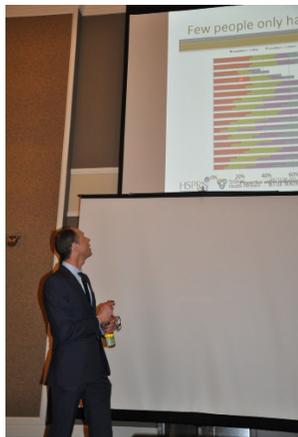




## Improving physician work-life becomes focus of this year's Primary Care Clinic Day

On Feb. 28, 2018, the Primary Care Network, in partnership with the Mississauga Halton LHIN, hosted its fifth Primary Care Clinic Day, a one-day conference for all Mississauga Halton LHIN primary care providers. The event was well-attended, with 150 delegates made up of physicians, nurse practitioners, service providers and LHIN staff. This year, we took the conference agenda in a different direction based on physician feedback, focusing less on clinical topics and more on practical practice tools to help improve provider work-life. Topic highlights included:



- Physician health and wellness
- The use of technology in practice
- Knowledge and research sharing

Keynote speaker Dr. Walter Wodchis presented on the [Patient Medical Home](#) model and on managing complex patients in the community. Dr. Wodchis highlighted the successes in care delivery in

Ontario, but also identified areas of improvement and system barriers, emphasizing the need to engage primary care in system planning to address such gaps. Throughout

the day, attendees also had the opportunity to interact with 38 health service providers and community agencies.



Initial feedback from physicians was that the topics were timely, the speakers were informative and the question and answer periods were interactive and helpful.

[2018 presentations and the conference agenda can be found on our website.](#)



*Delegates listen attentively as Dr. Mohamed Alarakhia presents on using technology in your practice*

### What's Happening in Primary Care?

#### **Four new members join the Primary Care Network**

We are very excited to welcome four new members to our group. Dr. Priya Rajani of Appleby College Medical joins PCN Co-Chair Dr. Kris Martiniuk as a spoke member for Oakville. Dr. Scott Perry, filling the vacancy in East Mississauga, is a FFS physician. Dr. Andrijana Dzever of the Etobicoke Medical Centre FHT and Shawna Rooke, a Nurse Practitioner also from the Etobicoke Medical Centre FHT, join us as spoke members for South Etobicoke. Their enthusiasm and energy are a great additions to the PCN. [Visit our website](#) to view the full list of our members. To get in touch with one of our members, please email [info@primarycarenetwork-mh.ca](mailto:info@primarycarenetwork-mh.ca)

#### **Health Quality Ontario's latest report shows room for improvement when managing pain**

Many Ontarians were newly started on high-dose prescription opioids, this according to a new report by Health Quality Ontario. These opioid 'new starts' are despite evidence that those who receive prescription opioids at high doses are several times more likely to overdose compared to those on lower doses. In addition, nearly 325,000 were started with a prescription for more than 7 days at any dosage. Evidence tells us that initial prescriptions for more than seven days of opioids have been associated with a higher risk of long-term use. For more findings and to read Starting on Opioids, visit [www.hqontario.ca/StartingonOpioids](http://www.hqontario.ca/StartingonOpioids).

### Upcoming Events

**March 28 | 7:30AM - 3PM**  
[Primary Care Oncology Day](#)

**March 28 | 5:30PM - 7:30PM**  
[MP3C Modules: Putting Sleep Disorders to Rest in Medically Complex Patients](#)

**April 13**  
[Nominations for the 2018 OCFP Awards closes](#)

**June 5 8AM - 5PM**  
[Partnering for a Healthy Community 2018 Quality Forum and Awards](#)

For more information & event listings, visit: [www.primarycarenetwork-mh.ca/calendar](http://www.primarycarenetwork-mh.ca/calendar)

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