



# Centre for Effective Practice

Best Evidence • Best Practices • Better Health

## New Projects

### Provincial Low-Back Pain Strategy

As part of the Excellent for All Care Strategy, the [Ministry of Health and Long Term Care](#) (MOHLTC) has funded a provincial initiative on Low-Back Pain. This strategy aims to **enhance patient care, improve wait times and reduce inappropriate diagnostic utilization.**

There are three pieces of information that are important to primary care providers:

1. [Low Back Pain Webpage](#)
2. [New Information Bulletin](#) providing further clarification on the amendments to the schedule of benefits
3. [The launch of a pilot project](#) in Thunder Bay, Hamilton and Toronto

[The Centre for Effective Practice](#) (CEP) has been engaged by MOHLTC to support this strategy. The Strategy aims to engage primary care providers (PCPs) and provide low-back pain clinical tools for their practice needs. As we move forward with the strategy and develop these tools we would like to obtain input from the target audience (PCPs) to ensure that the strategy/tools meet the needs of providers. If you are interested in providing input, please contact us at [info@effectivepractice.org](mailto:info@effectivepractice.org) and we will be sure to get in touch with you.

### POCKET Network Renewal



[POCKET \(Physicians of Ontario Collaborating for Knowledge Exchange and Transfer\)](#) is a network of “educationally influential” family physician champions from across Ontario identified by their colleagues. POCKET has become a valuable asset in local education, professional development and quality improvement initiatives to promote best practices to physicians and their colleagues.

CEP has received funding from the [Ministry of Health and Long Term Care](#) (MOHLTC) to renew the POCKET network. It is CEP’s hope that with the updating and expansion of the POCKET network, we will have a more robust and wider reach to primary care providers across the province. Please watch out for more POCKET updates in our next newsletter.

## Featured Clinical Tool

**Achieving Glycemic Control in Type 2 Diabetes \*Updated**

Diabetes Strategy (ODS), Ministry of Health and Long Term Care engaged the Centre for Effective Practice to update its Achieving Glycemic Goals clinical tool. This tool was originally developed for CEP's Best Practice Support Service pilot (Academic Detailing). Due to the usefulness of this tool and its applicability to primary care ODS saw the value in updating the tool and believed that an updated version would be useful for the Diabetes Regional Coordinating Centres (DRCCs) and primary care providers throughout Ontario. Visit link below to download your own copy of the tool.

[http://www.effectivepractice.org/index.cfm?pagepath=PROJECTS/Diabetes\\_Tool\\_Update&id=43593](http://www.effectivepractice.org/index.cfm?pagepath=PROJECTS/Diabetes_Tool_Update&id=43593)

## **Featured Educational Opportunities**

### **Min-Med School**

**September 20 – October 18 AND November 16, Toronto**

CEP is facilitating this year's [Mini Med School Program at University of Toronto](#) and at the [Family Medicine Forum](#).

Mini-Med School is a series of lectures presenting current issues in health science for non-clinicians. Five evening presentations with Q & A feature dynamic speakers at the St George Campus this fall, from September 20<sup>th</sup> to October 11<sup>th</sup> and one session at the Family Medicine Forum on November 16<sup>th</sup> at Family Medicine Forum. *We encourage you to promote this event to your patients/clients, family and friends.*

### **Association of Family Health Teams of Ontario**

**October 16 – 17, Hilton Toronto**

Following the strong response to last year's conference, AFHTO has expanded the conference to two full days. Eighty-four concurrent sessions and over 40 posters in [eleven thematic streams](#) will inform you on emerging developments in Ontario's health system and help you learn what FHTs are doing to improve the value they deliver. Registration: <http://www.afhto.ca/events/conferences/afhto-2012-conference/>

### **2011 Annual Nurse Practitioners' Association of Ontario Conference**

**November 1 - 3, 2012 at the Hamilton Convention Centre**

The 2011 Nurse Practitioners Association of Ontario Annual Conference is the largest nurse practitioner conference in Canada and attracts over 450 nurse practitioners from across Ontario as well as other provinces, and gives you the maximum exposure to NPs in primary, secondary and tertiary care.

Registration: <http://www.npao.org/>

### **Ontario Long Term Care Physicians Annual Geriatric Conference**

**November 3 - 5, Toronto Marriott Downtown Eaton Centre Hotel**

Ontario Long Term Care Physician's programme is relevant for medical personnel working in LTC facilities and features three full days of scientific sessions consisting of lectures, workshops and discussion periods, all designed to provide the latest information on challenges faced in treating the elderly in Long Term Care. Registration: <http://oltcp.ca/education>

### **The 50th OCFP Annual Scientific Assembly and Family Medicine Forum 2012**

**November 15 – 17, Metro Toronto Convention Centre, South Building**

Co-hosted by the College of Family Physicians of Canada's (CFPC), the Ontario College of Family Physicians (OCFP) and the CFPC's Sections of Teachers and Researchers. Each year the FMF is attended by over 5,000 family physicians, family medicine teachers and researchers, residents, medical students, nurses, nurse practitioners and many other health care professionals. FMF provides great

opportunities to gain access to a great CME program organized into clinical, education and research streams, the program will meet family physicians learning needs and will provide great networking opportunities with your peers from across the country. Registration: [http://fmf.cfpc.ca/?page\\_id=36](http://fmf.cfpc.ca/?page_id=36)

**MBCT: for anxiety, depression and the prevention of depressive relapse**

**Various dates (September – December), Toronto**

MBCT (Mindfulness-Based Cognitive Therapy) is an impressive modality for the prevention of depressive relapse and the treatment of depression and anxiety. MBCT combines the practice of Mindfulness Meditation (bringing focused attention to physical sensations, breathing, emotions and thoughts, leading to greater emotional regulation and the tools of) Cognitive Therapy, to help deal with the content of negative thinking that leads to depressive and anxious spirals. At the Centre for Mindfulness Studies, the 9-week MBCT program - 8-week + intake (with an optional, but recommended day-long silent retreat) - helps participants identify thoughts as thoughts (rather than facts) and opens them to more constructive beliefs, leading to long-term changes in mood and behaviour. To find out more, and to register for this program, please visit website below: [www.mindfulnessstudies.com](http://www.mindfulnessstudies.com)



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