



FAMILY PRACTICE RENEWAL PROGRAM

Endeavor FPN Newsletter

April 2021



Portugal Cove-St. Philip's, looking towards Bell Island March 8, 2021

Your 2020/21 Endeavor FPN Board/Staff

Board

- Dr. Annette McCarthy, *Chair*
- Dr. Francisco Acevedo, *Vice-Chair*
- Dr. Alison Drover, *Treasurer*
- Dr. Maureen Gibbons
- Dr. Colleen Kirby
- Dr. Michelle Levy
- Dr. Rebecca Rudofsky
- Dr. Katie Saunders
- Dr. Lori Shandera

Staff

- Mr. Adam Wylie, Executive Director
- Ms. Kim Butler, Administrative Coordinator

For more information about the Endeavor Family Practice Network, please contact Endeavor FPN Executive Director Adam Wylie at adam@endeavorfpn.com or by calling (709) 764-7546.

Table of Contents

1. The lighter side of 2020	2
2. Membership Update	2
3. Connect with Us	2
4. Our Focus	3
5. Vaccines	3
6. Questions Email	4
7. Eastern Health Communications, Emails, and Notices	4
a. New Primary Care Clinical Chief and Urban and Rural Division Heads	4
b. Eastern Health Primary Health Care and Chronic Disease Prevention and Management	4
c. Attention: Capacity for Family Physician Referrals for INSPIRE COPD Program	5
d. Point of Care Risk Assessment	5
8. Physician Community Section	5
a. Link to Peer-Shared Facebook Groups	5
b. News from NL College of Family Practice - Family Physician Profile	5
c. NLMA Guide to Non-Insured Services	5
d. Investigating Primary Care Physicians' Knowledge of Basic Dental Care	6
9. New Locum Resources	6
a. Meeting for Eastern Health Region Locums	6
b. Draft Locum Handbook	6
c. Draft Clinic Handbook for Locums	6
10. Optimizing your EMR Time	6
11. Less Paperwork Working Group	7
12. FPRP Updates	7

The lighter side of 2020

Here are a few quotes that have captured the year that was...

“So far, 2020 is like looking both ways before you cross the street then getting hit by an airplane.” - Unknown

“The dumbest thing I ever did was to buy a 2020 planner.” - Unknown

“He chewed too loud’ became the number one cause of divorce.” - Unknown

“Look, 2020, I just think I should start seeing other years.” - Unknown

Membership Update

A big welcome to our newest Endeavor FPN members. We currently have 174 members! ... and continue to grow. If you know a peer who is not yet a member, please ask them to reach out to us or provide them with the membership link below

- [Endeavor FPN Membership Form](#)

Connect with Us

Any member can reach out to any of our Board Members and/or Executive Director. We are always here to chat about what is important to you, including answering/directing your questions.

Board Chair: Annette McCarthy

Email: annette.mccarthy91@gmail.com

Executive Director: Adam Wylie

Email: Adam@EndeavorFPN.com

Endeavor FPN Board:

Dr. Annette McCarthy - Chair

Dr. Francisco Acevedo - Vice-Chair

Dr. Alison Drover - Treasurer

Dr. Rebecca Rudofsky

Dr. Lori Shandera

Dr. Katie Saunders

Dr. Michelle Levy

Dr. Maureen Gibbons

Dr. Colleen Kirby

Our Focus

As you may know, the FPN's were created in part to ensure family physicians are included in primary care planning and service delivery. The simple phrase, 'with us, not without us' (borrowed from the BC FPN's) is a key goal of our regional and provincial work. As such, Endeavor FPN continues to work towards broader and purposeful family physician collaboration and improved communication with Eastern Health and other healthcare partners. We have made incredible strides over the past year and will continue to seek opportunities for improvement.

Membership Opportunities

Are you passionate about an area of Primary Care? Please reach out to our Executive Director or Board Chair. We would love to hear from our members and always look for opportunities to support your work.

As a reminder, Endeavor FPN has several working groups that meet every 4 to 8 weeks. We are currently looking for general members to join the groups listed below. Typically, FPN working group membership is a first-to-volunteer process. Do not hesitate to let us know if you are interested.

Working group opportunities

Physician Wellness This group will be looking at creative ways (not just group yoga) to improve the connectedness and support for family physicians in our area.

Patient-Centred Care (looking for one to two general members): The PCC working group is responsible for tasks, activities and projects that have an identifiable link to patient care. This group advocates that a patient-centred approach is considered in FPN work when appropriate.

Locums (all locums welcome) Are you a locum or interested in locuming in St John's or the Rural Avalon? If so, reach out and let us know your email. We are looking at bringing all locums in our region together (late April) to discuss how we can better coordinate, recruit and retain locums in our area. Locum recruitment remains a high priority item for all FPNs.

Vaccines

Thank you for reaching out with your questions and concerns related to the vaccine rollout and prioritization. We also appreciate that the NLMA has formally asked Eastern Health for information and considerations for physicians regarding this issue.

The FPN has been working with Eastern Health to address concerns and questions around the vaccine and the roll-out process. Family physicians can expect to receive a URL to register this week (March 29) for the vaccine, if they wish. This URL will be sent via NLMA to ensure no MD is missed. Vaccination will begin April 5.

In addition, as you have seen via NLMA, there will be the launch of a portal for physicians who wish to take part in vaccine clinics as 'vaccinators.'

Please note that information related to COVID-19 vaccines is updated regularly so we always recommend you try to find the most up-to-date information. Centralizing where information is kept remains a high priority for the FPN in its work with partner organizations.

Government of NL COVID-19 Vaccine Resources:

<https://www.gov.nl.ca/covid-19/vaccine/files/NL-COVID19-Immunization-Plan-1.pdf>

<https://www.gov.nl.ca/covid-19/vaccine/prioritygroups/>

NLMA COVID-19 Webpage

<http://www.nlma.nl.ca/Page/COVID19>

(cont'd)

Vaccines (cont'd)

Peer Facebook Group Link (resources tools/COVID)

Please contact Dr. Roxanne Cooper at docroxcooper@hotmail.com (moderator) to receive a link to join this group and have access to a peer-generated shared resource document.

If you missed Dr. Allison's vaccine talk on March 3, click the following link to see questions and answers from the presentation:

- March 3, 2021— [Q&As from Dr. Allison's presentation on COVID-19 vaccines](#)

Questions Email

Do you have questions specific to Eastern Health Services? Please continue to use our Questions@EndeavorFPN.com email. We will pass your questions on and look for opportunities to share the answers via the NLMA.

Eastern Health Communications, Emails and Notices

New Primary Care Clinical Chief and Urban and Rural Division Heads

Dr. Rebecca Rudofsky is the Clinical Chief of Primary Health Care at Eastern Health. She can be reached at Rebecca.Rudofsky@easternhealth.ca with questions or concerns. In addition, Nicole Stockley is the Urban Division Head of Primary Health Care and can be reached at Nicole.Stockley@easternhealth.ca. Gordon Stockwell is the Rural Division Head and can be reached at Gordon.Stockwell@easternhealth.ca.

We are actively working with Eastern Health to improve how physicians can find the latest and most up-to-date notices applicable to family practice physicians.

In April, both Endeavor and Re-Boot FPNs will pilot a family physician website dedicated to providing centralized space for all Eastern Health information/communications relevant to family physicians. Our goal is to centralize, prioritize and ease the burden of emails you receive.

*Note: You will still receive important and timely updates via the NLMA while we look at triggers and other methods to push the right content to you at the right times. Stay tuned

Eastern Health Primary Health Care and Chronic Disease Prevention and Management

Ms. Melissa Coish, Director Primary Health Care

The mandate of the Primary Health Care and Chronic Disease Prevention and Management program is to develop primary health care capacity and to strengthen primary health care services and chronic disease prevention and management programs within the Eastern Health region. The program has services across the region, including primary health care clinics, chronic disease prevention and management programming (e.g., BETTER, INSPIRED), primary health care services for vulnerable populations (e.g., Downtown Health Care Collaborative, Refugee Health Collaborative), as well as community advisory committees and strong community partnerships including the family practice networks within the region. The overarching vision of the program is primary health care transformation and renewal through community-based collaborative teams providing comprehensive and integrated services in health homes.

Current projects include: the establishment of health homes in the metro region (Collaborative Team Clinic), the Southern Avalon and CBN; harm reduction programming in the housing and homeless-serving community; access to physiotherapy services in the community; enhanced communication with community physicians including website development; development of a community-based respiratory care program including the use of RPM to increase access to INSPIRED.

Dr. Rebecca Rudofsky advised that Eastern Health PHC is also working on establishing weekly virtual grand rounds for community-based family physicians — stay tuned!!!

Attention: Capacity for Family Physician Referrals for INSPIRE COPD Outreach Program

Ashley Ryan, Manager, Primary Health Care, Eastern Health

The INSPIRED COPD outreach program has capacity to accept referrals from family physicians in the metro region. Eastern Health offers a program led by a respiratory therapist (RT) that manages patients living with COPD in their home setting.

The INSPIRED COPD outreach program is an evidenced based, nationally recognized program led by a respiratory therapist. The RT acts as a direct link between patient, family physician, respirologist and health system while providing patients with the education and tools to self-manage their disease in their home setting.

- [INSPIRED COPD Outreach Program Memo](#)
- [INSPIRED COPD Outreach Program Referral Form](#)

Point of Care Risk Assessment

- [Eastern Health Point of Care Risk Assessment](#)

Physician Community Section

Do you have something you want us to share with your peers? Let us know and we will add it to our community section. Contact Adam@EndeavorFPN.com

Link to Peer-Shared Facebook Groups

Please note that many of these groups need permission to join by a moderator. You must be a family physician to join some of these groups.

- [List of Peer Shared Facebook Groups](#)

News from the NL College of Family Physicians: NL Family Physician Profile

The NL College of Family Physicians believes in the value of understanding the true breadth and depth of family practice in Newfoundland and Labrador. Since 2016, they have been developing their database, which currently reflects the practice characteristics of over 180 NL family physicians. They continue to use this valuable information to assist with:

- 1) Recruiting and retaining family physicians.
- 2) Responding accurately to government inquiries.
- 3) Connecting medical learners to family practice.
- 4) Allocating resources to develop our specialty.

If you have not yet done so, or your practice has recently changed, they ask you to kindly complete this survey by clicking on the link below:

- <https://www.surveymonkey.com/r/SH5TX7H>

If you have completed it recently (1-2 years) and haven't made any significant changes in your style of practice, they thank you for your support and wish you to encourage others to contribute to the database.

Ownership: The non-anonymous data collected will be property of the NL CFP and secured with Debbie Rideout, Administrator, NL CFP.

If you have any questions, please do not hesitate to contact Debbie at drideout@nlcfp.ca

NLMA Guide to Non-Insured Services

- [NLMA Guide to Non-Insured Services](#)

Investigating Primary Care Physicians' Knowledge of Basic Dental Care (survey)

Myfanwy Price and Jessa Vokey, 4th Year Medical Students

Hi everyone, we are two fourth year medical students at Memorial University, and we are looking for family doctors in Newfoundland and Labrador to complete a research survey about dental health in primary care. The purpose of the research is to assess the level of comfort and knowledge primary care practitioners have in regard to providing basic dental care. Your participation in this research study is completely voluntary and your responses will be anonymous. The survey will take between 15 to 20 minutes to complete. Your opinion is important to us and will hopefully contribute to improving medical education in this important field.

The survey is available at:

- https://mun.az1.qualtrics.com/jfe/form/SV_bftd705eJgbcGs6

If you have questions, please direct them to **Myfanwy Price** (myfanwy.price@mun.ca) or **JessaVokey** (j.vokey@mun.ca).

New Locum Resources

Improving locum coordination and recruitment and retention remains a high priority for Endeavor FPN. If you are currently a locum or considering locum work, please reach out to our Executive Director Adam Wylie at Adam@EndeavorFPN.com.

Meeting for Eastern Health Region Locums

*Note Endeavor and RE-Boot FPNs are coordinating an 'all locums meeting' in the Eastern Health Region at the end of April. Contact Adam Wylie at Adam@EndeavorFPN.com for more information.

Draft 2021 Locum Handbook

This handbook is intended as a resource/ orientation toolkit for locums in our area.

Note: As information changes and updates are needed please let us know so we can keep this document as up to date as possible.

- [Draft 2021 Locum Handbook](#)

Draft Clinic Handbook for Locums

Slightly different than our Locum Handbook, this resource helps provide resources and guidance for clinics seeking locums. This includes where to look for locums (email groups), contract template links, and a variety of other useful resources.

- [Draft Clinic Handbook for Locums](#)

Optimizing Your EMR Time

Stay tuned for an upcoming list of short tips and tricks sessions (30 - 45 minutes) on optimizing your EMR time. Sessions will be led by your peers with the content chosen by family physicians. Additionally, we are exploring hosting sessions for your staff as well.

- Do you have a topic/area we should focus on?
- Are you interested in hosting (or co hosting) a particular topic?

Contact Adam Wylie at Adam@EndeavorFPN.com for information or input.

Less Paperwork Working Group

We have been pleased to hear from members that the example letters are having a positive impact and effectively opening lines of communication between family physicians and your consultant colleagues.

In addition to the three example letters previously shared, attached is one more example letter in response to sick note requests. We hope these will continue to reduce the burden of paperwork within your day.

- [Re-referral request letter](#) (UPDATED)
- [Dentist re anticoagulant letter](#)
- [Request to inform patients of specialist appointment letter](#)
- [Sick note requests](#) (NEW)

FPRP Notices

For recent notices from the FPRP, please click the following links:

- **March 18, 2021** - [Invitation to Register—Suboxone Treatment of Addiction Advanced Training Program](#)
- **March 29, 2021** - [Invitation to Register—Frailty 2](#)
- **April 1, 2021** - [MyQ Facilitated Virtual Mini Program](#)