



Research and  
Education  
Foundation

Fondation pour  
la recherche et  
l'éducation

# Partners

Summer Volume 10 number 2

*Be a partner. Share a vision.*



You have helped...

Dr Anita Srivastava  
Janus Research  
Grant recipient  
Toronto, Ont

You have helped Dr Anita Srivastava, one of 3 researchers to develop a toolkit, workshop and clinical support system to educate physicians and patients about opioid use and misuse.

## HIGHLIGHTS

- Prescription opioid use and misuse
- Donors celebrate new donor wall inductees
- Especially for wine connoisseurs raffle
- REF raises \$1001 at Primary Care Today
- Saskatchewan College of Family Physicians Chapter raises \$400 for CFPC/REF Medical Student Scholarships

## Prescription opioid use and misuse: A harm reduction approach for rural primary care physicians and their patients

Dr Anita Srivastava, Dr Mel Kahan, and Dr Ashifa Jiwa collaborated to develop an educational workshop and material on the use and misuse of opioids. The focus was on helping family physicians working with First Nations communities in the Sioux Lookout Zone to deal with their self-identified concerns about increasing opioid prescriptions used to manage pain. Opioids are frequently used to manage pain but can sometimes be abused. The overall objective was to increase physician knowledge regarding opioid prescribing and abuse.

The investigators developed several education tools to inform primary care physicians of the appropriate use of prescription opioids and the clinical features and treatments of opioid addiction. The educational material included an in-person seminar, videoconference case studies, electronic clinical support, and office-based tools.

Sioux Lookout Zone Family Physicians (SLZFP) who participated completed a survey before and one year after the seminar to measure the change in knowledge, attitudes and behaviours of practising physicians. Each physician participated in a telephone session with the study investigators to receive individual clinical support.

Participants in the program gained a better understanding of the use of opioids in treating chronic pain and the specific issues pertaining to First Nations and the use of these drugs. The Sioux Lookout area services a high number of aboriginal communities and having this comprehensive knowledge will be an advantage for practising family physicians.

The investigators of this project wish to thank The Research and Education Foundation of the College of Family Physicians of Canada for providing funding for this research.

## Donors celebrate new donor wall inductees

The REF is very pleased to have hosted its Annual Donor Reception at the national offices of the College of Family Physicians of Canada (CFPC), on March 30 to recognize the new donor wall inductees. This event allows the REF to honour and thank all contributors over the past year.

The evening started with a testimonial given by Dr Michelle Greiver, recipient of Janus CPD/CME Scholarship. She gave a personal thank you to the REF and donors for reaching out to help family doctors, researchers, teachers, residents, and medical students.

To recognize those who are members of the donor wall, the REF created new lapel pins in the form of the bronze books seen by hundreds of visitors to the CFPC national office. These were presented for the first time to the new donor wall inductees who attended the donor wall reception. In late spring, the REF



Dr and Mrs Bruce Halliday, donors to the REF, admire the donor wall

sent a pin to each donor wall member who didn't attend the reception.

During the event two retiring REF Board members were recognized: Ms Bernadette Dietrich and Ms Kathryn Raymond. Ms Dietrich is a partner at McCarthy Tetrault, specialty litigation and appeals and has been a Board member since 1998. Ms Raymond is a registered nurse and is Director of Health Care Education for Purdue Pharma. She served the REF since 2002. A glass plaque was presented to each as a thank-you.

At the closing of the evening Dr Cal Gutkin, Executive Director and CEO of the CFPC and REF expressed sincere thanks to Scotiabank and TD Meloche Monnex. Scotiabank supports the CFPC Medical Student Scholarships and TD Meloche Monnex will be funding the new Leadership Development Award for Early Career Family Physicians.

There are 328 donors wall members. The donor wall was installed in 2001 and it will be expanded early next year to accommodate future members.

## Especially for wine connoisseurs raffle

An "especially for wine connoisseurs" raffle was held to raise funds for the REF. Those who purchased tickets had a chance to win one of three prizes including a weekend for two to Ontario's wine country, two seats out of 16 seats for a private wine tasting of rare wines at the Liquor Control Board of Ontario (LCBO), or a romantic weekend at the Sheraton Club level in Toronto. Total raised from this raffle was \$3730. The REF wishes to sincerely thank Vintages Hotels (Niagara-on-the-Lake), Carman's

Steak and Seafood (Toronto), the LCBO (Toronto), Birks (Toronto), and Sheraton (Toronto) for generously donating these wonderful prizes.

## REF raises \$1 001 at Primary Care Today

The Research and Education Foundation organized a spare change apple appeal at Primary Care Today 2007, Mississauga, ON for the CFPC Medical Student Scholarship Program. A total of \$1001 was raised.

Primary Care Today is an educational conference providing professional development to family physicians and other health care professionals. The Research and Education Foundation Board thanks Primary Care Today and Diversified Business Communications for donating the coin bins and space for the appeal. We offer special thank you to Mr Phillip Chamberlain, Manager of Sobeys in Scarborough, ON for donating the apples.



"Especially for wine connoisseurs" second-prize winners enjoying a special wine tasting of exclusive wines at the LCBO private boardroom in Toronto

## Saskatchewan College of Family Physicians Chapter raises \$400 for CFPC/REF Medical Student Scholarships



The Saskatchewan College of Family Physicians held a spare-change apple appeal at its Annual Scientific Assembly. A total of \$400 was raised for the CFPC/REF Medical Student Scholarships. Congratulations to the Saskatchewan Chapter for a job well done!

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