



Ontario College of Family Physicians

Education | Leadership | Research | Advocacy

Continuing Professional Development Program Listing



June 16, 2017

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Ontario College of Family Physicians

Education | Leadership | Research | Advocacy

The OCFP is the voice of family medicine representing more than 10,000 family physicians providing patient care across communities throughout Ontario. Our mandate is to support members by providing evidence-based education and professional development, by promoting and recognizing leadership excellence in family medicine, and by advocating for the role family physicians play in delivering the highest quality care to patients and families across Ontario.

A primary mandate of the OCFP is to develop, provide and accredit quality continuing professional development programs for family physicians and other health-care professionals in Ontario.

To sign-up for our e-Newsletter, please visit our website at ocfp.on.ca.

CONTINUING PROFESSIONAL DEVELOPMENT REQUEST FORM

A primary mandate of the OCFP is to provide quality continuing professional development programs for family physicians and other health-care professionals in Ontario. If there is an interest or need in your community for any of the following CPD programs, please submit the following form:

Requesting Organization: _____

Contact Name and Title: _____

Address: _____

Telephone Number: _____

Email Address: _____

Please list the programs you are interested in having in your community:

1. _____

2. _____

3. _____

Expected date and time of program: _____

Are this date and time flexible? Yes No

Expected number of participants: _____

Would this event be open to other physicians and health professionals in the area? Yes No

Is there space available at your organization? Yes No

Is there access to an LCD projector and projector screen? Yes No

Additional comments or requests: _____

Please submit this form to the Ontario College of Family Physicians, 400 University Ave., Suite 2100, Toronto, ON M5G 1S5, ocfpcme@cfpc.ca, telephone: 416-867-9646, fax: 416-867-9990.

UNDERSTANDING OUR PROGRAMS

Certified Group Learning programs:

- 1) Provide excellent continuing professional development through reflective practice and applied learning.
- 2) Require a demonstration of self-reflection.
- 3) Have a maximum ratio of one facilitator per eighteen participants.

For more information, visit the College of Family Physicians of Canada website at http://cfpc.ca/Mainpro+_intro/

Other information

- Program scheduling is based on availability of speakers.
- Fee structure will vary depending on funding, location (venue and food provisions), handout materials, number of participants and required number of speakers.

For more information, please contact us:

Ontario College of Family Physicians

400 University Avenue, Suite 2100, Toronto, ON, M5G 1S5

Phone: 416.867.9646 | Toll-free: 800-670-6237 (in Ontario)

Fax: 416.867.9990 | Email: ocfpcme@ocfp.on.ca | Website: www.ocfp.on.ca

Chronic Disease Management

Assessment, Treatment and Follow-up of Osteoporosis and Falls (Currently certified until December 17, 2017)

3 HOURS

6 CREDITS

This program on Assessment, Treatment and Follow-up of Osteoporosis and Falls provides an up to date approach to osteoporosis and falls with the latest information on the current Care Gap in treatment of osteoporosis in Ontario. The recently published Long-term Care Guidelines for Osteoporosis is also included in the program as well as an emphasis on the moderate risk patient which is our most challenging patient to treat in primary care. The assessment of individuals who should and can have a drug holiday will also be covered. In addition, participants will also be introduced to an Osteoporosis assessment tool that can be used to facilitate screening and monitoring of patients at risk for or diagnosed with Osteoporosis. The tool is available for download for PS Suite EMRs (OSCAR in development) and as a standalone PDF.

After active engagement in this program, participants will be better able to:

- Review and describe the current care gap in osteoporosis fracture care and identify barriers and facilitators
- Recognize the impact of osteoporotic fracture
- Assess and apply management strategies and treatment plan for patients at high risk of fracture

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 6 Mainpro+ credits.

Insulin Preceptorship: Initiating Type 2 Diabetes Patients on Insulin (Currently certified until October 20, 2017)

3 HOURS

6 CREDITS

According to the 2013 Clinical Practice Guidelines from the Canadian Diabetes Association, diabetes is the leading cause of blindness, end stage renal disease and non-traumatic amputation in Canadian adults. In addition to these risks, cardiovascular disease is 2-4 times more prevalent in people with diabetes. Effective management of uncontrolled glycaemia in patients with type 2 diabetes mellitus (T2DM) by family physicians in collaboration with diabetes education teams is essential in improving quality of life and reducing adverse outcomes in patients living with T2DM.

After active engagement in this program, participants will be better able to:

- Initiate appropriate treatment to promote optimal glycemic control in T2DM patients according to the Canadian Diabetes Association guidelines
- Identify the benefits of earlier insulinization in T2DM patients and explain benefits to your patients
- Differentiate the treatment option of traditional and basal insulin analogues
- Assess for whom, when and how to supplement oral anti-diabetic agents with insulin or to switch from neutral protamine hagedorn (NPH) to basal insulin analogues
- Apply strategies to overcome barriers such as introduction of insulin to the patient, lack of comfort and time needed to initiate therapy in T2DM patients
- Support and liaise with colleagues including pharmacists, dieticians and nurse educators to develop an optimal treatment plan and to assist in the implementation and education of insulin initiation

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 6 Mainpro+ credits.

Leadership Development

Leadership Development Program: Morale and Productivity (Currently certified until December 7, 2017)

3 HOURS

6 CREDITS

Case #1 – Monday Morning at the Office

Many family practice physicians work under significant demands in their office setting. While patients expect full attention to their presenting concerns, there are other competing demands that occupy the physician, not least of which is the work environment of the practice setting and the relationship with colleagues and supporting staff. Many unexpected events can create pressure to manage a variety of competing demands on attention and focus. This scenario is created to engage participants in a real-life situation on an ordinary practice day.

The Case Scenario and discussion questions are designed to provoke conversation related to individual leadership challenges common to working in a collaborative group practice setting. The Leaders for Life Framework has been utilized to structure the case discussion with an intention to focus learning on skill development at the level of self-management in a complex situation as well as the skill of being able to engage others effectively in resolving a difficult challenge.

After active engagement in this program, participants will be better able to:

- Explore individual leadership style and personal skill in dealing with challenge
- Apply the LEADS framework to the case scenario
- Compare various strategies and approaches based on LEADS to resolve the case scenario challenge
- Review personal learning from the discussion
- Develop an individual learning goal(s) for transferring the learning to your practice setting
- Evaluate the effectiveness of applying the LEADS framework to family practice physician leadership development

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 6 Mainpro+ credits.

Leadership Development Program: Morale and Productivity (Currently certified until December 7, 2017)

3 HOURS

6 CREDITS

Case #2 – Oh Dear, What Can the Matter Be?

Many family physicians realize that there is more to a family practice than seeing patients. A positive and supportive work environment is what they expect, for themselves, colleagues, staff and patients. It can be challenging entering a new practice. Even established physicians may realize one day that their work environment has deteriorated over time. Often the first sign of this, and the wake-up call, is patient complaints or the observations of a new physician joining the practice. This scenario is created to engage the participants in a real-life situation in a family practice where dissatisfaction in the office environment has been identified.

The discussion plan is designed to provoke conversation related to common challenges working in a family practice. The Leaders for Life Framework has been utilized to structure the case discussion with an intention

Leadership Development, continued

Leadership Development Program: Morale and Productivity, continued (Currently certified until December 7, 2017)

3 HOURS

6 CREDITS

to focus learning on skill development at the level of self-management and the skill of being able to engage others in creating change within the workplace.

After active engagement in this program, participants will be better able to:

- Explore individual leadership style and personal skill in dealing with challenge
- Apply the LEADS framework to the case scenario
- Compare various strategies and approaches based on LEADS to resolve the case scenario challenge
- Assess personal learning from the discussion
- Develop an individual learning goals for transferring the learning to the practice setting

*This **Group Learning** program has been certified by the College of Family Physicians of Canada for up to 6 Mainpro+ credits.*

Leadership Development Program: Informal Leadership (Currently certified until December 7, 2017)

3 HOURS

6 CREDITS

Case #3 – Being a Change Champion Is Hard Work

Family physicians often work in team-based settings. While collaborative teams can enhance patient care and professional satisfaction, collaborative teams can be challenging to build, especially if you are not in a formal leadership position with authority.

This case scenario is designed to stimulate a discussion of how a “change champion” is created and how a change champion, without the benefit of formal leadership, title or authority, can exert informal leadership to achieve change.

The Leaders for Life Framework has been utilized to structure and to facilitate the case discussion with a focus on leadership skill development in self-management, engaging others and developing coalitions.

After active engagement in this program, participants will be better able to:

- Explore your individual leadership style and skills in dealing with a challenge
- Apply the LEADS framework to the case scenario
- Compare various strategies and approaches based on the LEADS framework to resolve the case scenario challenge
- Develop individual leadership learning goals that can be applied to your practice setting
- Evaluate the effectiveness of applying the LEADS framework to family practice physician leadership development

*This **Group Learning** program has been certified by the College of Family Physicians of Canada for up to 6 Mainpro+ credits.*

Leadership Development, continued

Leadership Development Program: Developing Coalitions (Currently certified until December 7, 2017)

3 HOURS

6 CREDITS

Case #4 – Coalitions Are Temporary Fusions

Frequently family practice groups recognize a need for action that is beyond the individual ability of any one family practice group to achieve. In these situations, it is often helpful for that individual family practice group to find another like-minded group or groups with which to work. When two or more groups decide to join together, voluntarily and temporarily and for a specific common purpose, they form partnerships, networks and alliances. For this case, we will use the LEADS term, coalition.

The Leaders for Life Framework has been utilized to structure the case discussion with a focus on leadership skill development in relationship to the formation of a coalition.

After active engagement in this program, participants will be better able to:

- To explore your individual leadership style and skills in dealing with the challenge of building a coalition
- To apply the LEADS framework to the case scenario
- To compare various strategies and approaches based on the LEADS framework to resolve the case scenario challenge
- To develop individual leadership learning goals that can be applied to your practice setting
- To evaluate the effectiveness of applying the LEADS framework to family practice physician leadership development

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 6 Mainpro+ credits.

Mental Health

Behavioural and Psychological Symptoms of Dementia (BPSD): Applying the P.I.E.C.E.S. Framework for Effective Clinical Management of BPSD (Currently certified until December 8, 2017)

3 HOURS

6 CREDITS

Participants will access and interpret common behavioural and psychosocial problems seen in patients affected by dementia, whether they live at home in the community or in a long-term-care home. The presentation will focus on the risks, benefits and appropriate dose range of medications that are currently recommended for BPSD. In addition it will Support health-care team members in the monitoring of common side effects of drugs that may be used in the treatment of BPSD. Furthermore health-care team members will be knowledgeable in the utilization of the P.I.E.C.E.S. assessment framework and the application of principles outlined in U-FIRST for the implementation of non-pharmaceutical approaches.

Mental Health, continued

Behavioural and Psychological Symptoms of Dementia (BPSD): Applying the P.I.E.C.E.S. Framework for Effective Clinical Management of BPSD, continued (Currently certified until December 8, 2017)

3 HOURS

6 CREDITS

After active engagement in this program, participants will be better able to:

- Assess and interpret common behavioural and psychosocial problems seen in patients affected by dementia, whether they live at home or in a long-term-care home
- Present the risks, benefits and appropriate dose range of medications that are currently recommended for BPSD that may respond to pharmacological treatment for the purpose of obtaining informed consent
- Support health-care team members in the monitoring of common side effects of drugs that may be used in the treatment of BPSD
- Support health-care team members in the utilization of the P.I.E.C.E.S. assessment framework and the application of principles outlined in U-FIRST for the implementation of non-pharmaceutical approaches

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 6 Mainpro+ credits.

Mental Health, continued

Insomnia: Beyond the Basics (Currently certified until December 16, 2017)

3 HOURS

6 CREDITS

Insomnia is a common complaint in all areas of medicine but patients rely primarily on family physicians for treatment of insomnia. In many cases insomnia is either a transient disruption of an otherwise normal sleep pattern or a symptom of another medical problem and is resolved with relative ease. The latter cases come and go without challenging family physicians. Challenges arise when the usual counselling on basic sleep hygiene and standard hypnotics do not seem to resolve the patient's complaints or the problem becomes chronic, recurrent and the primary focus for the patient. This program is intended to provide family physicians with the knowledge, skills and tools required for the management of difficult-to-treat insomnia and will make the management of uncomplicated insomnia feel very easy.

After active engagement in this program, participants will be better able to:

- Explore easy-to-use behavioural techniques to manage insomnia for application in your practice
- Apply strategic and safe use of available sedative-hypnotics across the life cycle
- Review medications for insomnia and alternative treatments to increase confidence in prescribing or not prescribing and communicate with your patients

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 6 Mainpro+ credits.

Managing Change: A Solution Development Program for Health, Self-Care and Stress Reduction

(Currently certified until August 18, 2017)

6 HOURS

12 CREDITS

Physicians are subject to rapid change, high levels of burnout, depression and stress. This interactive program teaches a solution focused model to manage such stress and change. During this program, participants will be identifying their personal stress reactions and will create solutions to these by developing goals for enhancing the management of personal stress. Participants will use specific questions and interactive tasks to create their solutions for dealing with stress and change. Participants will also learn clinical skills to help patients in practice, develop personal goals and manage life stressors.

After active engagement in this program, participants will be better able to:

- Identify stress and problem evolution to manage personal stresses
- Apply in personal practice models including Transition and Change and Solution Development
- Implement tasks for goal achievement, change and stress management to enhance health and self-care

*This **Group Learning** program has been certified by the College of Family Physicians of Canada for up to 12 Mainpro+ credits.*

Mental Health, continued

Mindfulness for Personal and Professional Resilience

(Currently certified until December 10, 2017)

6 HOURS

12 CREDITS

Mindfulness is a non-judgmental way of paying attention in the present moment. This evidence-based work helps patients to relate differently to such conditions as depression, opening them to possibilities for change. Mindfulness may increase the ability to accept what cannot be changed, reducing emotional reactivity and negative thinking. Cognitive behaviour therapy (CBT) is a treatment modality examining the relationship between beliefs, thoughts, feelings and behaviours. People suffering from depression often have negative thoughts that increase suffering and hopelessness. CBT identifies thoughts as thoughts (rather than the facts we believe them to be) and helps patients adopt more constructive beliefs, often leading to changes in moods and behaviours.

After active engagement in this program, participants will be better able to:

- Define and describe mindfulness and its theoretical underpinnings
- Review and apply resources about mindfulness in a clinical setting
- Integrate and apply mindfulness practices to both your own and your patients everyday life and difficult situations

*This **Group Learning** program has been certified by the College of Family Physicians of Canada for up to 12 Mainpro+ credits.*

Poverty

Treating Poverty

(Currently certified until October 19, 2018)

6 HOURS

18 CREDITS

Poverty represents a significant and reversible risk factor for poor health. This practical, active learning program supports the development of relevant clinical skills, a deeper understanding of the federal and provincial income security systems, and other related resources.

This program is open to family physicians and allied healthcare professionals including nurses, nurse practitioners, social workers, and others who work closely with those living in poverty.

After active engagement in this program, participants will be better able to:

- Intervene in patients' poverty using the Poverty Tool
- Critically assess income benefit programs that require physician input
- Guide patients to relevant income benefit programs
- Build and empower a team to address poverty and social determinants of health

*This **Group Learning** program has been certified by the College of Family Physicians of Canada for up to 18 Mainpro+ credits.*

Practising Wisely

Practising Wisely – Reducing Unnecessary Testing and Treatment

(Currently certified until September 27, 2018)

6 HOURS

12 OR 18 CREDITS

Participants will identify opportunities on how to "practise wisely", with a focus on reducing over-prescribing, over-imaging, over-screening and over-monitoring using the latest evidence and tools from diverse sources. This program aligns closely with the Choosing Wisely Canada (CWC) campaign to implement good healthcare stewardship and avoid over-medicalization.

Participants will learn how to access reliable, curated and renewable online resources for an evidence-informed practice supporting individualized patient-care. Active learning exercises such as case studies, individual reflection and group work will help participants to build communication skills to guide their patients through the shift from seeking sickness to enhancing health.

- Identify opportunities for practising wisely to reduce over-screening, over-imaging, over-prescribing and over-monitoring
- Access and assess reliable online resources for evidence-informed practice and integrate relevant evidence into individual patient care decision and plans
- Communicate/build consensus with patients and their families to reduce their reliance on over medicalization

*This **Group Learning** program has been certified by the College of Family Physicians of Canada for up to 18 Mainpro+ credits.*

Women's Health

Intrauterine Contraception: Theory to Practice (Currently certified until December 16, 2017)

3 HOURS

6 CREDITS

The advanced BUC program focuses on intra-uterine contraception, specifically the indications and hands-on insertion of copper IUDs (Nova T, Liberte, Flexi T and Mona Lisa) and Progesterone-containing IUS (Mirena, and the new Jaydess). Using state-of-the-art models, practicing family physicians taking part in this program, will review up-to-date information about these methods of contraception and practice insertion of these IUDs and troubleshooting challenges.

After active engagement in this program, participants will be better able to:

- Review IUD key information, including selecting appropriate patients, pros and cons of different IUD options and counselling
- Hands-on practice of techniques for different IUDs
- Troubleshooting and practical pearls

*This **Group Learning** program has been certified by the College of Family Physicians of Canada for up to 6 Mainpro+ credits.*

Women's Health, continued

Skills Transfer Program: Office Gynecological Procedures in Family Medicine (Currently certified until December 10, 2017)

3 HOURS

6 CREDITS

This program will briefly review an updated approach to the diagnosis and management of five benign uterine conditions (fibroids, abnormal uterine bleeding, endometriosis, chronic pelvic pain and pelvic organ prolapse). Using state-of-the-art models, participants will learn techniques for performing endometrial biopsies; inserting the levonorgestrel IUS; and fitting, inserting and caring for pessaries. This is a hands-on, interactive program.

After active engagement in this program, participants will be better able to:

- Describe the indications and contraindications to perform a pelvic exam, Pap smear, endometrial biopsy, Mirena IUS insertion and pessary fitting
- List steps involved in the preparation for, the performance of and the follow-up for these procedures
- Follow a bench model for gynecological procedures
- Display sensitivity to the patient in the performance of gynecological procedures

*This **Group Learning** program has been certified by the College of Family Physicians of Canada for up to 6 Mainpro+ credits.*

ONLINE LEARNING OPPORTUNITIES

Find out more about in these short, free and certified e-learning courses at ocfp.on.ca/cpd

- Advanced Access and Efficiency for Primary Care
- Chronic Disease Prevention and Management
- Extreme Heat Events
- Fertility Awareness
- Ontario's Enhanced 18-Month Well-Baby Visit
- Osteoporosis
- Radon

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