

Ontario College of  
**Family Physicians**

**Practising  
Well**  
Share.  
Inspire.  
Connect.

Find Your True North: Planning For Your Future Career  
October 22, 2022



## Practising Well is Here to Help.

When it comes to supporting patients with mental health challenges, substance use issues and symptoms of chronic pain, we know that demands and complexities are growing.

We offer opportunities for family doctors to connect, share and be inspired by one another.

Our goal is to help you improve the care you give patients in a way that also supports your wellbeing.

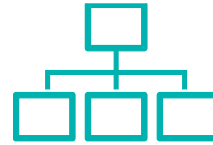
<https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well>

# Practising Well offers:



## Flexible Architecture

so that you can select the supports you need to help you achieve your goals, and can move in and out as necessary



## Connection

to resources offered by the OCFP and others to you at the point of care and in learning



## Certified Credits

so that your time as a busy clinician is recognized and supported

# At the core of Practising Well are three distinct, yet interrelated parts:



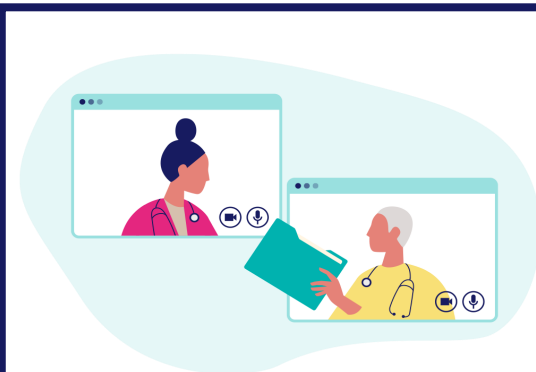
## Community of Practice

Connect and find solutions with other family doctors struggling with the similar issues.



## Information Exchange

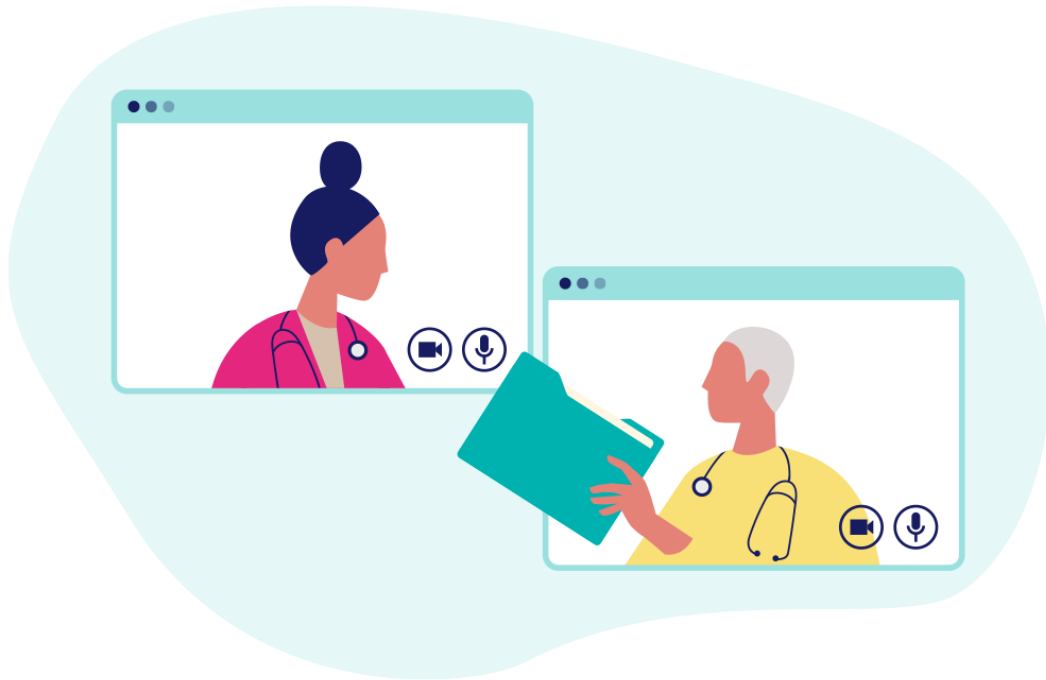
Access a curated and annotated collection of clinical point of care tools and resources. Learn about other funded programs to continue your learning journey.



## Peer Connect

Connect with a Peer Guide for detailed conversations to support your learning goals.

# Peer Connect



A way for you to partner with another family physician, one-to-one or in a small group, to address challenges and increase your confidence caring for patients with their mental health and substance use disorders and chronic pain, as well as supporting you as you engage in this challenging work.

# Peer Guides

(previously known as mentors)

A Peer Guide **acts as an advisor, coach, role model, teacher, and motivator** to family physicians (Peer Learners) across Ontario.

A Peer Guide provides family physicians **with one-to-one connection or small group learning** to support clinical and practice-based topics (mental health, substance use disorders and/or chronic pain).

<https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/peer-connect/become-a-peer-guide>

# Peer Learners

(previously known as mentees)

A Peer Learner is a family physician who has **identified a need for support** in one of the clinical or practice areas identified by the Practising Well Program. They may be at any stage in their career and at any level of expertise in one or more of these areas.

As a Peer Learner you are **matched with one or more Peer Guides** who help you set and work towards your learning goals. Goals may be short-term, and achieved over a few months, or longer term.

<https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/peer-connect/become-a-peer-learner>

# Getting started as a Peer Learner:



[Register](#) for an account and review [Peer Guide profiles](#) on the OCFP website



Briefly describe your learning needs



Request a particular Guide, or asks OCFP for help in matching



Meet with your Peer Guide to confirm goals and support learning and practice!

## Support for Peer Learners:



Get one to one  
support from a  
Peer Guide



Learn in small  
groups with others  
who are working  
towards a similar  
goal



Flexible timelines to  
suit your learning  
goals and schedule



## Examples of Educational Support:



“I want tools and resources that will help me in my practice.”



“I need educational support for a patient scenario.”



“I want ongoing learning or career guidance.”

Practising Well is here to help you learn and has been designed to provide educational support to family physicians at all stages of their career across Ontario. It is not a clinical consultation support for specific patients.



Questions?

[practisingwell@ocfp.on.ca](mailto:practisingwell@ocfp.on.ca)

Helpful links:

- [Register for an account](#)
- [Peer Connect](#)
- [Peer Guide directory](#)

# Upcoming Community of Practice

## Effective ways to support the mental health of children in your practice.

with Drs. Deema Abdul Hadi, David Brault and Sara Gelfand

**October 26, 2022**  
**8:00am – 9:00am**

**Register Now**

[practisingwell@ocfp.on.ca](mailto:practisingwell@ocfp.on.ca)



This one-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 1 Mainpro+ credit. The Practising Well Community of Practice includes a series of planned live, interactive sessions. Each session is worth 1 Mainpro+ credits, for up to a total of 24 credits.