COVID updates and tips from the Charting Coach

April 14, 2023

Dr. Janine McCready
Dr. Sarah Smith
COVID updates and tips from the Charting Coach

Moderator:
• Dr. Tara Kiran, Fidani Chair of Improvement and Innovation, University of Toronto and Family Physician, St. Michael’s Academic FHT, Toronto, ON

Panelists:
• Dr. Janine McCready, Toronto, ON
• Dr. Sarah Smith, Alberta

Co-hosts:
• Dr. Mekalai Kumanan, Cambridge, ON
• Dr. Liz Muggah, Ottawa, 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.
Sudbury

'We're in a humanitarian crisis,' Attawapiskat chief calls for more land to build adequate housing

The remote community declared a state of emergency in 2011 and 2013

CBC News, April 12, 2023
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. Liz Muggah (OH), Kimberly Moran (OCFP), Mina Viscardi-Johnson (OCFP), Julia Galbraith (OCFP), Marisa Schwartz (DFCM), Erin Plenert (DFCM)

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. Sarah Smith – Panelist
Rural Family Physician, Alberta, Charting Coach for Physicians
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

Dr. Liz Muggah – Co-Host
Twitter: @ElizabethMuggah
Senior Clinical Advisor, Primary Care, Ontario Health
Family Physician, Bruyère Family Health Team
Speaker Disclosure

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

- **Faculty Name: Dr. Sarah Smith**

  **Any Direct Relationships, including receipt of honorarium:**

  **Names of Not for Profit and For-Profit Organisations:** Southern California Kaiser Permanente, Northern Ontario School of Medicine Money Fit MD – Speaker Honorarium
  Money for Women Physicians, Weight Solutions for Physicians; You Are Not Broken; Anti-Fragile Female MD; Empowering Women Physicians; South Calgary Primary Care Network
  Allina Health Rehabilitation Institute; Queens University Toronto; Mount Nittany Medical Centre; Kara Pepper Coaching; Ontario College of Family Physicians
  Canadian Women in Medicine Conference; Victoria Division of Family Physicians; University of Chicago Rheumatology Grand Rounds; Canadian College of Family Physicians, Family Medicine Forum; Rocky Mountain Internal Medicine Conference; University of Alberta, Fall Conference; University of Alberta, Fall Conference; MNP Accounting; Mosaic Primary Care Network; Kootenay Boundary Division of Family Practice; Schuswap Division of Family Practice; South Island Division of Family Practice; Nanaimo Division of Family Practice
  Chilliwack Division of Family Practice; Authenticity, Courage and Empowerment Conference; Ohio Family Physicians; Physicians Mom’s Group Conference;
  North York General Hospital Family Medicine Residents OntarioMD Digital Health and Virtual Care Conference; Mankato Clinic; Dartmouth Hitchcock Dermatology Department;
  Victoria Division of Family Physicians; BC College of Family Physicians –; Ontario College of Family Physicians

  **Funded Grants, Research or clinical Trials – N/A**
  **Patents for a drug or Device – N/A**
  **Investments – N/A**

  **Membership on advisory boards or speakers’ bureaus**
  Member Alberta College of Family Physicians – Member Advisory Council (Now inactive); Member McLeod River Primary Care Primary Care Network – Physician Member (Active); University of Alberta – Department of Community Engagement – Preceptor (Active); Edson Medical Centre Board Member and Physician Owner (Active); Alberta Medical Association – Consultant and Speaker Honorarium; Integrate Community Clerkship Education Advisory Committee (Now inactive member)

  **All other investments or relationships that could be seen by a reasonable, well-informed participant to influence the content of the educational activity**
  Reach Career Coaching Inc – Director/Owner of the Charting Champions Program
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. Liz Muggah**
• Relationships with financial sponsors:
  • Grants/Research Support: N/A
  • Speakers Bureau/Honoraria: N/A
  • Others: Ontario Health

• Faculty Name: **Dr. Tara Kiran**
• Relationships with financial sponsors:
  • Speakers Bureau/Honoraria: St. Michael’s Hospital, University of Toronto, Health Quality Ontario (HQO), Canadian Institutes for Health Research (CIHR), Ontario College of Family Physicians (OCFP), Ontario Medical Association (OMA), 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, McMaster University, Queen’s University, North American Primary Care Research Group.
  • Grants/Research Support: Canadian Institute for Health Research, Ministry of Health and Long-Term Care, St. Michael’s Hospital Foundation, St. Michael’s Hospital Medical Services Association, Women’s College Hospital Academic and Medical Services Group Innovation Fund, University of Toronto, Health Quality Ontario, Ontario Ministry of Health, Gilead Sciences Inc., Staples Canada, Max Bell Foundation.
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 panel's attention.

• Please use the chat box for networking purposes only.
Dr. Janine McCready – Panelist
Infectious Disease Physician, Michael Garron Hospital

Dr. Sarah Smith – Panelist
Rural Family Physician, Alberta, Charting Coach for Physicians
Who is higher risk for poor outcomes from COVID-19?

- Age
- Immunocompromise
- LTC/congregate settings
- Unvaccinated or under vaccinated
# Handy Chart

<table>
<thead>
<tr>
<th>Activity</th>
<th>Risk Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hugging friend</td>
<td>Licking subway pole</td>
</tr>
<tr>
<td>Dinner party</td>
<td>French-kissing everyone in subway car</td>
</tr>
<tr>
<td>Restaurant</td>
<td>Licking floor of subway car</td>
</tr>
<tr>
<td>Theatre</td>
<td>French-kissing everyone in subway car, then licking subway pole</td>
</tr>
<tr>
<td>Flying</td>
<td>French-kissing everyone in subway car, then licking pole, then licking floor</td>
</tr>
</tbody>
</table>

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**New Yorker Cartoons**

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Advice for Higher Risk Patients

• Keep up to date with COVID-19 vaccine boosters
• Influenza vaccines
• Pneumococcal vaccines
• Avoid those with symptoms of a viral infection
• Mask in indoor crowded places
• If symptoms, test and discuss +/- give paxlovid
GUIDANCE ON AN ADDITIONAL COVID-19 BOOSTER DOSE IN THE SPRING OF 2023
for individuals at high risk of severe illness due to COVID-19

NACI RECOMMENDS THAT:

• Starting in the spring of 2023, an additional booster dose may be offered 6 or more months from the last COVID-19 vaccine dose or infection to the following individuals who are at increased risk of severe illness from COVID-19: (Discretionary NACI recommendation)
  ◦ Adults 80 years of age and older
  ◦ Adults 65 to 79 years of age, particularly if they do not have a known history of SARS-CoV-2 infection
  ◦ Adult residents of long-term care homes and other congregate living settings for seniors or those with complex medical care needs
  ◦ Adults 18 years of age and older who are moderately to severely immunocompromised due to an underlying condition or treatment

March 3, 2023
COVID VACCINE FACTS

SPRING COVID BOOSTERS are recommended for:

- ANYONE 5 years & older who has not received a booster dose since September 1 2022 & it is 6 months since their last COVID-19 infection
Symptoms possibly due to COVID infection

Is your patient at higher risk of having serious symptoms or being hospitalized because of COVID-19?

**YES**
- Do a Rapid Antigen Test
- If positive consider Paxlovid
  - Refer to CanTreat COVID
  - Prescribe
  - Refer to pharmacy
- If negative but symptoms consistent with COVID, repeat RAT daily and get a PCR

**NO**
- Stay home until symptoms improving for at least 24 hours (48 hrs if GI symptoms)
- Fever resolved
- No new symptoms
- Avoid high-risk individuals for 10 days
- Wear a mask when indoors out of your house for 10 days
- Can take a Rapid Antigen Test (RAT).
  - Even if you test negative on the RAT, stay home and self-isolate and follow above.
Where to find RATs or Get tested?

• https://www.ontario.ca/rapid-test-locator

• https://www.ontario.ca/assessment-centre-locations

• https://www.ontario.ca/covid-treatment-screener/
• Canada-wide study evaluating effectiveness of COVID-19 medications
• By primary care providers, for primary care providers
• Eligible: Adults with a positive COVID test, aged 50+ years or 18-49 years with one or more chronic condition(s)
• Enrollment underway – to refer your patients (patients may self-refer):
  o Phone: 1-888-888-3308 (Monday - Friday, 8 am to 6 pm ET)
  o Email: info@CanTreatCOVID.org
  o Website: CanTreatCOVID.org/contact
• More information:
  o FAQs: https://www.dfcm.utoronto.ca/sites/default/files/inline-files/CanTreatCOVID%20Study%20Info%20FAQ.pdf
Masking in Healthcare

• Uncertain Seasonality
• High, vs non-high risk? Outbreaks, hospitalizations, ICU admissions, waste-water positivity
• Toronto hospitals – moderate level of COVID:
  • No longer require masking in the following settings:
    • Non-clinical, non-patient facing areas of the hospital or affiliated buildings (e.g. finance departments, HR, etc.)
    • Clinical, non-patient facing areas of the hospital (e.g. pharmacy departments, labs)
    • Meeting/conference/gathering rooms not located within inpatient units or patient care areas
  • Masking will remain mandatory in:
    • All clinical, patient facing areas (inpatient and ambulatory)
    • Meeting rooms that are contiguous with patient care areas/inpatient units (e.g. bullet rounds rooms)
"This one's dedicated to all the people that didn't believe in me when I was getting started."
Tips from the Charting Coach

Creating Time for Our Lives Outside of Medicine

Dr Sarah Smith, Charting Coach

- Rural Family Physician
- Founder of The Charting Champions Program
- Adventurer
- Mom

- ceo@reachcareercoaching.ca
- IG: @chartingcoach
- Sustainable Clinical Medicine Podcast
After the last patient leaves for the day...

You sit down to complete the rest of today’s work

How are you feeling?
Tired
Overwhelmed
Frustrated
Miserable
Dreading Work
Burnt-Out
Where do I even Start
I'm never done
Does it ever end
I'm So Overwhelmed
Will I ever figure this out
What's wrong with me
What is Medicine Costing You?
It’s Possible to Be having a Different Experience of Clinical Medicine Right Now.
It may feel impossible
Taking Notice of Our Clinical Day

Protected Patient Time
Taking Notice – Everything Else

- Patient Portal/Messages
- Inbox for Lab Results
  - Script Refills
  - Staff Questions
- Triage requests for new patients
  - Letters back to PCP
- Meetings
  - Forms
  - Emails
- Learners and other Admin Roles
Where to start if we want to create something new:

Step 1: Completing your charting after every patient

Step 2: Lead the Clinical Encounter

Step 3: Manage Your Interruptions

Step 4: Exact Plan for Inboxes, Worklists and Forms
Complete Your Charting after every patient
Even When ...
How is it Possible? Evaluate

What is in your notes and Why
What is your brain telling you is more important than the note
How and where could you get the note done if you wanted to
What stops you
What Stops You?

For Every Obstacle

What is YOUR most simple solution?
Leading Your Clinical Encounters

Evaluating all the Minutes and Seconds in the Room

Making Decisions with Now and Later in mind
Manage Your Interruptions

Interruptions contribute to our Decision Fatigue
Exact Plan for Inboxes, Worklists and Forms
Consider: What is discouraging about your clinical day

Remain Curious: What changes could you make to create a more sustainable shift for you

What’s the Upside: Change is hard, uncomfortable and energy taxing. What would make it worthwhile?

Seek Help: It’s more fun with community and easier with assistance
Change is hard
But NOT impossible

- Small steps
- Let it be messy
Charting Champions

www.chartingcoach.ca
Canadian Physician Resources:

Charting Champions Program
Lifetime Access, CME, Tools, Support and Community
www.chartingcoach.ca

Boundaries Training
https://www.triumphleader.com/

OntarioMD
https://www.ontariomd.ca/

10-minute CBT for Doctors
http://cbt.ca/topics/ten-minute-cbt/

“In Real Time” AI Scribing
https://mutuohealth.com/
Expressions of Interest for Interprofessional Primary Care Teams

- As a result of OCFP advocacy efforts, the Ministry of Health has announced $30 million to fund up to 18 new interprofessional primary care teams to support family doctors in practice.

- Family doctors will be called on to submit their Expression of Interest later this month. OCFP will share that information as soon as it becomes available.

- We will continue to advocate that equitable access to team-based care for all family doctors is imperative and that more must be done.
Eating Disorders & Lyme Disease

Guiding evidence-based care for people in Ontario

APRIL 14, 2023
Eating Disorders Quality Standard

Scope

- The quality standard addresses care for people of all ages with anorexia nervosa, bulimia nervosa, or binge-eating disorder in all care settings.

Key Improvement Opportunities & Resources

- **Quality Statement 1 – Comprehensive Assessment:** Timely access to comprehensive assessment
- **Quality Statement 8 – Promoting Equity:** Provider biases can impact eating disorder screening, identification and treatment; individuals with eating disorders may be any age, race, gender, gender identity or weight
- *Eating Disorders quality standard* and useful resources: placemat (2-page summary with links to resources), Patient Guide, and Caregiver Guide

Mainpro+® accredited opportunities

- Eating Disorders Webinar, May 5, 12:00-1:00 p.m. Register here: ow.ly/cfoO50NC6Hw
- Earn an extra 2.25 Mainpro+® credits by reading the Eating Disorders quality standard through the Understanding Quality Standards in Primary Care Program*

*This self-learning program (1 credit per hour) has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 63.0 credits. Registration is open year-round.*
Lyme Disease Clinical Guidance Document

Scope

- The management of tick bites and investigation of early localized Lyme disease (3-30 days following tick exposure) in primary care and the emergency department
- Originally developed in 2018 and updated March 2023, in collaboration with Public Health Ontario

Key Improvement Opportunities & Updates

- **Box 1**: Clinical manifestations of early localized Lyme disease, including a link to images of the Erythema migrans rash
- **Box 6**: Updated laboratory testing guidance based on the new Public Health Ontario serological testing method (Modified Two-Tier Testing [MTT])
- **Box 5 and 8**: Updated treatment recommendations for post-exposure prophylaxis and the treatment of children and adults with early localized Lyme disease

Weblink to the Clinical Guidance Document

- Lyme Disease Clinical Guidance Document
Helpful approaches to eating disorders

A Practising Well Community of Practice session

with Drs. Marina Abdel Malak, Deema Abdul Hadi and Karen Trollope-Kumar

April 26, 2023
8:00am – 9:00am

Join our session to learn tips to recognize and address a potential eating disorder with a patient. We’ll also share ideas on how to help patients feel comfortable talking about an eating disorder.

https://www.ontariofamilyphysicians.ca/education-practice-supports/events/register?&eventID=83

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.
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: May 5, 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.