



# Centre for Effective Practice

Best Evidence • Best Practices • Better Health



## Ontario

Cancer Care Ontario

Action Cancer Ontario

### Ontario Breast Screening Program (OBSP) Survey - Looking for Input from Health Care Providers

For those who have already provided their input - thank you! If you have not yet had an opportunity to provide your feedback, please complete the survey here: <https://www.surveymonkey.com/s/OBSP>

[Cancer Care Ontario](#) (CCO), in partnership with the [Centre for Effective Practice](#) (CEP), developed **Provider Education Tools** for healthcare providers (family physicians, nurse practitioners, genetic counsellors, radiologists) to support the changes to Ontario Breast Screening Program (OBSP). These tools were intended to assist healthcare providers understanding their roles and responsibilities in screening women at high risk for breast cancer. In doing so, they would promote early detection of breast cancer, ensure patients receive the benefits of screening, and improve the quality of their care.

We are conducting an online survey to evaluate the **Provider Education Tools** and gather feedback about how useful the materials are in supporting your practices. This survey will take approximately 7 minutes to complete, depending on your answers. All individual responses will remain confidential. The survey results are analyzed in aggregate only, such that you cannot be identified in any way.

Thank you for your time.

### Publications:

**Psychiatry in Primary Care: A Concise Canadian Pocket Guide** is intended to meet needs in a practical and feasible way. It minimizes dry information about etiology and pathogenesis to focus on rapid diagnosis, intervention, education and support. Visit the link below for information on how to access the full document:

[http://knowledgex.camh.net/primary\\_care/guidelines\\_materials/Pages/psychiatry\\_primary\\_care.aspx](http://knowledgex.camh.net/primary_care/guidelines_materials/Pages/psychiatry_primary_care.aspx)

**POWER STUDY: The Social Determinants of Health and Populations at Risk Chapter** examines the *social determinants of health* among Ontario's women and men including: low income, low education, indicators of employment, lone-parent families, and food insecurity. We also summarize the POWER Study indicators across all chapters as they relate to *low-income populations*, providing a synthesis of health functional status, risk factors and prevention, access to health care services, clinical management, and health outcomes of lower-income adults. The final section re-examines and synthesizes the POWER Study findings in relation to *immigrant and minority populations*, as well as reporting three indicators of immigrant women's health that have not previously been reported in the POWER Study. Based on our analyses, identified opportunities to improve health and health care and reduce inequities, together with broad community consultation and dialogue, we developed the **POWER Health Equity Road Map**. The aim of the Road Map is to help move us forward to the goal of achieving health equity in Ontario. The time to move forward is now. What is needed is the will and commitment.

To download a copy of the full chapter or the highlights document (which outlines the chapter's key findings and messages) please click on the following link:

<http://powerstudy.ca/the-power-report/the-power-report-volume-2/social-determinants-of-health-and-populations-at-risk>

## **Educational Opportunities:**

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

Mindfulness-Based Cognitive Therapy combines the practice of mindfulness meditation with the tools of cognitive therapy for dealing with depression, anxiety and the prevention of depressive relapse. Mindfulness is a non-judgmental way of paying attention in the present moment that helps us work with strongly held negative beliefs about ourselves and the world. Cognitive behaviour therapy examines the content of negative thinking that often leads to depressive and anxious spirals. This program will help participants identify thoughts as thoughts (rather than facts) opening them to more constructive beliefs and leading to changes in mood and behaviour. Participants will engage in a variety of meditative practices and other exercises to assist in the prevention of depressive and anxiety relapse.

To find out more, and to register for this program, please go to our website:

[www.mindfulnessstudies.com](http://www.mindfulnessstudies.com)

### **MBCT teacher training intensive: refining inquiry**

This is an advanced training for those professionals who have attended a five-day MBCT training, have facilitated at least one MBCT group and who wish to have the opportunity to study the process of inquiry intensely. Inquiry is both a skill and a practice as it incorporates the MBCT teacher's capability to reveal the underlying principles of mindfulness and to embody a presence that invites the MBCT participant to embark on a journey of discovery about the relevance of mindfulness practice as an approach for the prevention of depression relapse. Seen through this lens, inquiry is the keystone to the MBCT program. This training is highly interactive and highlights the necessity of personal practice as a platform from which to teach.

To find out more, and to register for this program, please go to our website:

[www.mindfulnessstudies.com](http://www.mindfulnessstudies.com)



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