

# Victoria and South Island Divisions of Family Practice

## CME Event: Addiction, Recovery, and Relapse Prevention

### – The Family Physician's Role

Event Summary | March 19, 2018

The Victoria and South Island Divisions of Family Practice hosted a continuing medical education (CME) event on March 7<sup>th</sup>, 2018, for family physicians to learn about their role in addiction, recovery and relapse prevention. The event consisted of five presentations, and resource tables that highlighted local addiction and recovery resources.

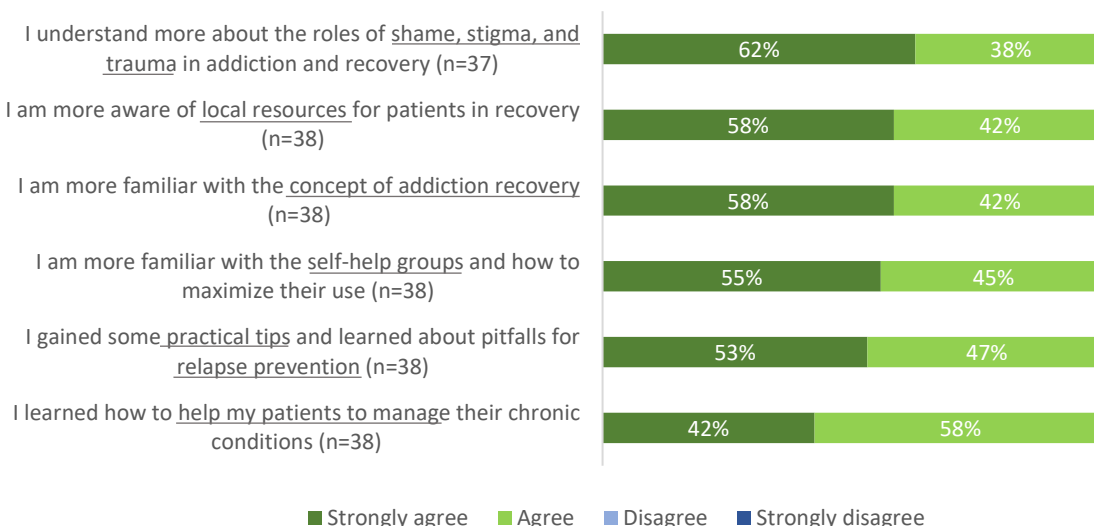
An evaluation feedback form was distributed to and completed by all 39 family physician attendees to assess their satisfaction the event and impacts of the event on their practice (response rate of 100%).

## Evaluation Findings

### Impact of the Event

Respondents reported that as a result of the event, they improved their understanding of addiction and recovery, and how to provide care to patients dealing with addiction (Figure 1).

**Figure 1.** "After attending this evening's event..."



Respondents (n=29) identified the following aspects of the event as the most interesting or valuable to them (Appendix A, Table 1):

- **The speakers and presentations** (n=12). More specifically, respondents (n=8) appreciated that many of the speakers who dealt with addiction issues and were in recovery shared their stories. Some respondents (n=3) also specifically mentioned that they enjoyed Jackie Armour's talk on shame, stigma and bias.
- **Receiving a review of addiction and recovery** to increase their understanding (n=8), including learning about how addiction is an illness (n=1) and that recovery is a lifelong process (n=1)

- **Learning about resources in the community**, such as peer support groups and the Umbrella Society (n=5)
- **Learning about the role of the family physician in recovery** (n=3) and receiving pointers to help manage patients (n=2)
- **Connecting with other physicians** (n=1)

**Most valuable/interesting aspect:**

“It's nice to have talks from people who personally have experience with addiction and recovery.”

– Family physician

“The concept of recovery as a lifelong issue.”

– Family physician

“Importance of my role [in recovery].”

– Family physician

Additionally, when asked about what they learned that will make a difference in how they provide care to patients, respondents reported that they (Appendix A, Table 2):

- Will **check-in with patients more often** and more regularly regarding recovery (n=6)
- Have **more resources** to refer their patients to (n=5)
- Will **collaborate more with patients** in managing their addiction issues and recovery (n=5). Two of these respondents specifically referred to the therapeutic relationship or alliance.
- Have **more techniques to use** when providing care to patients, such as motivational interviewing, recovery capital and just listening to patients (n=4)
- Will be **more empathetic or compassionate** when providing care to patients (n=3)
- Will **use medication to manage addiction**, such as Naproxen, Acamprosate and Suboxone (n=3)
- Will **view addiction as a chronic disease** (n=2)
- Will **screen patients** for addiction and associated mental health issues (n=2)
- Will continue to **change the language they use** when providing care to patients (n=1)

**Impact on Practice**

“I will look closely at how I interact with folk with addiction - subtle attitudes/biases.”

- Family physician

“Learning to check-in more often with people in recovery.” - Family physician

Twenty-nine respondents indicated whether this event enhanced their knowledge regarding seven CanMEDS-FM roles, with 27 of these respondents providing more than one response. As illustrated in Table 1, the most common roles indicated by respondents were ‘Family Medicine Expert’ (n=23) and ‘Communicator’ (n=22).

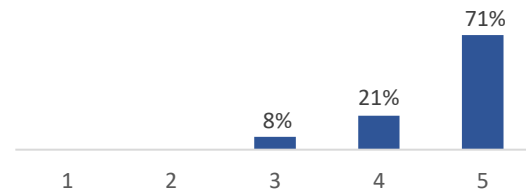
**Table 1.** # of physician respondents that indicated enhanced knowledge after the event by CanMEDS-FM role (n=29)

CanMEDS-FM Roles	Number of respondents
Family Medicine Expert	23
Communicator	22
Health Advocate	20
Collaborator	18
Professional	14
Manager	5
Scholar	5

## Satisfaction with the Event

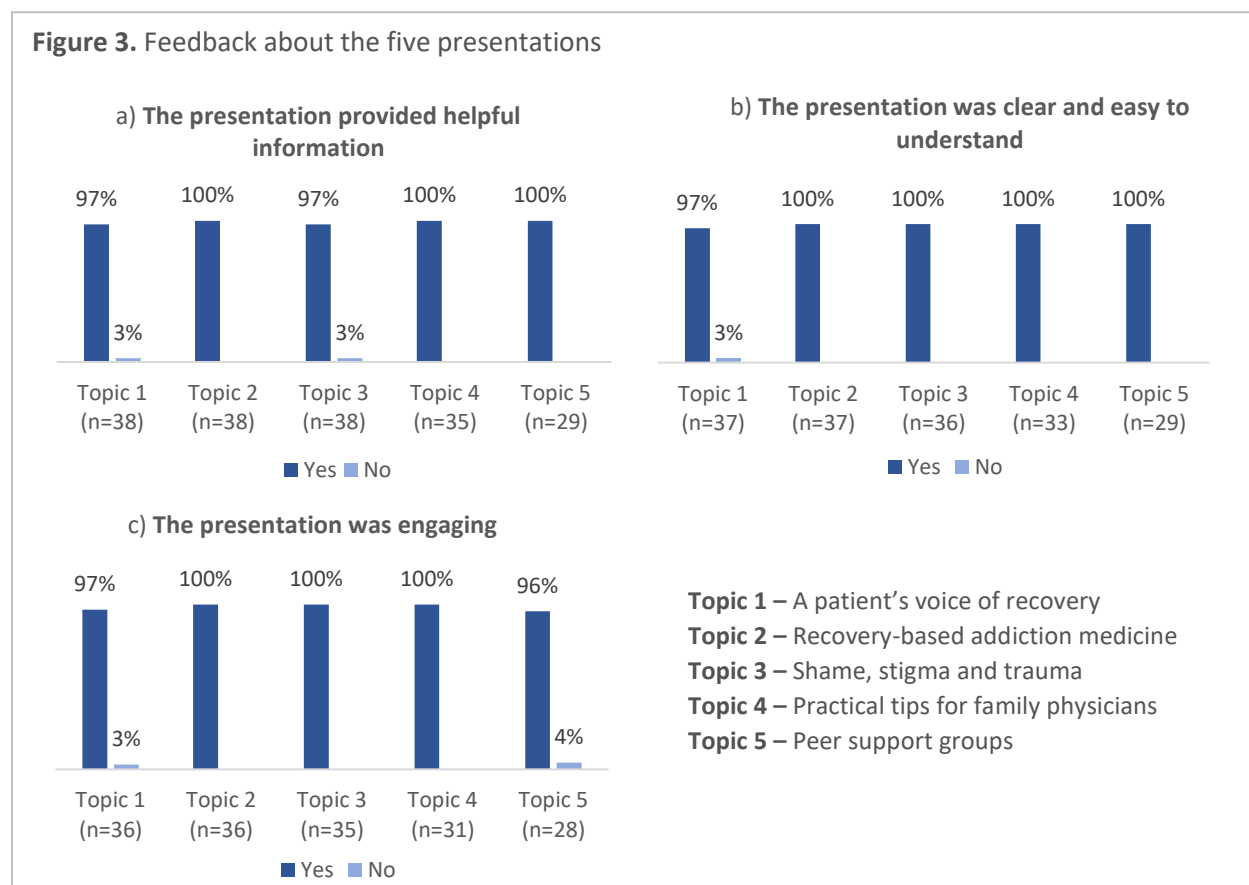
On average, respondents reported their satisfaction with the format of the event as 4.6 out of 5, with 5 being very satisfied (Figure 2). When asked to explain their response, five respondents provided positive comments about the event, including how “fabulous” and personal the talks were, and how the event reinforced and reminded them about addiction information, and exposed them to new resources. See Appendix A Table 3 for a full list of comments.

**Figure 2.** Satisfaction with the format of the event (on a scale from 1 to 5) (n=38)



As illustrated in Figure 3, nearly all respondents indicated that the five presentations provided helpful information, were clear and easy to understand, and engaging.

**Figure 3.** Feedback about the five presentations



On average, respondents reported the helpfulness of the personal action plan as 4.1 out of 5, with 5 being very helpful. Five respondents commented that they did not complete the personal action plan, one indicated that they already do this in practice, and another commented that although they like the idea of the plan in theory, it may be difficult for them to complete in practice. See Appendix A Table 4 for a full list of comments.

No respondent reported perceiving any degree of bias in the program.

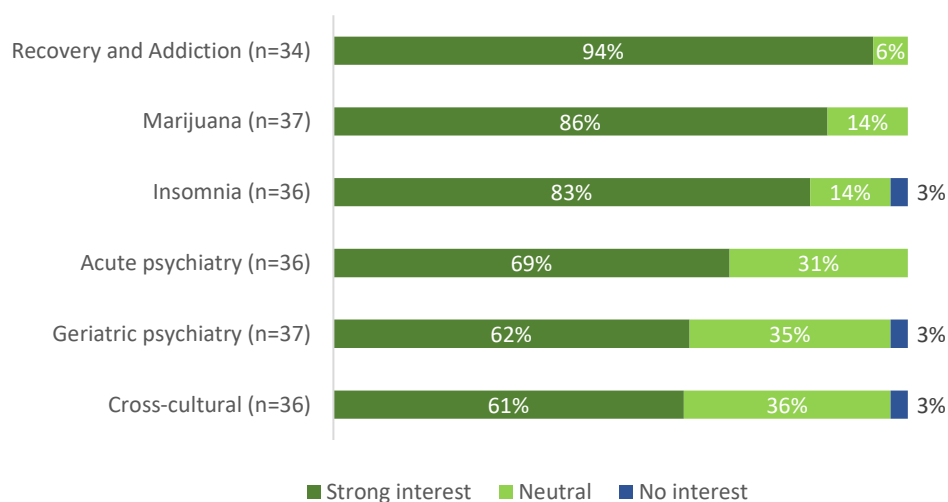
## Recommendations

To improve future education events, respondents (n=8) recommended the following (Appendix A, Table 5):

- Improving **time management of the sessions**, as many of the speaker ran out of time and it is a large topic area to cover
- Exploring **changing the format of the event** by either decreasing the length of the event to two hours (n=2), holding the event as a full day workshop (n=1), or including a round-table discussion (n=1)

Respondents indicated an interest in learning about a range of mental health and substance use topics at future learning events (Figure 4). Of the 6 topic areas, the majority of respondents reported a strong interest in learning more about recovery and addiction (94%), marijuana (86%) and insomnia (83%) (Figure 4). Respondents also identified additional topics that they would like to learn more about, including trauma informed care (n=1) and a review of the opioid guidelines (n=1) (Appendix A, Table 6). Additionally, one respondent also indicated in a response to a different question, that they would like to learn more about medication to help patients manage addiction (n=1).

**Figure 4.** Interest in mental health and substance use topics to be offered at future learning events



## Conclusion

In conclusion, respondents reported being satisfied with the format of the event and the five presentations. Respondents also indicated that as a result of the event, they gained a greater understanding of addiction and recovery, and learned about strategies to improve their practice and resources to help their patients manage addiction and recovery.