NOV 17, 2023



Ontario Health
Mental Health and Addictions
Centre of Excellence

What is the OSP program?

THE OSP PROGRAM

- Free access to standardized and evidence-based care for individuals with depression and anxiety-related concerns.
- Service: Individual or group cognitive-behavioural therapy sessions; or self-led resources guided by a coach or clinician from BounceBack, Clinician-Assisted Bibliotherapy (CAB), or Internet-Based Cognitive Behavioural Therapy (iCBT)

WHO IT SERVES

- Adults (18+) across the province.
- Goal to reach priority populations (i.e., people without access to healthcare benefits and those living on a low income, people who are Black, Indigenous, other racialized communities, Francophones, identify as LGBTQ2S+, living with disabilities and people living in remote areas.)

SERVICE DELIVERY MODEL

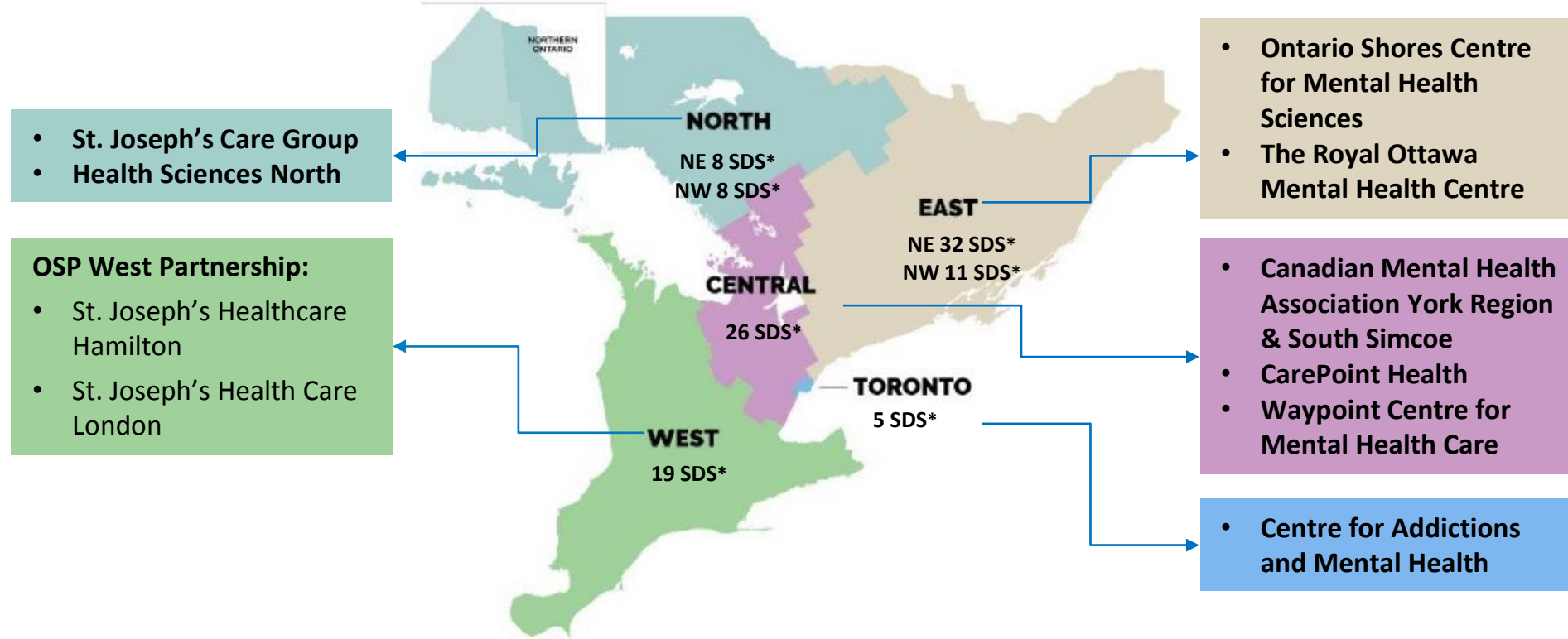
- “Hub” and “spoke” model.
- 10 “hubs” and approximately 100 community-based service delivery sites (“spokes”).
- Early work has begun to develop an Indigenous approach for the OSP program.

THE SERVICES AND PROVIDERS

- Health care providers will offer a stepped-care model allows for services to match the level of care that meets an individual’s needs as identified through clinical measurement tools.
- Providers undergo standardized training to deliver evidence-based psychotherapy treatments



OSP Networks across Ontario



The OSP program provides provincial coverage across Ontario through a hub and spoke model, with 10 Network Lead Organizations (NLOs) and over 100 Service Delivery Sites (SDSs).

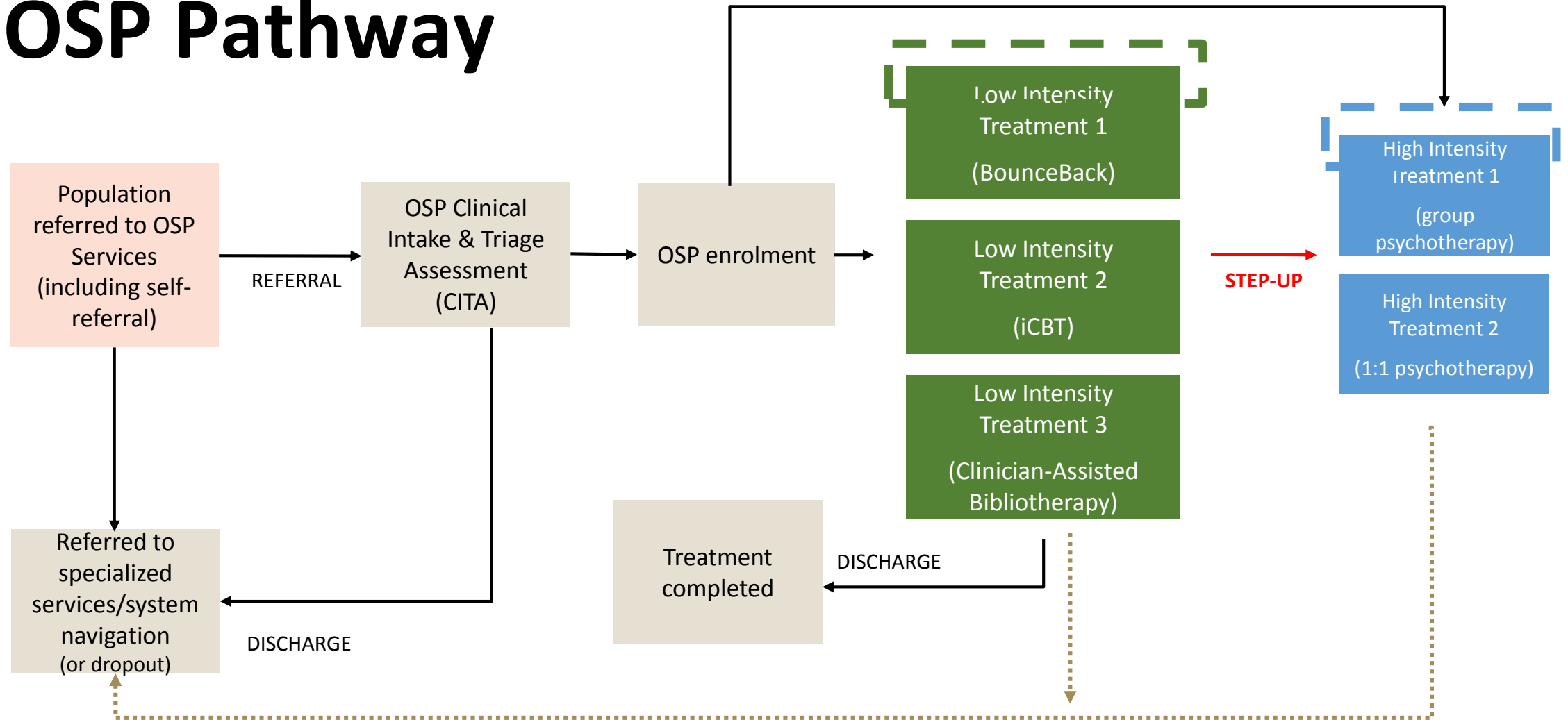


Eligibility Criteria

- Ontarians 18 years of age and older
- Formal diagnosis is not required for the program and the program will not provide a diagnosis
- Program staff collaborate with clients to determine the most appropriate service for the client's specific concerns/conditions
- In scope conditions:
 - Depression and low mood
 - Generalized anxiety and worry
 - Health anxiety
 - Obsessive-compulsive concerns
 - Posttraumatic stress
 - Social anxiety and performance fears
 - Specific fears
 - Unexpected panic attacks and agoraphobic fears
 - Other anxiety and stress-related concerns



OSP Pathway



OSP has a full range of services (including internet-based cognitive-behavioural therapy (iCBT), clinician-assisted bibliotherapy, and BounceBack) along the continuum of care to ensure the right level of care at the right time to meet the clinical needs and preferences of the client.



Centralized Intake & Triage Assessment (CITA)

- Led by the NLOs, CITA is a process during screening and assessment whereby clients seeking care are matched with the most appropriate service for their needs and circumstances.
- This is an essential component of the program as it:
 - Minimizes burden on clients as they only tell their story once through the central intake process
 - Ensures all clients referred to OSP have access to the full suite of low- to high-intensity services (e.g., can move to different services depending on client's level of engagement and clinical outcomes)
 - Facilitates connecting clients with the most suitable care option based on their needs and circumstances
 - Consistent with NHS Talking Therapies (formerly Increasing Access to Psychological Therapies (IAPT)) service delivery model
 - Centralizes resources required to support communications, referral management, screening, and clinical intake and triage functions



Mental Health in Primary Care

“Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.”(WHO)



Target Symptoms:

What 3 symptoms are you struggling with the most?

Insomnia
Isolation
Loneliness
Focus
Grief
Headaches
Phobia
Distress
Panic
Pains
Anger
Hopelessness
Memory
Fatigue
Fear
Irritability
Anxiety
Finances
Depression
Motivation
Nervous
Worried
Frustration
Tension
Despair

Self- Compassion Question:

If a loved one was in the same situation, what would you say to provide some comfort?...

Do you tell yourself the same thing?



Behavioural Activation Question:

If you were not struggling with _____, what would you start doing today?



Movement



Nutrition



Sleep



Social



Relaxation

The Mind

Brain, body, and sensory data from
external world

Mind-Body Techniques

Mind-Body Therapies



Practice Tools

E-mental health primary care

Centre for Effective Practice

American Psychiatric Association:
DSM-5 Level 1 Cross Cutting



E2P EMR-integrated tool for anxiety disorders & depression

Currently available in **OSCAR Pro** and **Accuro QHR** (with a version for Telus PS Suite coming in winter 2023), this free tool supports primary care by giving easier access to the information you need at the point of care.

Features include:

- Practical assistance for screening and assessment
- Optimized guidance on management
- Supports for patient self-management

Available services:

Change management enables smooth adoption and effective utilization

- Tailored coaching
- Facilitated installation, set-up and training.
- Review of existing workflows to maximize efficiencies.

Academic detailing provides 1-on-1 clinical discussions with a trained pharmacist

- Know who and how to screen.
- Individualize therapy with a shared decision-making approach.
- Find accessible, affordable local resources for patients.

The screenshot shows the 'Comprehensive Assessment' tool interface. At the top, there's a header with 'done', '2023-03-23', 'copy from prior', and 'clear' buttons. Below this is a 'Select type' dropdown and a date input field 'mm/dd/yyyy'. A section titled 'Patient here to discuss:' has a text input field. Below that, 'Since last visit, feels:' has a 'Select' dropdown and a 'Document overall patient progress' text input. The main content area is divided into sections: 'Mental status examination' with a list of symptoms (Affect/behaviour, Dress/groom, Speech, Perception, Thoughts, Insights) and a large text input; 'Recent stressful or traumatic life events' with a text input; 'Suicide risk assessment' with 'Low risk' and 'High risk' radio buttons and a text input; and 'Columbia-Suicide Severity Rating Scale (C-SSRS)' and 'Personal and Psychosocial Stressors & Supports' sections. A 'Submit' button is at the bottom right.

Upcoming Practising Well Community of Practice

Improving burnout with time management with Drs. Chandi Chandrasena, Sarah Giles and James Goertzen

The increased administrative burden on family doctors, along with a rise in complex patient cases, have led to extended work hours, leading to burnout within family medicine. In this session, we will share invaluable strategies and time management hacks to combat burnout and enhance both professional satisfaction and personal well-being. The panel will offer insights and tips on optimizing charting and paperwork review to increase efficiency in practice.

December 13, 2023
8:00am – 9:00am

[Register Now](#)

practisingwell@ocfp.on.ca



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 1 Mainpro+ credit. The Practising Well Community of Practice includes a series of planned live, interactive sessions. Each session is worth 1 Mainpro+ credits, for up to a total of 12 credits.



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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: December 15, 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.