



A CHAPTER OF THE COLLEGE OF FAMILY PHYSICIANS OF CANADA
UNE SECTION DU COLLÈGE DES MÉDECINS DE FAMILLE DU CANADA

September 2016

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Influenza Season 2016-2017:
Useful Links

Register Now! - FMA & Awards Banquet

Family Medicine Assembly

Register now for the
NSCFP Family Medicine Assembly!

Friday, 14th October, 2016



I KNOW
I'M WISE
BUT AM I
UP TO DATE?

Updates Include:

Medical Marijuana
PTSD
Male & Female Sexual Health
Adult ADD
Opioid Addiction Treatment
Is There an App for That?
Critical Drug Interactions
What's New in Diabetes Treatments?
Clinical Tool for Alcohol Screening

[Click to view the tentative agenda.](#)



\$100 Discount
when you attend the FMA

THE PRESCRIBING COURSE
Safe Opioid Prescribing for Chronic
Non-Cancer Pain
October 15, 2016 8:00am – 5:00pm
Westin Nova Scotia Hotel, Halifax



Awards Banquet

The Nova Scotia College of Family Physicians
presents the 2016 Annual Awards Banquet honouring

DR. DAVID MARTELL
DR. MONIKA DUTT
DR. LEISHA HAWKER
DR. FREDERICK BURGE

2016 FAMILY PHYSICIAN OF THE YEAR
AWARD OF EXCELLENCE RECIPIENT
AWARD OF EXCELLENCE RECIPIENT
DR. CHARLES & MRS. JEAN GASS LIFETIME
ACHIEVEMENT AWARD

Keynote address from Dr. Rose Wilson.
[Click here to join the celebration!](#)

Friday, 14th October, 2016

[Click Here to Register for these Events](#)

[Memo - Influenza Vaccination Program](#)



[Q&A - Publicly Funded Seasonal Influenza Vaccine](#)

Link:
OrthoInfo



Link:
"Just" A Family Physician

"JUST" A FAMILY PHYSICIAN

a project highlighting the work of Canada's family physicians

Patients First Update - OCFP

On Sept. 12, Ontario Premier Kathleen Wynne delivered a Speech from the Throne entitled "A Balanced Plan to Build Ontario Up for Everyone". For family physicians, the most notable aspect of the Throne Speech is the



re-introduction of legislation for primary care transformation.

[Click Here to Read More](#)

General Practice Representative Council Election

Nominations open until Monday, Oct. 17

Nominations

Nominations for the Section of General Practice's representative council will be accepted until Monday, Oct. 17.

[Section of General Practice Representative Council nomination form Voting](#)

Voting will run from Monday, Oct. 24 to Monday, Nov. 14.

Vacancies

The electoral districts within the Section of General Practice are based on the former district health authorities. There is one vacancy in each of the following districts:

- CapitalHealth-Metro(Halifax/Dartmouth/Bedford/Sackville)
- Cape Breton
- Colchester East Hants
- Pictou
- Annapolis Valley
- South West
- South Shore

Voting Eligibility

Members of the Section of General Practice may only nominate physicians from their own district, and may only vote within their own district.

Honorarium and Travel

Council members receive a \$500 honorarium for each meeting and are reimbursed for travel expenses. Physicians have the option to connect to meetings via video-conference. The Council meets about four times a year, usually on Saturday mornings.

About the GP Council

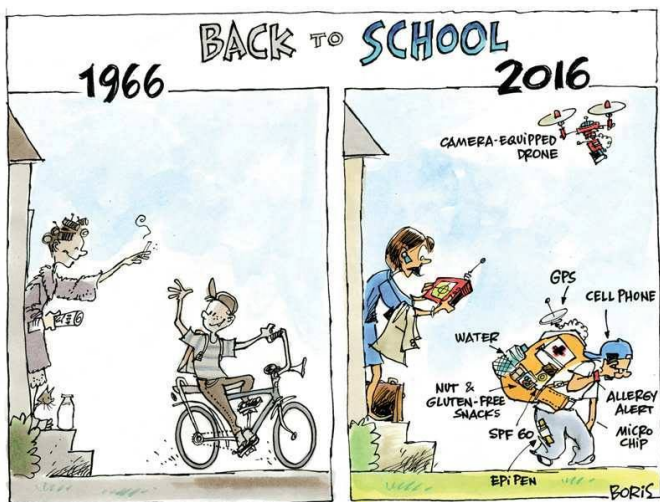
The Section of General Practice representative council advocates for the interests of family and practitioners. The council's work involves developing strategies for dealing with key issues affecting the role, responsibilities, and capabilities of general and family practitioners.

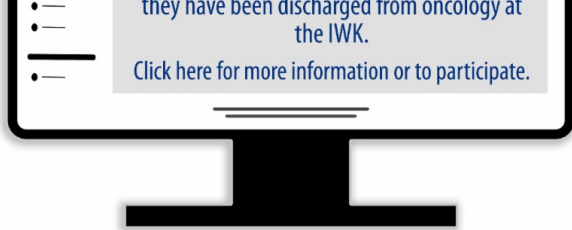
Influencing change

Survey

SURVEY

The goal of our research is to learn more about the experiences of adult survivors of childhood cancers in the adult healthcare system after they have been discharged from treatment





The Representative Council has worked to connect with the Department of Health and Wellness and the Nova Scotia Health Authority in order to offer insight into primary care reform and family medicine recruitment and retention challenges. The Council provided feedback on Doctors Nova Scotia's primary care statement and its AGM motion on opioids. Other topics of interest include medical assistance in dying, safe prescription of opioids and procedural credentialing.

Contact:

Sonia Abi-Ajab
Administrative assistant to the President & CEO
902-481-4900 or 1-800-563-490

Video - ZDoggMD.com - 7 Years (A Life In Medicine)

Opioid Treatment Disorder: Update

Centre for Addiction and Mental Health (CAMH) Course No Longer Required



Did you know that Nova Scotia primary care providers can prescribe medication in a primary care setting to help stabilize their patients affected by opioid use disorder? Buprenorphine/naloxone (BPN) is a long-acting opioid medication approved for use in opioid use disorder that can be prescribed to help manage the symptoms of opioid withdrawal in this population as a critical part of comprehensive addiction treatment.

No exemption is required from Health Canada to prescribe this medication. For providers unfamiliar with how or when to prescribe it the College of Physicians and Surgeons of NS recommends that providers consult with a colleague experienced in prescribing the medication and consider reviewing the CAMH Clinical Practice Guidelines. Currently, there is NS Pharmacare coverage for patients aged 18-24; however we are hoping that this coverage will be extended to all ages in the foreseeable future.

For additional information including CPD resources please visit:

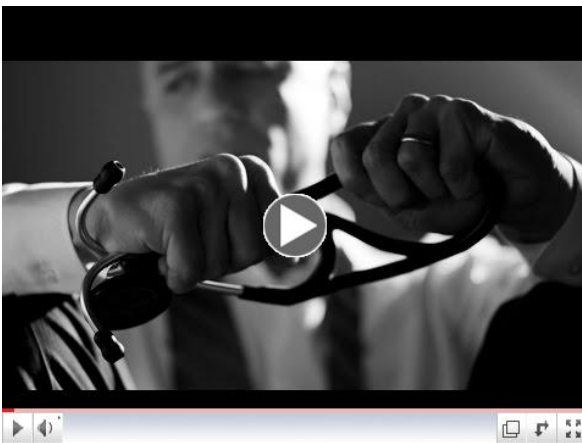
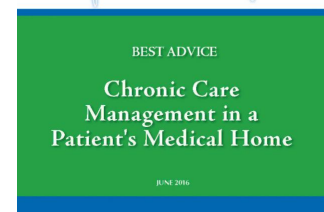
<http://www.cpsns.ns.ca/News/Press-Releases/Details/ArticleId/261/College-News-April-2016#OPIOID>

Best Advice Guide: Chronic Care Management in a Patient's Medical Home.

Dear Chapters,

The CFPC is pleased to release a new Best Advice Guide: [Chronic Care Management in a Patient's Medical Home.](#)

This latest guide on the topic of Chronic Care Management, provides actionable advice to family physicians about chronic care management in family practice settings. While this guide applies to all types of family practices, the strategies described involve many important components of the Patient's Medical Home model. With proper



Video - Choosing Wisely Do More Screening Tests Lead to Better Health?



Video - Johann Hari: Everything You Think You Know About Addiction Is Wrong

components of the Patient's Medical Home model. With proper intervention and ongoing care, family physicians can help prevent and control the effects of chronic diseases by implementing practical chronic care management strategies in their practices.



For access to the full set of Best Advice Guides please visit [Patient's Medical Home](#).

Family Physician Vacancy Replacement Program

Many people visit Nova Scotia. It's the lucky few who stay.



Calling Nova Scotia home means ocean views, active living and welcoming communities. Practicing here means working with passionate colleagues, providing world class care, and helping people be healthy and stay healthy.

Learn How We Promote Family Medicine

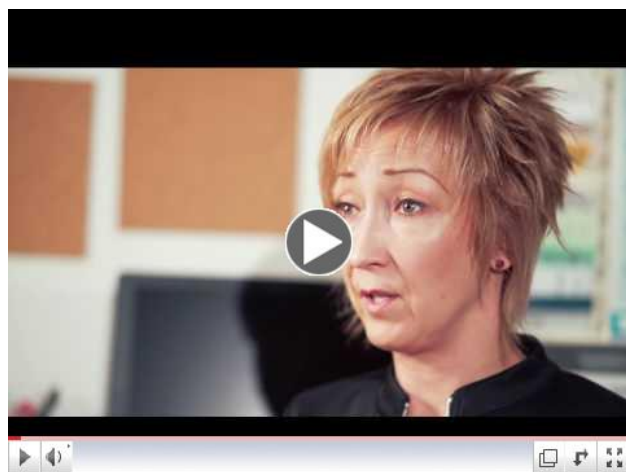


The Nova Scotia Health Authority is actively recruiting for family physicians to participate in our new Physician Vacancy Replacement Program. This program offers a 1 year APP Agreement with a guaranteed income and 6 weeks leave. Physicians will have an opportunity to work in a series of 3 month deployments in designated communities throughout the province. Physicians can learn first hand what it is like to live and work in Nova Scotia while exploring the province. To learn more about this exciting new program please contact our office!

NSHA is also actively looking for family physicians and specialists for full time/part time opportunities, as well as a number of locum opportunities.

[Click Here to View Current Opportunities](#)

Video - The Patient's Medical Home: It Takes a Team



Connect with us today - we'd love to hear from you!

Contact: 902-473-7174

physicianrecruit@nshealth.ca

my Wireless Headache Interventions

Asking for your help- Self-guided interventions for migraine

I, Dr. Cathy MacLean, Professor in the Discipline of Family Medicine at Memorial University along with a multidisciplinary research team lead by Dr. Anna Huguet, a research scientist based at the IWK Health Centre, are working towards integrating cognitive behavioral therapy (CBT), which is an evidence-based treatment, for migraine headaches into primary care and neurology clinics across Atlantic Canada. To achieve this goal we have developed and conducted preliminary tests on two Internet-based self-guided CBT interventions for adolescents and adults with migraines. These interventions have the potential to empower

individuals to better manage their headaches by providing them with educational information and teaching them coping skills. Our next step is to test the effectiveness and cost-effectiveness of these interventions in primary care and neurology clinics. We are applying for research funding in the fall to support this project. In preparation for this grant application, we are asking physicians to consider recommending these interventions to their patients and encouraging them to participate in this study. We believe that these interventions can help reduce the frequency and severity of their migraines and reduce the negative impact that their headaches have in their daily life with very little support from us or health care

I Wish My Patients Knew...

The NSCFP wants to know what you wish your patients knew.

I wish my patients knew...

...Google probably won't provide an accurate diagnosis.

...I can tell when they are fibbing.

...we run late sometimes, but it's not why you think.



Click here for more info or to participate in the one question survey!

have in their daily life with very little support from us or health care providers.

For more information, or to indicate your interest in participating, please contact the Principal Investigator of this project:

Dr. Anna Huguet at anna.huguet@iwk.nshealth.ca or at 902.470.7521.

For more information about these interventions, our team and the work that we have done so far, please visit <https://mywhi.ca>

Cathie W. Carroll

Executive Director

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