



association of family  
health teams of ontario

*Strategies for Opioid De-Implementation in Primary Care*

## FREQUENTLY ASKED QUESTIONS

### QUESTIONS

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## OVERVIEW

### WHEN AND WHERE?

We are going to be in two places at once! For the first time, we're offering a satellite workshop along with the main event in Toronto. If you live in the South East or Champlain LHIN regions, consider joining us in Kingston! Presenters from the Kingston area will deliver special content with local relevance, and plenary sessions will be live-streamed from Toronto.

- **Date and time:** Monday, June 11, 2018 from 10:00 am – 3:00 pm. Please come early! Registration starts at 9:00. We'll have coffee, treats, and space to network with your peers.
- **Toronto Location:** YMCA GTA Central, [20 Grosvenor Street, Toronto](#) – Auditorium
- **Kingston Location:** KFL&A Public Health [221 Portsmouth Avenue](#) – Auditorium A

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### WHO IS THIS FOR?

Everyone who works in primary care! Everyone on the team has a role to play in helping to patients to reduce, eliminate, or manage their pain or their opioid use. This workshop will explore how interprofessional primary care teams can work together and with patients to eliminate low-value prescribing habits and keep patients safer.

This workshop is not limited to AFHTO members. Our partners at the Centre for Addiction and Mental Health are providing financial support so that people from any primary care team can participate. A little over half of the tickets are reserved for AFHTO members.

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### IS THERE A COST?

Yes. There is a \$25.00 fee, payable by credit card at registration to offset the cost of food, venue and materials.

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### IS TRAVEL SUPPORT PROVIDED?

To help keep your costs down, we have secured a special rate of \$185/night at the nearby Chelsea Toronto Hotel, located at 33 Gerrard Street West. This rate is available on a first-come, first-served basis and must be cancelled at least 48 hours in advance. [Use this link to book.](#)

Unfortunately, we are unable to provide support for other travel expenses.

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## HOW DO I REGISTER?

Please register online at the links below.

- [Registration link – Toronto Session](#)
- [Registration link – Kingston Satellite Session](#)

The deadline to register is Sunday, May 27<sup>th</sup>.

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## HOW DO I CONFIRM THAT I AM REGISTERED?

If you've received a confirmation email, then you are registered for the event. For any further inquiries, please contact [Catherine Macdonald](#).

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## HOW DO I CHANGE OR CANCEL MY REGISTRATION?

[Log in to Eventbrite](#) to see your tickets. This will open a list of events you're registered for. Click **STRATEGIES FOR OPIOID DE-IMPLEMENTATION IN PRIMARY CARE** to view your registration, edit your information, or request a refund. If you run into any difficulty, please contact [Catherine Macdonald](#) for help. *PLEASE NOTE: We can only issue refunds for cancellations received seven (7) business days before the workshop.*

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## CAN YOU ACCOMMODATE DIETARY RESTRICTIONS?

Please advise us on the registration form of any dietary needs we should be aware of.

Please note that we need to give the caterers two weeks' notice of special dietary needs, and that not all such needs can be accommodated. We will be sure to keep you informed in case this means you need to make special arrangements.

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## CAN YOU ACCOMMODATE ACCESSIBILITY NEEDS?

We can try. Both locations (Toronto and Kingston) are wheelchair accessible, smoke-free, and fragrance-free. Please advise us of accessibility or other needs we should be aware of on the registration form. The space is fully wheelchair accessible.

## PROGRAM

### WHAT IS *STRATEGIES FOR OPIOID DE-IMPLEMENTATION IN PRIMARY CARE* ABOUT?

De-implementation means stopping low-value ways of prescribing opioids and replacing them with better approaches. Low-value practices either don't work, make things worse or have an unknown effect. De-implementation does NOT mean teams stop using opioids altogether. It could mean using lower doses of opioids, or it could mean using lower doses of OTHER drugs and/or helping patients manage their pain in other ways.

At this full-day workshop, you'll hear from experts in the fields of pain, addiction, and medication management. You'll learn about strategies your team can start using now to protect the safety of your patients who use opioids. This interprofessional workshop is designed with primary care teams in mind. It's for any member of the team who is interested in improving care for these patients, whether you work directly with them or not. This workshop is part of the [MOHLTC's program of supports for managing opioid use](#) and responding to the opioid crisis in Ontario, and we are offering it [alongside these other partnered resources](#).

#### **PRESENTATIONS WILL COVER THESE THEMES:**

- Interprofessional supports for opioid agonist treatment in primary care.
- Team-based approaches to pain and concurrent addiction.
- Managing benzodiazepines and other controlled substances when de-prescribing opioids for older adult patients.
- Mentorship models for family physicians.

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## WHAT IS THE STRUCTURE OF THE WORKSHOP?

This will be an interactive workshop with multiple break-out sessions and applied exercises.

### HERE IS A PRELIMINARY OUTLINE OF THE DAY'S EVENTS:

- Overview of opioid de-implementation: Dr. Peter Selby, CAMH.
- An Approach to Pain and Concurrent Addiction – Andrew Smith, CAMH
- Deep dives into various aspects of opioid de-implementation in primary care (each person can attend TWO):

#### **In Toronto**

- **Opioid Agonist Treatment in Primary Care** — Dr. Nikki Bozinoff, CAMH.
- **An Approach to Pain and Concurrent Addiction** – Dr. Andrew Smith, CAMH.
- **Managing Benzodiazepines and Other Controlled Substances in the Setting of Opioid De-Prescribing in Older Adults** — Dr. Jonathan Bertram, CAMH.
- **ODMTNPCTIYCPC: Ol' Doc MacLeod's Top Ten Non-Pharm Cheap Tricks To Improve Your Chronic Pain Care** – Dr. Bryan MacLeod, St. Joseph's Health Centre, Thunder Bay
- **Mentorship Models for Family Physicians** – Dr. Arun Radhakrishnan, The Ottawa Hospital & Centre for Effective Practice

#### **In Kingston**

- **Opioid Use Statistics and Trends** – Dr. Fareen Karachiwalla, KFL&A Public Health and Travis Mitchell, Kingston CHC
- **Population Opioid Strategies** – Rhonda Lovell, KFL&A Public Health
- **Panel Discussion: Role of Interprofessional Health Care Providers in Opioid De-implementation**– Erin Desmarais, Social Worker; Cynthia Leung, Pharmacist; Abigail Scott, Data and Quality Improvement Analyst, Queen's FHT.
- A “tools showcase” of resources, community partners, and team-developed tools your team can start using today!
  - **EMR Queries to Monitor Opioid Use** – Jesse Lamothe, Quality Improvement Decision Support Specialist, Hamilton FHT
  - **Tools for managing chronic non-cancer pain in the EMR** – Amanda van Hal, Project Manager, Centre for Effective Practice, and Tara Lonergan, Change Management Specialist, eHealth Centre of Excellence
  - **Medication-management support tools for patients who use opioids** – Marathon Family Health Team (video)
- Assembling our collective wisdom on opioid de-implementation in primary care to take home to our teams.

## WHAT IS THE SCHEDULE?

The Toronto and Kingston events have slightly different schedules. See below:

### TORONTO

#### 9:00 – 10:00 Registration and Refreshments

*Enjoy a coffee or tea, light snack, and time to network with colleagues from across Ontario*

|                |                                                                                                                                                                                                                                                                                                                                                    |
|----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 10:00<br>10:15 | <b>Introduction and Welcome, Logistics</b><br><i>Laura Belsito, RD, Clinical Knowledge Translation &amp; Exchange Specialist, AFHTO</i><br><i>Catherine Macdonald, QIDS Program Coordinator, AFHTO</i>                                                                                                                                             |
| 10:15<br>10:30 | <b>Opening Remarks</b><br><i>Dr. Peter Selby, CAMH</i>                                                                                                                                                                                                                                                                                             |
| 10:30<br>10:40 | <b>Elevator Pitches for Concurrent Small Group Sessions</b><br><i>Each breakout presenter gives a 2-minute “elevator pitch” that answers the questions – WHAT is it about? WHO would benefit? WHY should you consider attending?</i><br><i>Attendees will use this information to determine which two presentations are the best fit for them.</i> |
| 10:40<br>11:10 | <b>An approach to Pain and Concurrent Addiction</b><br><i>Dr. Andrew Smith, CAMH</i>                                                                                                                                                                                                                                                               |
| 11:10<br>12:05 | <b>Concurrent Small Group 1</b><br><i>Choose one of the initiatives listed above to learn more</i><br><i>Grab a snack on the way to your small group session</i>                                                                                                                                                                                   |

#### 12:05 – 1:05 Lunch Buffet

*Refuel, connect with colleagues, and visit the literature table at the back of the Auditorium*

|              |                                                                                                                                                     |
|--------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| 1:05<br>1:30 | <b>Tools Showcase (Toronto and Kingston)</b><br><i>Learn about resources, partnership opportunities, and tools your team can start using today!</i> |
| 1:30<br>2:20 | <b>Concurrent Small Group 2</b><br><i>Choose one of the initiatives listed above to learn more</i><br><i>Grab a snack on your way.</i>              |
| 2:20<br>3:00 | <b>Closing Plenary</b><br><b>Next Steps TOGETHER</b><br><i>Peter Selby, CAMH and Carol Mulder, AFHTO</i>                                            |

**Workshop adjourns at 3:00**

**KINGSTON****9:00 – 10:00 Registration and Refreshments***Enjoy a coffee or tea, light snack, and time to network with colleagues from the South East and Champlain regions*

|                |                                                                                                                                                                                                                                                                                                                                                                              |
|----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 10:00<br>10:15 | <b>Introduction and Welcome, Logistics (Live-streamed from Toronto)</b><br><i>Laura Belsito, RD, Clinical Knowledge Translation &amp; Exchange Specialist, AFHTO</i><br><i>Catherine Macdonald, QIDS Program Coordinator, AFHTO</i>                                                                                                                                          |
| 10:15<br>10:30 | <b>Opening Remarks (Live-streamed from Toronto)</b><br><i>Peter Selby, CAMH</i>                                                                                                                                                                                                                                                                                              |
| 10:30<br>11:10 | <b>Local Opening Remarks and Opioid Use Statistics and Trends</b><br><i>Dr. Fareen Karachiwalla MD, MPH, CCFP, FRCPC, Associate Medical Officer of Health, KFL&amp;A Public Health; Travis Mitchell, Kingston CHC</i><br><b>Population Opioid Strategies</b><br><i>Rhonda Lovell, Substance Use, Mental Health, and Injury Prevention (SUMHIP) (KFL&amp;A Public Health)</i> |
| 11:10<br>12:05 | <b>Opioids and Chronic Pain: Case Studies and Personal Experience</b><br><i>Dr. Rupa Patel, Kingston CHC</i>                                                                                                                                                                                                                                                                 |

**12:05 – 1:05 Lunch Buffet***Refuel, connect with colleagues, and visit the literature table at the back of the Auditorium*

|              |                                                                                                                                                                              |
|--------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1:05<br>1:30 | <b>Tools Showcase (Toronto and Kingston)</b><br><i>Learn about resources, partnership opportunities, and tools your team can start using today!</i>                          |
| 1:30<br>2:20 | <b>Role of Interprofessional Health Care Providers in Opioid De-implementation (Panel Discussion)</b><br><i>Cynthia Leung, Erin Desmarais, and Abigail Scott, Queens FHT</i> |
| 2:20<br>3:00 | <b>Closing Plenary (Live-Streamed from Toronto)</b><br><b>Next Steps TOGETHER</b><br><i>Peter Selby, CAMH and Carol Mulder, AFHTO</i>                                        |

**Workshop adjourns at 3:00**

## ACCOMMODATION AND DIRECTIONS

### WHERE IS THE EVENT TAKING PLACE?

In Toronto, the event will take place in the auditorium of [YMCA GTA Central](#), located at [20 Grosvenor Street](#). It's a [4-minute walk from the College subway station](#).

In Kingston, the satellite workshop will take place in Auditorium A at KFL&A Public Health, located at [221 Portsmouth Avenue](#).

Please note that these venues are smoke-free and fragrance-free. Out of courtesy to other attendees, please refrain from using perfume, cologne, or other fragrances.

### IS THERE A DISCOUNTED HOTEL RATE?

To help keep your costs down, we have secured a special rate of \$185/night at the nearby Chelsea Toronto Hotel, located at 33 Gerrard Street West. This rate is available on a first-come, first-served basis and must be cancelled at least 48 hours in advance. [Use this link to book](#).

### WHAT ABOUT PARKING?

#### In Toronto:

- [If possible, consider using public transit](#). The YMCA is a 5-minute walk south from Wellesley Subway Station or north from College Park Subway Station.
- [There is an indoor parkade across the street from the venue](#). Please note that it tends to fill up early in the morning, so don't count on this option being available.
- [There is an outdoor lot located about a 5-minute walk north of the venue](#), across from the Wellesley Subway Station.
- [Use this website to search for other nearby options](#).

#### In Kingston:

- [Please consider using public transit](#), which stops near the venue.
- Although there is some free outdoor parking available at KFL&A Public Health, these spots often fill up early due to the many on-site activities there. If you must bring a car, please use parking on streets close to the building.
- [See this map for parking locations around the KFL&A Public Health offices](#).

## OTHER QUESTIONS

If you have questions that are not answered above, please contact [Catherine Macdonald](#), QIDS Program Coordinator at AFHTO, and she will find the answers you need.



## ACKNOWLEDGEMENTS

We would like to acknowledge the following organizations for their contributions to this event: The Centre for Mental Health and Addiction (CAMH), KFL&A Public Health, and the Centre for Effective Practice.

