

EXECUTIVE DIRECTOR'S UPDATE

The sun is out, flowers have bloomed and like always, the CEP is proud to support providers as they strive to give the best possible care to their patients. Within the past few months, our team has worked day-in and day-out to integrate community resources, reduce variation in care delivery and enhance the quality of patient care through active provider engagement.

In our recently released **CEP Yearbook 2017**, you can see that we've developed more than 70 tools, resources and programs, and directly engaged more than 2,680 providers and over 220 stakeholder organizations provincially and across Canada. The provider voice has never been stronger as we continue to introduce new ways to engage and communicate with them.



Within the past few months, we've developed two tools and two self-learning resources:

- [Chronic Non-Cancer Pain Tool](#)
- [Youth Mental Health: Anxiety and Depression Tool](#)
- [Obesity Prevention and Management E-Learning Module](#)
- [Primary Care Focus on Low Back Pain Online Course](#)

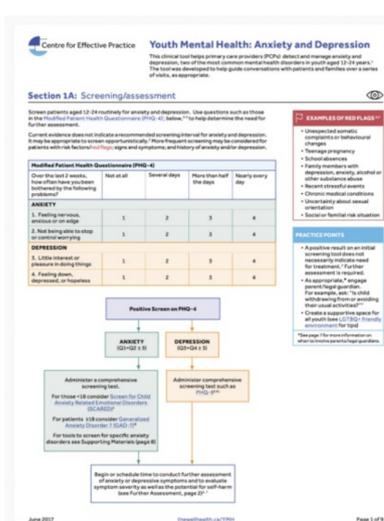
Once again, we thank you for your ongoing support, partnerships and trust as we look forward to a busy fall.

Sincerely,

Tupper Bean
Executive Director
Centre for Effective Practice

NEED TO KNOW

Now available: a primary care tool on youth mental health



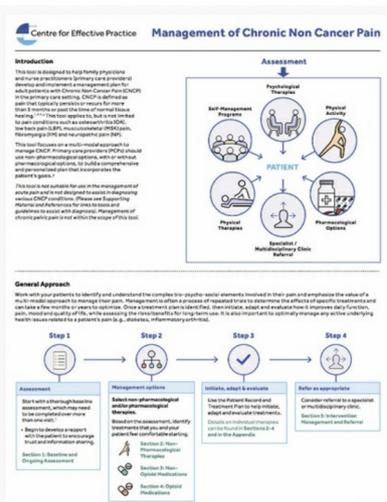
In June, launched the **Youth Mental Health: Anxiety and Depression Tool** for family physicians and primary care nurse practitioners.

According to Statistics Canada, youth aged 15 – 24 are more likely to experience mental illness and substance use disorders than any other age group. Under Dr. Muna Chowdhury's clinical leadership, we developed the Youth Mental Health Tool to help primary care providers detect and manage youth patients with anxiety and depression.

The tool encourages providers to routinely screen patients, aged 12 to 24, to help determine if further assessment, management and monitoring is needed. [Read more.](#)

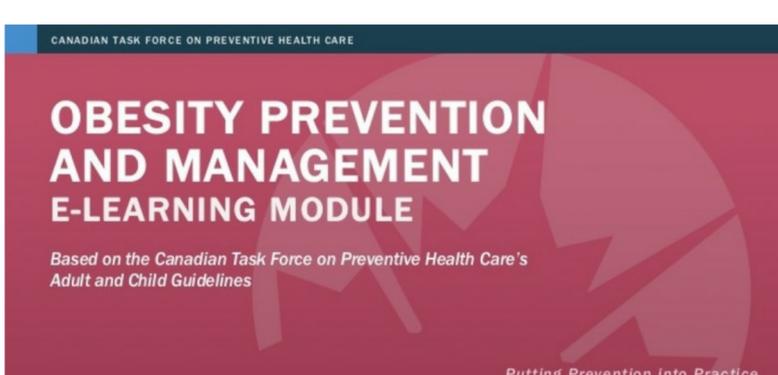
We've added a **CNCP Tool with LHIN-specific resources** and an **online program** to our suite of pain resources for providers

We've added to our pain resources for family physicians and primary care nurse practitioners by launching the updated **Primary Care Focus on Low Back Pain** online program and the **Management of Chronic Non-Cancer Pain (CNCP) Tool**.



The new tool and online program contribute to our current suite of pain tools, which include the **CORE Back Tool**, **CORE Neck Tool and Headache Navigator**, and our soon to be updated **Opioid Manager**. These resources were created to help address appropriate prescribing approaches by Ontario providers and develop and implement a management plan for those who experience pain. [Read more.](#)

New: **Obesity Prevention and Management E-Learning Module**



The **Obesity Prevention and Management e-learning module**, developed by the Centre for Effective Practice (CEP), expands on the Canadian Task Force on Preventive Health Care's (CTFPHC) 2015 guidelines on the prevention and management of obesity in adults and in youth and children.

This module is intended to help primary care providers better understand the impact of obesity on patients; explain new measures for assessing and monitoring obesity in adults, youth, and children; and provide an overview of behavioural and pharmacotherapeutic interventions available to patients.

This self-learning program has been certified by the **College of Family Physicians of Canada** for up to 1 Mainpro+ credit. [Register now.](#)

OUT AND ABOUT

Conferences

The CEP team exhibited at Pri-MED between May 10 and 13, 2017! Expect to see us at **NPAO Conference** between **Sept. 21 to 24, 2017** at the Sheraton Centre Hotel.

About the Centre for Effective Practice

The Centre for Effective Practice (CEP) aims to close the gap between evidence and practice for health care providers. We give providers what they need to deliver the best care to their patients by engaging them throughout our processes to create evidence-based solutions that can be adapted into their local contexts. The CEP is a federally-incorporated, not-for-profit organization founded in 2004 by the University of Toronto's Department of Family and Community Medicine.

LISTEN IN

Listen to our podcasts about clinical topic areas including Chronic Non-Cancer Pain and Adult Mental Health and Addictions.



GET INVOLVED

We're hiring!

We're hiring **project coordinators** and an **office coordinator**. [Apply here.](#)

Join a usability session

We're constantly conducting usability sessions. Through the online sessions, providers can call in, sit back and give their thoughts about the projects we're working on. [Sign up.](#)

DOUBLE TAKE

In case you missed it the first time around:

[Unified Primary Care Engagement: Is it time?](#)

by Tupper Bean Longwoods
"Until we do better and build a cohesive approach for primary care engagement, we can't reasonably expect providers to be better. We must come together to build a unified strategy that considers the needs and realities of providers to ensure we put patients first."

[Improving the appropriateness of antipsychotic prescribing in nursing homes: a mixed-methods process evaluation of an academic detailing intervention](#)

Implementation Science
"The flexibility of the academic detailing intervention and the detailer's clinical and contextual knowledge were critical to target the complexities surrounding prescribing behaviours. Improved communication processes and a common language across the team were reported as proximal outcomes which may have a downstream effect on [antipsychotic] prescribing rates."

CONNECT

Check out our blog to get the latest updates on what we're doing or join the conversation by following us on [Facebook](#), [Twitter](#) and [LinkedIn](#).