COVID-19 Updates and the New Ontario Structured Psychotherapy Program

Nov 17, 2023

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

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.

Potential for conflict(s) of interest:

N/A

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 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.
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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

Week start date

Number of cases

Cases per 100,000 population

- Number of cases
- Cases per 100,000 population
SE Ontario Regional COVID-19 28-Day Moving Average of Transmission Risk by Test Positivity

Horizontal Lines represent provincial thresholds for transmission risk:
- High
- Moderate
- Low
SARS-CoV-2 RNA in Ontario Wastewater
November 16, 2023
Current Status of Ontario Surrogate Markers of COVID-19 Community Activity—November 16, 2023

- 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

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

Source: N Lasrado, DH Barouch J Infect Dis 2023  https://doi.org/10.1093/infdis/jiad353
# Clinical and Preclinical Experience with Variant-modified Vaccines – Supported Bivalent BA.4/5 Vaccine Authorization

<table>
<thead>
<tr>
<th>Modified Vaccine</th>
<th>Age Group</th>
<th>Vaccine Regimen</th>
<th>Clinical Data</th>
<th>Preclinical Data</th>
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<td>Beta monovalent</td>
<td>18 to 55 years</td>
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<td>Omicron BA.1 monovalent</td>
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<tr>
<td>Omicron BA.1 bivalent</td>
<td>18 to 55 years</td>
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<td>✓</td>
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<tr>
<td></td>
<td>&gt;55 years</td>
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<tr>
<td>Omicron BA.4/5 bivalent</td>
<td>6 months to 11 years</td>
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<td>✓</td>
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<tr>
<td></td>
<td>12 to 55 years</td>
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<td>&gt;55 years</td>
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<tr>
<td>Omicron XBB.1.5 monovalent</td>
<td>12 to 55 years</td>
<td></td>
<td>Single Dose</td>
<td>Ongoing</td>
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<td></td>
<td>&gt;55 years</td>
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![Original Vaccine](image)

![Variant Vaccine](image)

CC-5
Moderna XBB Vaccine Efficacy

- 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.

Source: S Chalkias et al medRxiv Preprint doi: https://doi.org/10.1101/2023.08.22.23293434
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

Source: S Chalkias et al medRxiv Preprint doi: https://doi.org/10.1101/2023.08.22.23293434
Ontario Health Recommendations for Outpatient Use of Intravenous Remdesivir (Veklury) in Adults

Date: September 15, 2021

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

- Adults with a positive COVID-19 test and **mild-moderate illness** who do not require hospitalization but are at **high risk** for hospitalization or death
  - Has it been ≤5 days since COVID-19 symptom onset?
    - **YES**
      - **Assess for nirmatrelvir/ritonavir**
        - Preferred first line option
        - Determine if drug-drug interactions can be safely mitigated (see Table 1 for resources)
        - Contraindications: hypersensitivity; severe liver impairment
      - **Treat with nirmatrelvir/ritonavir**
        - Dose adjust for renal impairment
    - **NO**
      - If deemed inappropriate
      - Has it been ≤7 days since COVID-19 symptom(s) onset?
        - **YES**
          - **Assess for remdesivir**
            - Determine if patient can receive/access 3 days of parenteral therapy (e.g., through home and community care)
            - Contraindication: hypersensitivity
          - **Treat with remdesivir**
        - **NO**
          - Supportive care
          - If deemed inappropriate

*See OH’s remdesivir guidance for description of mild-moderate illness and identifying high risk patients.

§ Consult the manufacturer’s product monograph for full prescribing information.

† For guidance on renal dose adjustments, refer to OH’s guidance on the use of nirmatrelvir/ritonavir in patients with advanced chronic kidney disease and dialysis and the most recent manufacturer product monographs.
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.
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?
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

Change management enables smooth adoption and effective utilization
- Tailored coaching
- Facilitated installation, set-up and training
- Review of existing workflows to maximize efficiencies.

Available services:

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.
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.
REGISTRATION NOW OPEN!

Live-stream days on January 26 & 27, 2024
- Learn and earn credits through a dynamic, virtual experience
- Hear from thought-provoking speakers
- Connect and network with your community
- Save with early bird pricing

Learn more about keynotes and register today: http://www.ocfpsummit.ca

Contact us at fms@ocfp.on.ca
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

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Post session survey will be emailed to you. Mainpro+ credits will be entered for you with the information you provided during registration.