

Changing the Way We Work (COVID-19) Community of Practice for Ontario Family Physicians – July 28, 2023

COVID updates and Addressing Physician Burnout

**Resources are current as of July 28, 2023 – subject to change due to frequently updated guidance.*

Community of Practice past sessions and resources can be found here:

<https://www.dfc.utoronto.ca/covid-19-community-practice>

Resources shared on today's call:

- **OCFP: COVID-19 Updates Resource** updates on boosters, access to RATs, Paxlovid and Remdesivir) (**July 19, 2023**) - https://www.ontariofamilyphysicians.ca/tools-resources/covid-19-resources/ocfp_covid_updates_2023_hor_rev.pdf
- **OCFP: IPAC Summary: IPAC Considerations for Infectious Respiratory Diseases** - <https://www.ontariofamilyphysicians.ca/tools-resources/covid-19-resources/clinical-care-office-readiness/ipac-summary-july-2023.pdf>
- **CanTreat COVID**
 - Enrollment underway – to refer your patients (patients may self-refer):
 - Phone: 1-888-888-3308 (Monday - Friday, 8 am to 6 pm ET)
 - Email: info@CanTreatCOVID.org
 - Website: [CanTreatCOVID.org/contact](https://www.cantreatcovid.org/contact)
 - FAQs: <https://www.dfc.utoronto.ca/sites/default/files/inline-files/CanTreatCOVID%20Study%20Info%20FAQ.pdf>
- **NACI Statement: Summary of National Advisory Committee on Immunization statement of July 11, 2023: Guidance on the use of COVID-19 vaccines in the fall of 2023** <https://www.canada.ca/en/public-health/services/publications/vaccines-immunization/national-advisory-committee-immunization-summary-july-11-2023-guidance-use-covid-19-vaccines-fall.html>
- **NACI: Guidance on the use of COVID-19 vaccines in the fall of 2023** <https://www.canada.ca/en/public-health/services/publications/vaccines-immunization/national-advisory-committee-immunization-guidance-use-covid-19-vaccines-fall-2023.html>
- *Participant Shared Resource* **Physicians are able to order PCR tests for patients who are eligible for treatment.** The OMA's guide to testing in your office has the details: <https://www.oma.org/uploadedfiles/oma/media/member/membermappedpdfs/practice-professional-support/coronavirus/oma-testing-covid-office.pdf/>
- **Long COVID Resource (OCFP)** <https://www.ontariofamilyphysicians.ca/tools-resources/covid-19-resources/long-covid>
- *Participant Shared Resource* **Diagnosing Post COVID-10 condition (Long COVID) in adults** <https://www.cmaj.ca/content/195/2/E78>
- **MOH: Rapid Testing for At-Home Use (Where to access free tests from PHU)** <https://www.ontario.ca/page/rapid-testing-home-use#section-1>
- **Post-COVID-19 Condition: Guidance for Primary Care** https://www.ontariohealth.ca/sites/ontariohealth/files/2021-12/PostCovidConditionsClinicalGuidance_EN.pdf

COVID-19 Updates – Allison McGeer Resources

- Bubela, T et al. *BMJ* 2023; 382 doi: <https://doi.org/10.1136/bmj-2023-075665>
- Mykytyn AZ. *Lancet Microbe*. 2023(5):e294-e295. doi: [10.1016/S2666-5247\(22\)00384-6](https://doi.org/10.1016/S2666-5247(22)00384-6).
- Mateo-Urdiales, *LancetID* July 18, 2023 doi.org/10.1016/S1473-3099(23)00374-2
- Bramante, *LancetID* June 8, 2023 [https://www.thelancet.com/pdfs/journals/laninf/PIIS1473-3099\(23\)00355-9.pdf](https://www.thelancet.com/pdfs/journals/laninf/PIIS1473-3099(23)00355-9.pdf)

Addressing Physician Burnout – Mamtra Gupta Resources

- The Five C's of Resilience – <https://cjpl.ca/fivec.html>
- Cultivating Leadership Resiliency – <https://peakmd.ca/>
- OMA Physician Health Program <https://php.oma.org/>

General COVID-19 Resources:

- COVID-19 Vaccination coverage – <https://health-infobase.canada.ca/covid-19/vaccination-coverage/>
- COVID-19 data tool – [Ontario COVID-19 Data Tool | Public Health Ontario](https://www.ontario.ca/page/ontario-covid-19-data-tool)
- COVID-19 Wastewater signal – <https://www.publichealthontario.ca/en/Data-and-Analysis/Infectious-Disease/COVID-19-Data-Surveillance/Wastewater>
- Find your local HCCSS branch – <https://www.healthcareathome.ca/find-my-hccss/>

- *Participant Shared Resource* **A resource for patients: How to protect yourself from Lyme disease (even if you get bitten)** <https://www.youtube.com/watch?v=bH7FVPo8n2U>