

COVID-19  
Community of  
Practice for Ontario  
Family Physicians

Oct 28, 2022

Dr. Janine McCready  
Dr. Rosemarie Lall



***Managing Influenza-like Illness this Fall***



Family & Community Medicine  
UNIVERSITY OF TORONTO

Ontario College of  
Family Physicians



# Managing Influenza-like Illness this Fall

Moderator: Dr. Tara Kiran

Fidani Chair, Improvement and Innovation

Department of Family and Community Medicine, University of Toronto

Panelists:

- Dr. Janine McCready, Toronto
- Dr. Rosemarie Lall, Toronto

Co-hosts:

- Dr. Mekalai Kumanan, OCFP President
- Dr. Liz Muggah, Senior Clinical Advisor, Primary Care, Ontario Health

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 recognize 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 respect 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.

## Cree patient revealed hospital food reminded him of residential school, so the MUHC started baking bannock

It took many tries to achieve 'comfort food' Indigenous patients were looking for

[Rachel Watts](#) · CBC News · Posted: Oct 14, 2022 4:00 AM ET | Last Updated: October 14



From left to right, Julie Woodfine, Christiane Azzi, Megan Kouri, Brandon Hall, Maryse Fournier and Dr. Marie-Josée Brouillette hold bannock on a plate. The MUHC is offering bannock as a new menu item for First Nations and Inuit patients after a Cree man explained he couldn't eat food that reminded him of his time in residential school. (Submitted by MUHC)

It was late September, 2021, when Dr. Marie-Josée Brouillette says she first consulted with a patient who would go on to be the driving force for a new menu item at the McGill University Health Centre.

George Matches, 69, was a Cree man from Chisasibi who was in hospital for cancer surgery but he was refusing to eat — making his surgical team concerned for his recovery.

# 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. Elizabeth Muggah (OCFP); Kimberly Moran (OCFP) and Mina Viscardi-Johnson (OCFP)

### **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. Rosemarie Lall– Panelist**

Family Physician, Platinum Medical FHO Lead



## **Dr. Liz Muggah – Co-Host**

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



## **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

# Speaker Disclosure

- Faculty Name: **Dr. Janine McCready**
- Relationships with financial sponsors:
  - Grants/Research Support: N/A
  - Speakers Bureau/Honoraria: OCFP
  - Others: N/A
  
- Faculty Name: **Dr. Rosemarie Lall**
- Relationships with financial sponsors:
  - Grants/Research Support:
  - Speakers Bureau/Honoraria: OCFP, SHN, DFCM
  - Others: N/A
  
- Faculty Name: **Dr. Liz Muggah**
- Relationships with financial sponsors:
  - Grants/Research Support: N/A
  - Speakers Bureau/Honoraria: N/A
  - Others: Ontario Health

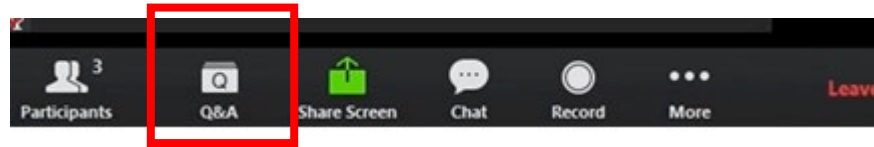


# Speaker Disclosure

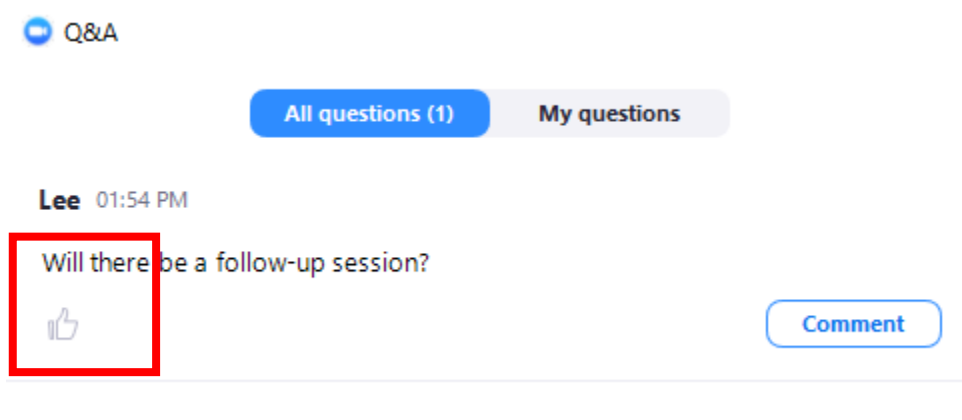
- Faculty Name: **Dr. Mekalai Kumanan**
- Relationships with financial sponsors:
  - Grants/Research Support: N/A
  - Speakers Bureau/Honoraria: ECHO Chronic Pain and Rheumatology Advisory Board, Ontario College of Family Physicians
  - Others: N/A
  
- Faculty Name: **Dr. Tara Kiran**
- Relationships with financial sponsors:
  - Grants/Research Support: St. Michael's Hospital, University of Toronto, Health Quality Ontario, Canadian Institute for Health Research, Ontario Ministry of Health, Gilead Sciences Inc (re: Hepatitis C), Staples Canada (re: Patient Engagement)
  - Speakers Bureau/Honoraria: Ontario College of Family Physicians, Ontario Medical Association, 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

# How to Participate

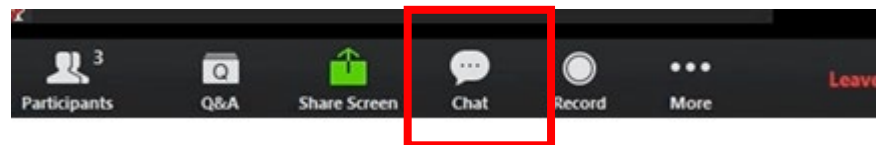
- All questions should be asked using the Q&A function at the bottom of your screen.



- 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**

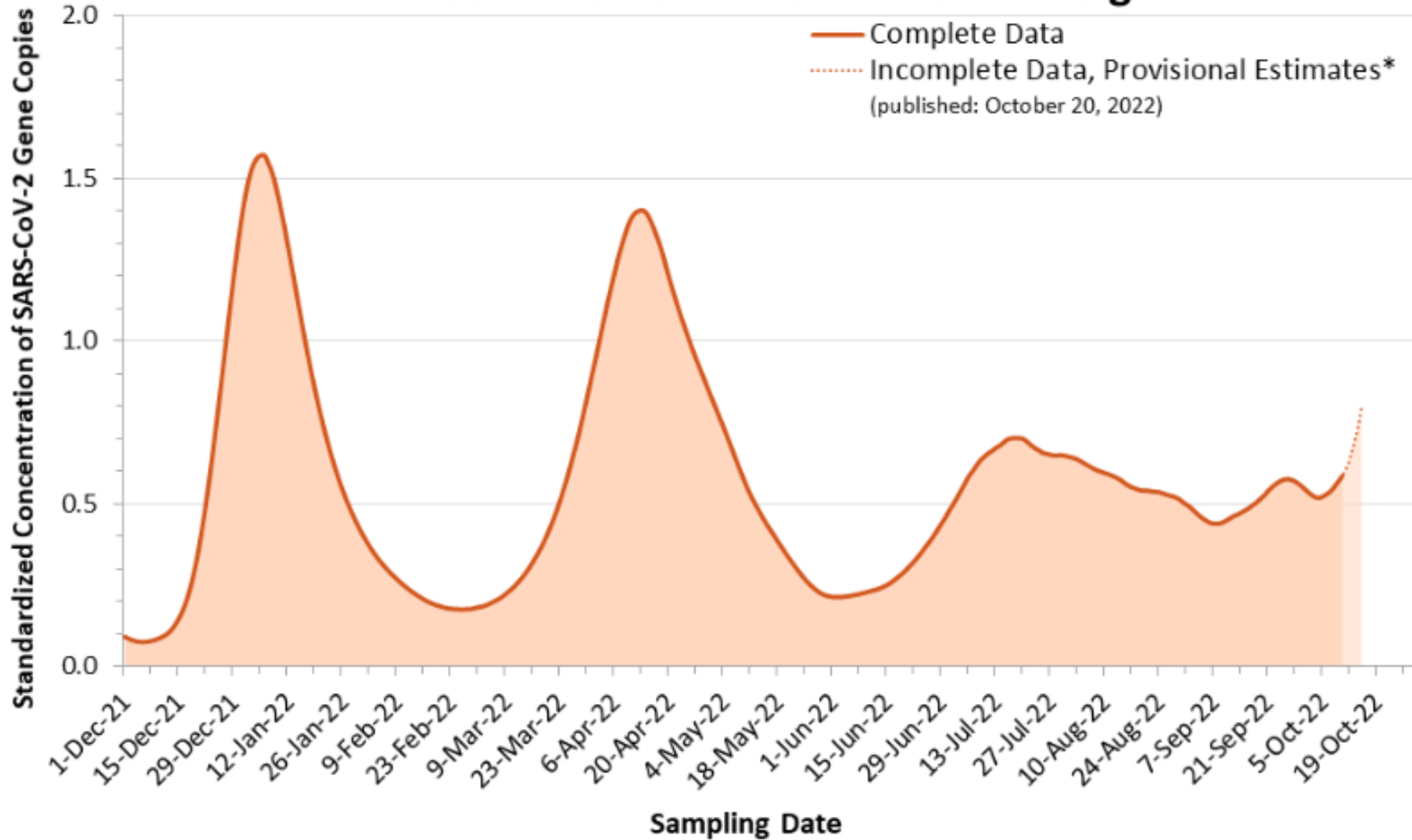
Infectious Disease Physician, Michael Garron Hospital



**Dr. Rosemarie Lall– Panelist**

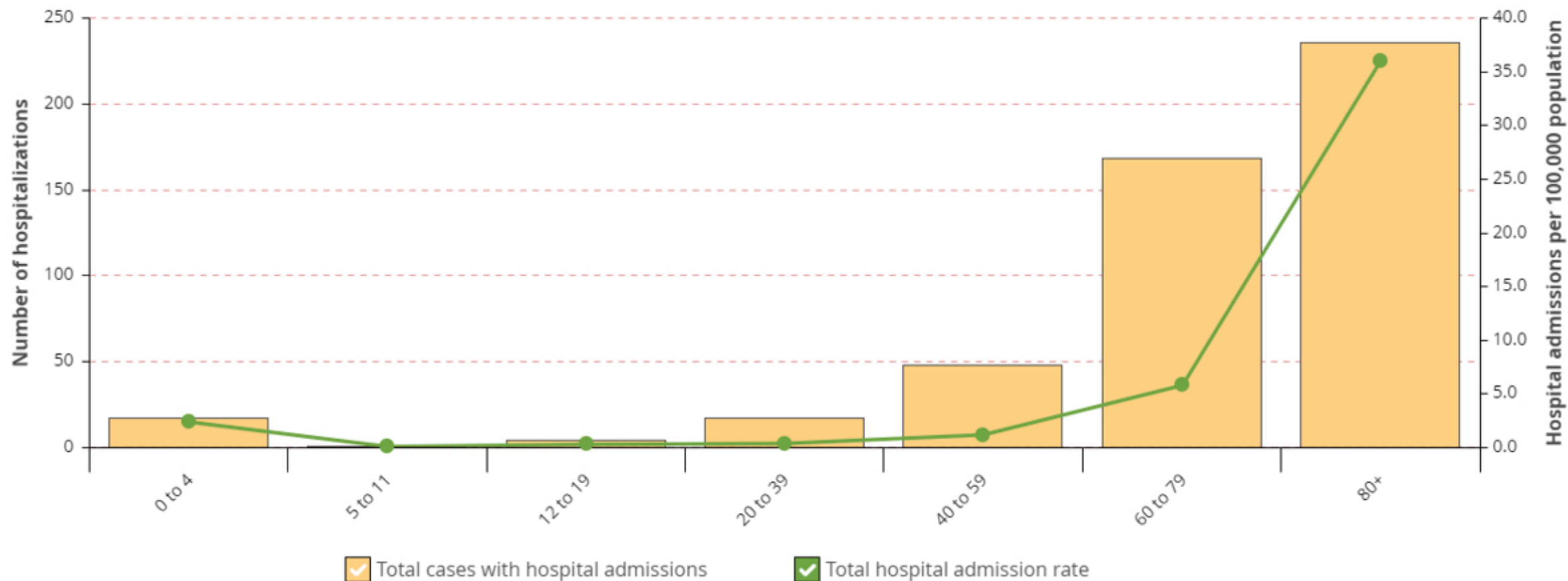
Family Physician, Platinum Medical FHO Lead

# Province-Wide COVID-19 Wastewater Signal

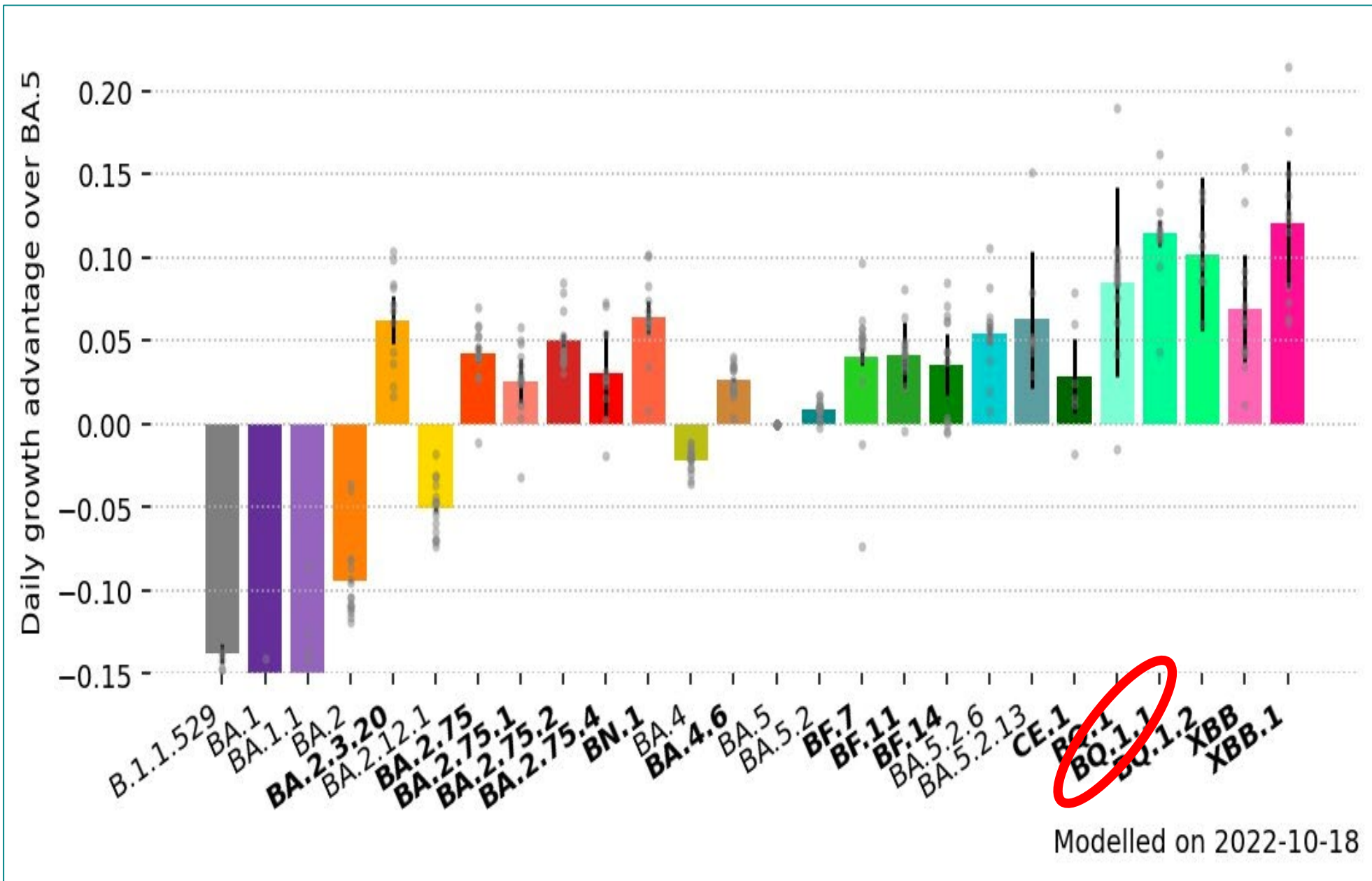


<https://www.publichealthontario.ca/en/Data-and-Analysis/Infectious-Disease/COVID-19-Data-Surveillance/Wastewater>

## Recent COVID-19 hospital admissions counts and rates by age group in Ontario - Last updated October 15, 2022

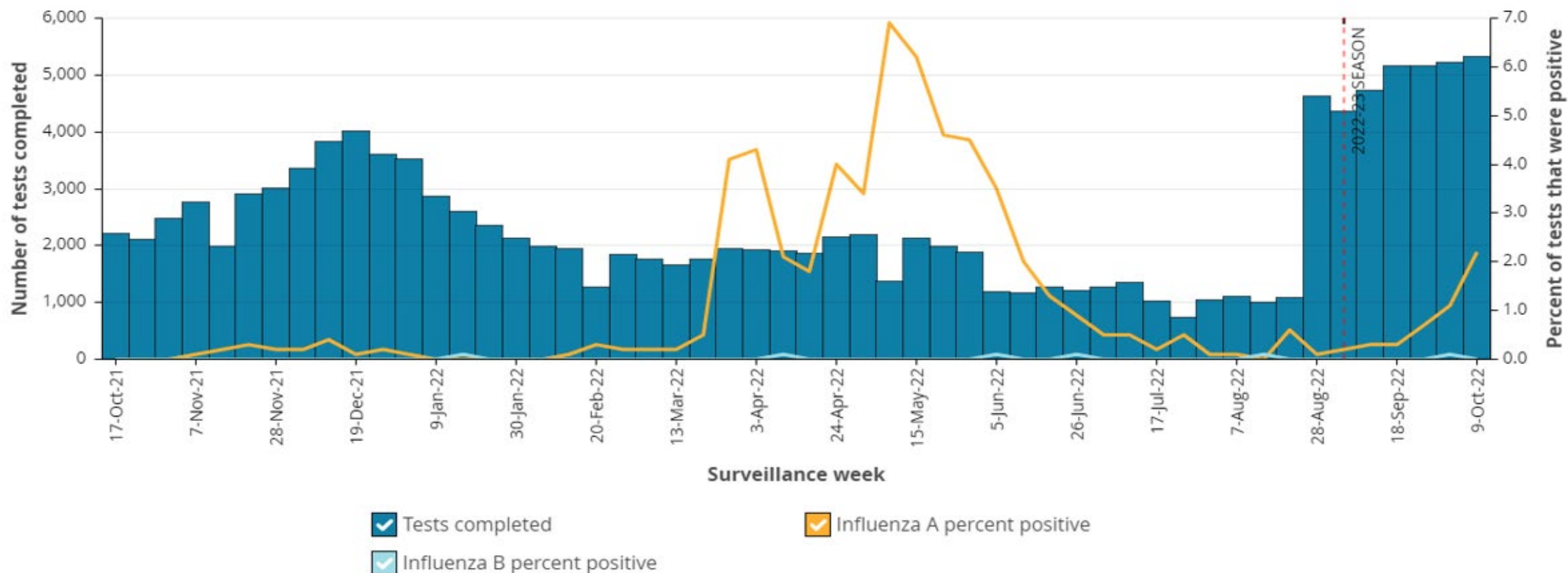


<https://www.publichealthontario.ca/en/data-and-analysis/infectious-disease/covid-19-data-surveillance/covid-19-data-tool?tab=ageSex>



Source: <https://twitter.com/MoritzGerstung/status/1582266906777526274>

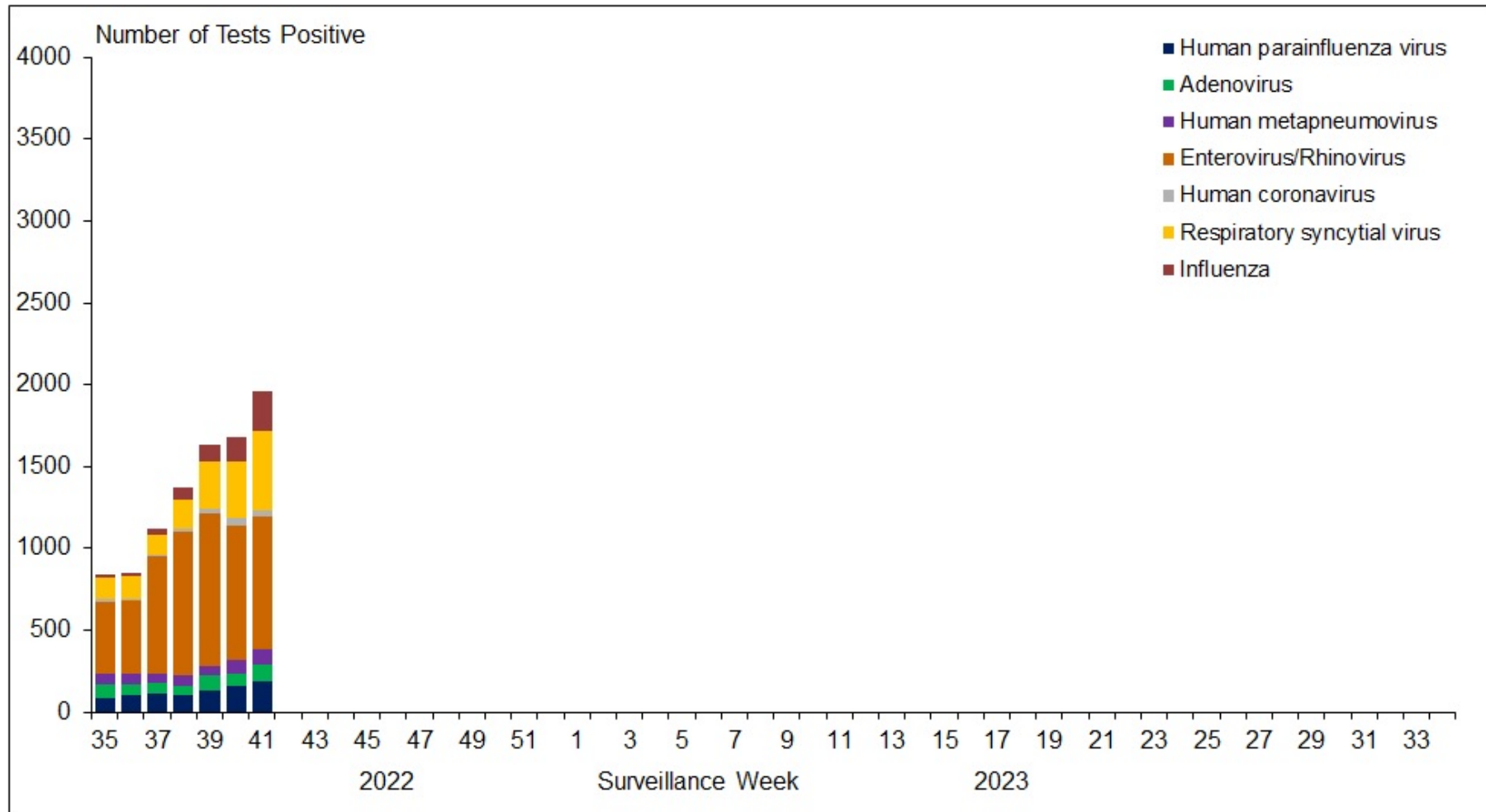
## Number of influenza tests performed and percent positive by surveillance week October 17, 2021 to October 15, 2022



<https://www.publichealthontario.ca/en/Data-and-Analysis/Infectious-Disease/COVID-19-Data-Surveillance/COVID-19-Data-Tool?tab=overview>

# Number of positive respiratory virus tests

Figure 2: Number of positive respiratory virus tests reported by participating laboratories in Canada by surveillance week



<https://www.canada.ca/en/public-health/services/surveillance/respiratory-virus-detections-canada/2021-2022/week-41-ending-october-15-2022.html>



# Office IPAC

- Universal Masking
- PPE
- Hand hygiene
- Environmental cleaning
- Ventilation
- Physical distancing in waiting room if possible
- Screening
- Put those with URTI symptoms directly into a room if possible
- Stagger staff breaks to avoid outbreaks

# Managing ILI

- **Who to send to ED?**

- Symptoms of severe illness (Difficulty breathing, Severe chest pain, Altered LOC)
- Infants < 3 months with fever, unwell or difficulty breathing
- Children >3 months with fever >7 days, difficulty breathing, dehydrated, not waking up

- **Who to see in clinic or refer for assessment at ILI Assessment clinic?**

- Unclear etiology (Eg. Fever NYD)
- Higher risk (Children <2, Adults >65, Comorbidities, Immunosuppressed, pregnant)

# Testing and Treatment

- TEST for COVID:
  - Anyone higher risk who would consider treatment
    - Older, co-morbidities
  - HCW
  - Caregiver/close contact for vulnerable individuals
  - If high risk get a PCR if RAT negative
  - RAT – proper technique and repeat

# Try to determine risk of disease Progression

- Higher risk (Age, vaccines, Comorbidities, Immunosuppressed, pregnant)
- Antiviral Treatments:
  - COVID – Paxlovid or Remdesivir
  - Influenza - Tamiflu

AGE (years)	NUMBER OF VACCINE DOSES			RISK FACTORS
	0 doses	1 or 2 doses	3 doses	
<20 <sup>1</sup>	Higher risk if ≥3 risk factors <sup>1</sup>	Standard risk <sup>1</sup>	Standard risk <sup>1</sup>	<ul style="list-style-type: none"> <li>• Obesity (BMI ≥30 kg/m<sup>2</sup>)</li> <li>• Diabetes</li> <li>• Heart disease, hypertension, congestive heart failure</li> <li>• Chronic respiratory disease, including cystic fibrosis</li> <li>• Cerebral palsy</li> <li>• Intellectual disability</li> <li>• Sickle cell disease</li> <li>• Moderate or severe kidney disease (eGFR &lt;60 mL/min)</li> <li>• Moderate or severe liver disease (e.g., Child Pugh Class B or C cirrhosis)</li> </ul>
20 to 39	Higher risk if ≥3 risk factors	Higher risk if ≥3 risk factors	Standard risk	
40 to 69	Higher risk if ≥1 risk factors	Higher risk if ≥3 risk factors	Standard risk	
≥70	Higher risk	Higher risk if ≥1 risk factors	Higher risk if ≥3 risk factors	
Immunocompromised <sup>2</sup> individuals of any age	Higher risk: Therapeutics should always be recommended for immunocompromised individuals not expected to mount an adequate immune response to COVID-19 vaccination or SARS-CoV-2 infection due to their underlying immune status, regardless of age or vaccine status. <sup>1,2</sup>			
Pregnancy	Higher risk <sup>3</sup>	Standard risk	Standard risk	

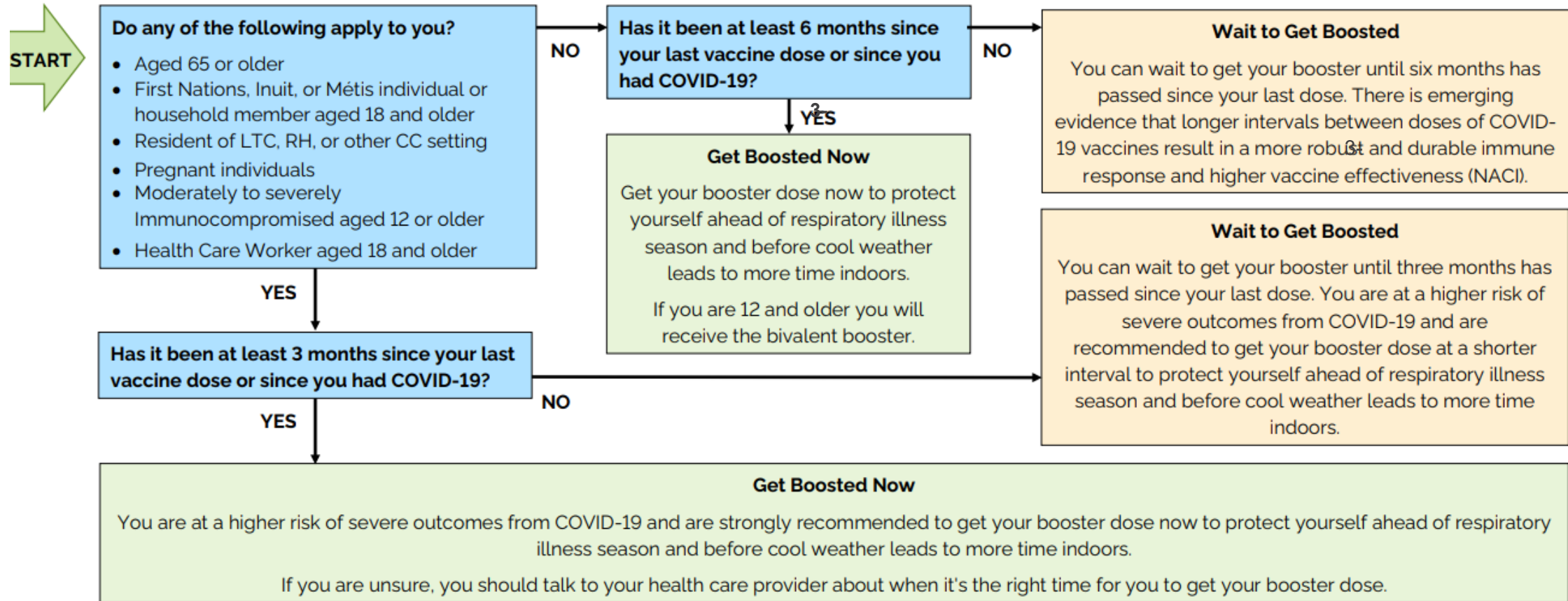
1. Evidence for the safety and efficacy of sotrovimab and nirmatrelvir/ritonavir (Paxlovid) in children <18 years of age is limited. While early evidence on risk factors for moderate and severe COVID-19 in children is emerging, the ability to reliably predict disease progression in children remains very limited, and the frequency of progression is rare. While not routinely recommended in children <18 years of age, the use of these agents may be considered in exceptional circumstances (e.g., severe immunocompromise and/or multiple risk factors, clinical progression) on a case-by-case basis. Multidisciplinary consultation with Infectious Diseases (or Pediatric Infectious Diseases) and the team primarily responsible for the child's care is recommended to review the individual consideration of these medications.

2. Examples of immunocompromised or immunosuppressed individuals include receipt of treatment for solid tumors and hematologic malignancies (including individuals with lymphoid malignancies who are being monitored without active treatment), receipt of solid-organ transplant and taking immunosuppressive therapy, receipt of chimeric antigen receptor (CAR)-T-cell or hematopoietic stem cell transplant (within 2 years of transplantation or taking immunosuppression therapy), moderate or severe primary immunodeficiency (e.g., DiGeorge syndrome, Wiskott-Aldrich syndrome, common variable immunodeficiency, Good's syndrome, hyper IgE syndrome), advanced or untreated HIV infection, active treatment with high-dose corticosteroids (i.e., ≥20 mg prednisone or equivalent per day when administered for ≥2 weeks), alkylating agents, antimetabolites, transplant-related immunosuppressive drugs, cancer chemotherapeutic agents classified as severely immunosuppressive, tumor-necrosis factor (TNF) blockers, and other biologic agents that are immunosuppressive or immunomodulatory. These individuals should have a reasonable expectation for 1-year survival prior to SARS-CoV-2 infection.

3. Therapeutics should always be recommended for pregnant individuals who have received zero vaccine doses.

## Figure 1. Flow Diagram for COVID-19 Booster Vaccination – When should you get a booster dose?

For individuals aged 5 and older who have completed a primary series: Use the chart below to determine when it's time to get your COVID-19 booster.<sup>11</sup>



<sup>11</sup> Health care workers are not at a higher risk of severe outcomes, unless they belong to another high-risk group. However, health care workers who care for high-risk patients are recommended to be vaccinated to protect their vulnerable patients and all health care workers are recommended to be vaccinated to ensure health system capacity. All vaccines available in Ontario are approved by Health Canada and are safe, effective, and are the best way to stay protected from COVID-19 and its variants.

Bivalent Omicron-containing mRNA COVID-19 vaccines are the preferred booster products for authorized age groups (i.e., individuals 12 and older).

# What else to tell patients?

- Encourage Flu shots
- Encourage boosters
- Stay home when sick
- Encourage masking in indoor public spaces

A close-up photograph of grass blades covered in a fine layer of white frost. The background is a soft, out-of-focus blue and white, suggesting a misty or foggy environment. The lighting is bright, creating a high-contrast scene with some lens flare effects.

# Managing ILI in offices

Rosemarie Lall MD, CCFP, FCFP

Scarborough

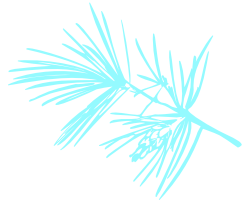
Oct 28, 2022

# What are our colleagues doing?

## Tactics vary but overall strategies similar

- Respect for IPAC
- COVID and influenza treated as ILI
- Universal precautions: full PPE- gown, mask (N95) and shield, gloves
- Access - allowing same day appointments in person
- Triage on the phone
- Use of RAT test
- Just bring the patients in
- Focus on seeing children
- Distancing if able, creative solutions (parking lot for waiting or examining)
- “Sick room” close to the entrance
- Physically separate the sick from well
- Other tactics?
- **Let’s share in the chat!**





1966 released

# What is happening now:

## THE GOOD,

- Vaccines
- RAT/PPE stock
- Treatment options
- Virtual Medicine
- Knowledge of COVID

## The Bad

- Increased patient and parental anxiety
- Patient masking and covid fatigue
- Increase demand for services
- We are also tasked with post covid recovery
- Going on 2 + years of the new way to practice and it is getting a bit wearisome

## The Ugly

- Start of a new wave
- Anticipated long and difficult cold & flu season
- Shortage of meds
  - for the children (acetaminophen, ibuprofen)
  - for adults
- The unknown of new variants

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# Opportunities

Focus on patient re-education

Support our patients through their anxiety

Goal : “ keep patients out of the ER”

Respect for IPAC

Use resources out there, e.g. ASP\*

Wish:

- More public campaigns for patient education
- Funding support for extra expenses of PPE



# Managing patients with respiratory symptoms in office

## RESOURCES: October 2022

- **Fall update to patients – script** (incl. flu vaccination, COVID vaccines, and when to seek care)  
<https://www.ontariofamilyphysicians.ca/tools-resources/covid-19-resources/clinical-care-office-readiness/fall-update-to-patients.pdf>
- **IPAC Summary for Community Practices – updated**  
<https://www.ontariofamilyphysicians.ca/tools-resources/covid-19-resources/clinical-care-office-readiness/ipac-summary.pdf>
- **Managing patients with respiratory symptoms in office – overview**  
<https://www.ontariofamilyphysicians.ca/tools-resources/covid-19-resources/clinical-care-office-readiness/covid-screening-tool.pdf>
- **My child has COVID. What should I do? – updated** (*Confused About COVID* series)  
<https://rebrand.ly/Child-has-COVID>
- **Frequently asked IPAC/PPE questions**  
<https://www.ontariofamilyphysicians.ca/tools-resources/covid-19-resources/clinical-care-office-readiness/top-10-ipac-ppe-questions.pdf>



## Wondering if you should get boosted this Fall?

What if I recently had Covid?

Is the booster Omicron-specific?

What about boosters for my kids?

Our doctors are here to answer your vaccine questions.

I can help. Let's talk.

Our VaxFacts Clinic will connect you with qualified doctors who understand that you may have questions or are looking for more information about COVID-19 vaccines. They are ready to talk, listen and help you get the facts.



Schedule a one-to-one phone conversation.  
BOOK ONLINE OR GIVE US A CALL.

[shn.ca/VaxFacts](https://shn.ca/VaxFacts) | 416-438-2911 ext. 5738



## VaxFacts<sup>+</sup> for Parents



COVID-19 vaccines are now available for kids aged 6 months and up — and our VaxFacts Clinic is here to connect you with qualified doctors who understand that you may have questions or concerns, or just want to learn more.

They are ready to talk, listen and help you get the facts.

Schedule a one-to-one phone conversation  
so you can make an informed decision.

BOOK AN APPOINTMENT ONLINE

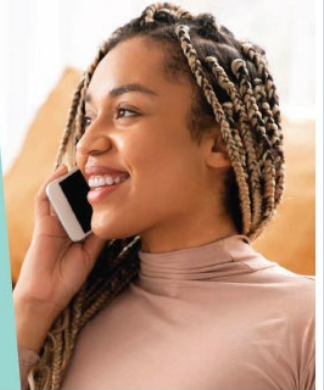
CALL TO MAKE AN APPOINTMENT

[shn.ca/VaxFacts](https://shn.ca/VaxFacts) | 416-438-2911 ext. 5738



## VaxFacts<sup>+</sup>

Speak with a VaxFacts Clinic physician about more topics!



Our trusted doctors are here to talk, listen and answer your questions about more VaxFacts services:



**MONKEYPOX**  
And other infectious diseases



**COVID-19 VACCINES & TREATMENTS**  
Such as boosters, Evusheld and Paxlovid



**AND MORE**  
Such as childhood vaccines, flu vaccines and preventative counselling



Schedule a one-to-one phone conversation.  
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# Join the COVID-19 Community of Practice Planning Committee

Looking for members of this community to participate in the planning of these sessions who:

- represent different practice models
- practice in different regions within Ontario



[ocfpcme@ocfp.on.ca](mailto:ocfpcme@ocfp.on.ca)





# Questions?

Webinar recording and curated Q&A will be posted soon

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

Our next Community of Practice: November 11, 2022

Contact us: [ocfpcme@ocfp.on.ca](mailto: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.**