

Abstract Submission Form 2018

#70

Salutation: * Dr.

First Name: * Carlos

Last Name: * Yu

Clinic/Company: * Ajax Harwood Clinic

Role: * Family Physician

Phone Number *

Email Address: *

Type: * Panel Session

Salutation: * Dr.

First Name: * Carlos

Last Name: * Yu

Role: * Family Physician

How long have you been using an EMR? * 16

Salutation: Ms.

First Name: Anita

Last Name: Iacono

Role: Group Appointment Coordinator

How long have you been using an EMR? 9 months

Salutation:	Mr.
First Name:	Jeffrey
Last Name:	Yu
Role:	Clinic Manager
How long have you been using an EMR?	9 months

Has this session been accredited by the College of Family Physicians (CFPC)? *	No
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Who is your target audience? *	New EMR Users Intermediate EMR Users Advanced EMR Users
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Abstract Title: *	How to Implement Group Psychotherapy in Family Practice to Combat and Address Opioid Crisis Using Your EMR
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Learning Objectives: *	1. Use queries to find patients most in need of group psychotherapy and mental health support (e.g. patients on opioids/narcotics)
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	2. Create measurements to track anxiety and depression scores and view changes over time.
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	3. Create charting templates to make scribing more efficient.
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Abstract: *

We feel the opioid crisis is a symptom of much broader issues, including low self-efficacy and education, social determinants of health, lifestyle behaviours, mental health issues, and poor coping skills with stress. We feel the best way to tackle the problem is to get to its roots, which requires an integrative approach in promoting health and wellness in contrast to only treating illness.

Our clinic uses innovative group psychotherapy appointments to go beyond the traditional biomedical model, by promoting the integrative concept of wellness, with a special focus on health behaviour modification and mindfulness practice. We use groups in addition to one-on-one appointments, as a more efficient method of delivering a higher quality of

care by harnessing the power of groups. When compared to traditional one-on-one appointments, group appointments produce potential benefits in regards to combating isolation, promoting self-efficacy, and encouraging group support.

Physical health and mental health are strongly linked, and their cross-effects must be considered. We address this in our two main wellness groups, which run every week and facilitated by a family physician: Wellness 1, which centers on healthy behaviour change in relation to diet and exercise, and Wellness 2, which centers on psychological well-being and mindfulness. We also hold a Chronic Pain Self-Management Program offered by the Central East Local Health Integration Network (LHIN) at our clinic.

At our clinic, we use the "Report by Template" function in Oscar to search for patients in the practice who are on painkillers, antidepressants, and opioids. We then proceed to take action by calling these patients and offering them group psychotherapy, education and self-management classes which are held at our clinic, and often facilitated by their family doctor. In our session, physicians will also learn how to create measurements to track anxiety and depression scores, and see potential changes over time. Charting group appointments can often be very time-consuming since there are multiple patients seen at once. In this session, physicians will learn how to make templates for mindfulness-based group psychotherapy appointments for more efficient scribing.

Through our mindfulness and wellness groups, we have seen significant benefits in terms of anxiety, depression and self-efficacy. We have seen patients transform in terms of attitude towards life. As one graduate of our 8-week mindfulness program says, "Your call caught me at one of the worst days of my life. This mindfulness course helped me to cope better with my depression". Through our EMR queries, we were able to identify patients in need, and invite them to attend our groups. We hope to share our experience with other physicians and inspire them to make the best use of their EMRs to promote positive healthy changes in patients.

How did you hear about the Call for Abstracts * Email Invitation from OntarioMD

Please Specify *

Who referred you? *
