

Recommended Resource List:
**Teaching Medical Students and Family Medicine
Residents in Clinical Settings**

2019
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Some general resources to sign up for to receive regularly

Needless to say you don't want to get on too many list serves or email newsletter lists but these are ones I have found particularly helpful for staying up-to-date clinically. You can sign up and get regular updates through email for:

- Tools for Practice from the Alberta College of Family Physicians website (more details below and is now also sent out through the SCFP)
- Info POEMS from the CMA website under clinical updates (need log in and sign up; link below)
- IHI – for practice improvement/quality improvement (can sign up at their website); mostly if you are interested in the practice management side of things, QI, etc.
- AHQR – also a US site but has information of quality improvement, patient education and practice change <https://www.ahrq.gov/>
- Best Advice Guides - www.patientsmedicalhome.ca
- Therapeutics initiative from UBC – great newsletter <https://www.ti.ubc.ca>
- Centre for Effective Practice which provides resources for family medicine/primary care through a site called The Well <https://thewellhealth.ca/>
- <https://deprescribing.org/>

For good Clinical Practice Guidelines remember the following and think critically (see Jim Dickinson's article in CFP - <http://www.cfp.ca/content/64/5/357>)

- A new resource from SPOR research has created a large database of CPG's – a great collection can be found at <https://sporevidencealliance.ca/cpg-database/>
- Ideally you want Canadian CPG's – through CMAJ, Can. Taskforce on Preventive Health Care, Alberta (Towards Optimal Practice)TOP <http://www.topalbertadoctors.org/cpgs/> ; good UK guidelines can be found through NICE <https://www.nice.org.uk/>
- CPG's should be developed with strong family physician involvement; not specialist driven or specialty society guidelines related to primary care that have no family medicine input
- There should be no industry involvement; look for where it might be present and the impact on the results (an example of industry involvement is in the Diabetes Guidelines)
- The strength of the evidence should be clearly described including where it is lacking
- There should be patient tools/aids/education materials provided that support the evidence but are written appropriately for patients (numeracy and literacy considered, etc.)

See the list of general topics with some favourites/ or most used CPG's and those at the recommended sites.

Podcasts:

Primary Care RAP (Reviews and Perspectives) <https://www.hippoed.com/pc/rap/>

Ercast.org Rob Orman <https://www.hippoed.com/em/ercast/>

EMRAP –for Emergency Medicine: Reviews and Perspectives; searchable <https://www.emrap.org/>

Broomedocs – Casie Parker; is a rural doc in Western Australia; EBM

<http://broomedocs.com/category/podcast/>

Key Lime Podcasts from the RCPSC – on Medical Education:

<http://www.royalcollege.ca/rcsite/canmeds/keylime-podcasts-e>

Best Medicine - BSMedicine <https://therapeuticseducation.org/bs-medicine-podcast>

Ken Milne – Skeptics guide <http://thesgem.com/>

Dr. Kilrew Podcasts Sioux Lookout <https://directory.libsyn.com/shows/view/id/siouxlookoutareadocs>

Family Medicine – General Resources (in random order)

- Access to Dynamed – go through U of S library
- Pepid can be accessed through the SK Health Authority; get off site access
- For a large database on CPG's go to <https://sporevidencealliance.ca/cpg-database/>
- Best Science Medicine (from Dr. Mike Allen U of A faculty in FM)
<https://therapeuticseducation.org/bs-medicine-podcast>
- The Centre for Effective Practice – go to THE WELL <https://thewellhealth.ca/> - several excellent resources on common problems such as insomnia, headache, back pain, opioids, etc.
- CHEP guidelines
<http://guidelines.hypertension.ca/>
- CDA guidelines
<http://guidelines.diabetes.ca/fullguidelines>
- COPD evaluation/management based on GOLD guidelines
<https://goldcopd.org/gold-reports/>
- Depression guidelines and screening tools
<http://canmat.org/canmatpub.html#Guidelines>
- Tools for Practice – Alberta College of Family Physicians
<https://www.acfp.ca/tools-for-practice/>
- POEMS through the CMA (sign in required)
<https://www.cma.ca/En/Pages/clinical-updates.aspx>
- Canadian Family Physician journal including their video series with great intro to common procedures
<http://www.cfp.ca/>
- PBSGL modules from the Foundation for Medical Practice; free access for residents.
<http://fmpe.org/>
- Guides from the Centre for Effective Practice in Ontario – great resources for insomnia, back pain etc.
<http://effectivepractice.org/>
- CPG's CFPC link
<http://www.cfpc.ca/ClinicalPracticeGuidelines/>
- CFP references such as for Simplified Lipid guidelines
<http://www.cfp.ca/content/61/10/857.full.pdf+html>
- TOPS (Alberta CPGs for primary care)
<http://www.topalbertadoctors.org/cpgs/>
- BC Guidelines
<http://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/bc-guidelines>
- Mike Evans videos - my favourites to use with patients especially for PSA testing
<http://www.evanshealthlab.com/>
- American Family Physician
<http://www.aafp.org/journals/afp.html>

- Quality Improvement in Family Medicine
<http://www.dfcm.utoronto.ca/qi-education>
<https://qualitybookoftools.ca/>
- CMA Drivers Guide – on line but have to sign in to the CMA site; can be downloaded
<https://www.cma.ca/En/Pages/drivers-guide.aspx>
- Choosing Wisely Canada – Resources/toolkits/webinars <https://choosingwiselycanada.org/>
- Stewart M, Brown J.B., Weston W.W., McWhinney I.R., McWilliam C.L., Freeman T.R. Patient-Centered Medicine: Transforming the Clinical Method. 2014 Jan. 3rd Edition, Radcliffe Publishing Ltd, Oxford UK
All residents need to be exposed to this text early in their residency and have practiced this extensively so it is an integrated clinical skill by the time they do the SOO (simulated office oral) of their CCFP exam. The emphasis should not be doing this for the exam but due to the evidence that this approach makes a difference in patient outcomes and patient and provider satisfaction.

Addictions and Chronic Pain

- McMasters Opioid Manager
<http://nationalpaincentre.mcmaster.ca/opioidmanager/>
- New Guidelines – Separate extensive list available from Dr. MacLean; also go to Rx Files
- BC online course: Is available for non BC physicians: Provincial Opioid Addiction Treatment Support Program (POATSP) <https://ubccpd.ca/course/provincial-opioid-addiction-treatment-support-program> which is accredited and free
- Also note – Pain and Addictions conference through U of S CME

For resources compiled by Peter Butt on Opioid, Addiction and Chronic Pain

1. This AFMC e-primer was developed for UGME but has good basic content and a number of case vignettes and studies that may be useful at the PG level.
<https://afmc.ca/medical-education/addiction-e-learning>
2. MetaPhi (attached) and the CAMH tool kit are good Family Medicine practice tools.
www.porticonetwork.ca
3. Both BC and Alberta have archived their Opioid Agonist Therapy training on-line and expanded the content to cover addiction more broadly.
<https://www.albertahealthservices.ca/info/Page16083.aspx>
<http://www.bccsu.ca/about-the-online-addiction-medicine-diploma>
4. This is the online course recommended by the CPSS for buprenorphine/naloxone prescribing. This plus a full day of Addiction Medicine exposure is all that is required for prescribing.
<https://www.suboxonetrainingprogram.ca/en/>
5. The CFPC has an open access site for alcohol Screening, Brief Intervention and Referral. It has not integrated anti-craving medication however, which would greatly increase the efficacy of Family Medicine care and support. That is covered in Meta Phi
www.sbir-diba.ca

6. The Canadian Society of Addiction Medicine, Canadian Centre on Substance Use and Addiction, American Society of Addiction Medicine and US National Institute on Drug Abuse are all good resources.

www.csam.org

www.ccsa.ca

www.asam.org

www.nida.org

7. For recovery support and to engage people in the efficacy and beauty of this work look at

www.aa.org

<https://www.facesandvoicesofrecovery.ca>

<https://breakthebarrier.ca>

Care of the Elderly

- <http://www.canadiangeriatrics.ca/>
- <http://geri-em.ca>

Dermatology

- DermNetNZ - <https://www.dermnetnz.org/>

Emergency Medicine

- Tintinellis's **Emergency Medicine Text**
- **trekk** – Translating Emergency Knowledge for Kids <https://trekk.ca/>
- **FOAM** <https://emergencymedicinescases.com/about/foamed/>
- See podcast list above

GYNE

- <https://www.itsaplan.ca/> - language level is too high; patient decision aid on contraception
- SOGC 2015 Contraception Guidelines
<http://sogc.org/wp-content/uploads/2015/11/gui329Pt1CPG1510E.pdf>

Other SOGC Guidelines are available at

<https://sogc.org/clinical-practice-guidelines>

Immunizations

- Immunization and vaccines (Health Canada)
[http://healthy Canad ians.gc.ca/healthy-living-vie-saine/immunization-immunisation/index-eng.php](http://healthy Canadians.gc.ca/healthy-living-vie-saine/immunization-immunisation/index-eng.php)
- Canadian Immunization Guide(Health Canada)
<http://www.phac-aspc.gc.ca/publicat/cig-gci/index-eng.php>
- National Advisory Committee on Immunization (Health Canada) Updates
<http://www.phac-aspc.gc.ca/naci-ccni/index-eng.php#rec>
- Immunization – Recourses for Health Professionals (B.C.)
<http://www.bccdc.ca/health-professionals/clinical-resources/immunization>
- Prevention in Hand Professional Guidelines
<http://www.preventioninhand.com/For-Practitioners/Professional-Guidelines/Immunization.aspx?lang=en-US>
- Prevention in Hand Health Assessment and Monitoring Tools
<http://www.preventioninhand.com/Resources-and-Tools/Health-Assessment-and-Monitoring-tools.aspx>

Go to PHAC – Public Health Agency of Canada

SK Public Health notices

Deprescribing – see PowerPoint presentation on Deprescribing for full list

- Deprescribing (Canadian)
<http://deprescribing.org/>
- Tapering Opioids:
<http://www.rxfiles.ca/rxfiles/uploads/documents/Opioid-Tapering-Newsletter-Compilation.pdf>
- Tapering opioids patient booklet:
<http://www.rxfiles.ca/rxfiles/uploads/documents/Opioid-Patient-Booklet-Taper-RxFiles.pdf>
- Geri-RxFiles - Tapering Medications Section - detailed discussion of how to approach
<http://www.rxfiles.ca/rxfiles/uploads/documents/members/GeriRxFiles-Tapering-EXCERPT-TwoPages.pdf>
- General overview of deprescribing in older adults:
<http://www.rxfiles.ca/rxfiles/uploads/documents/members/Geri-RxFiles-Intro.pdf>
- Deprescribing Proton Pump Inhibitors: Evidence-based clinical practice guideline published in Canadian Family Physician Vol 63,May2017 <http://www.cfp.ca/content/cfp/63/5/354.full.pdf>
- Deprescribing Benzodiazepines CFP 2018 article <http://www.cfp.ca/content/64/5/339>
- RXFiles (Saskatchewan) on Deprescribing PPIs:
<http://www.rxfiles.ca/rxfiles/uploads/documents/PPI-Deprescribing-Newsletter.pdf>
- BC Provincial Academic Detailing program, [Proton Pump Inhibitors in Primary Care](#), January 2015.
- Alberta College for Family Physicians: Tools for Practice. [Proton Pump Inhibitors \(PPIs\): Is Perpetual Prescribing Inevitable?](#)

LGTBQ+

- <https://ocfp.on.ca/tools/clinical-tools-and-resources#LGBTQ>
- <https://www.aamc.org/initiatives/diversity/lgbthealthresources/>

Medications and prescribing

- <https://medsask.usask.ca/index.php> - amazing resources at this site – great to explore!
- Rx Files (hard copy in all the FM clinics, via subscription online, can also purchase as an app) <http://www.rxfiles.ca/rxfiles/>
- Therapeutic Choices <https://www.pharmacists.ca/index.cfm/products-services/therapeutic-choices/>
- Bugs and Drugs <http://www.dobugsneeddrugs.org/health-care-professionals/>
- Guide to Community Infections <http://www.mumshealth.com/guidelines-tools/anti-infective>
- Dalhousie University College of Pharmacy - A useful drug and health information resources guide that lists many useful resources all in one place. <http://dir.pharmacy.dal.ca.>
- RxTx - On the HSL databases page (free access for students). It includes the CPS, Lexi-Interactions, Therapeutic Choices, and Minor Ailments. There is also a CME program you can sign up for based on the therapeutics chapters/topics through the CFPC which you have access to as a member. <http://www.library.mun.ca/hsl/dbases/>
- Natural Medicines – includes evidence-based information about food, herbs & supplements. Also has an interaction check to screen for interactions between natural medicines and conventional medications. On the HSL databases page (free access for students) <http://www.library.mun.ca/hsl/dbases/>
- LexiComp online – contains drug monographs, interactions, toxicology, and patient information. On the HSL databases page (free access for students). Lexi app also available (requires a subscription). <http://www.library.mun.ca/hsl/dbases/>
- When are drugs covered? <https://www.saskatchewan.ca/residents/health/prescription-drug-plans-and-health-coverage/extended-benefits-and-drug-plan/saskatchewan-drug-plan>
- The NNT - Can look up the NNT based on the evidence. <http://www.thennt.com/>
- Canadian guideline for safe and effective use of opioids for chronic non-cancer pain. Includes the opioid manager. <http://nationalpaincentre.mcmaster.ca/opioid/>
- CredibleMeds. For list of QT drugs and risk of prolonging QT (free, but requires registration). <https://crediblemeds.org/>
- MedEffect Canada Can search for recalls and safety alerts, report adverse drug reactions. Free access. <http://www.hc-sc.gc.ca/dhp-mps/medeff/index-eng.php>.
- Micromedex – contains monographs, toxicology info (requires subscription) <https://www.micromedexsolutions.com/home/dispatch>
- Health Canada Drug Product Database – can find monographs for all medications available in Canada (note: especially useful if can't find monograph in CPS, as CPS does not list all monographs). Can also search for discontinued products. Free access. <http://www.hc-sc.gc.ca/dhp-mps/prodpharma/databasdon/index-eng.php>

- Briggs' Drugs and Pregnancy and Lactation: Text book also available as an app; free version of app available.

Palliative Care Resources

- The LEAP program by Pallium and the accompanying Pallium pocketbook are key resources.
- See Opioid Manager for treatment of non-cancer related pain

Patient Education - see separate PowerPoint of Pat. Ed Resources from Dr. MacLean

- CFPC Patient Ed resource list
<http://www.cfpc.ca/projectassets/templates/resource.aspx?id=1539&langType=4105>
- Best Advice Guide: Health Literacy in the Patient's Medical Home
<http://patientsmedicalhome.ca/resources/best-advice-guides/best-advice-guide-health-literacy-patients-medical-home>
- AHRQ Health Literacy Universal Precautions Toolkit
<http://www.ahrq.gov/professionals/quality-patient-safety/quality-resources/tools/literacy-toolkit/index.html>

Pediatrics/Well child care

- Peds Cases at <http://www.pedscases.com/>
- Rourke Baby Record
<http://www.rourkebabyrecord.ca/>
- CPS
<http://www.cps.ca/documents>
- Dr. Pat advice / Strongest Families
<http://crfh.ca/askdrpat/index.php/tag/strongest-families/>
- ADHD Guidelines at CADDRA
<http://www.caddra.ca/practice-guidelines/download>

Physical Exam

- Bates (There is a hard copy of the current edition in the clinic)
- JAMA - the rationale clinical exam series
<http://jama.jamanetwork.com/collection.aspx?categoryid=6257>
- Derm text such as Habif Clinical Dermatology
- Suttan, E. A Primer on Musculoskeletal Examination, 2nd ed.
- Thessaly Test YouTube Demo
https://www.youtube.com/watch?v=84pZh0n_rMg
- Epley Maneuver YouTube Demo
<https://www.youtube.com/watch?v=7ZgUx9G0uEs>

POCUS

- www.Edsonoshare.ca
- www.5minutesono.com
- www.Sasksonic.com

Practice Management

- Patients Medical Home site with Best Advice Guides
<https://patientsmedicalhome.ca/resources/best-advice-guides/>
- Practice management modules
<https://www.cma.ca/En/Pages/pmc-modules.aspx>
- Transitioning to practice
<https://www.cma.ca/En/Pages/transitioning-to-practice.aspx>
- CMPA Good Practice
<https://www.cmpa-acpm.ca/serve/docs/ela/goodpracticesguide/pages/index/index-e.html>
- Practice Management resources – Dr. MacLean

Prenatal/Pregnancy and Breastfeeding

- Obstetrics resource
<http://evidencebasedbirth.com>
- ALARM text/materials
- NL Breastfeeding toolkit
http://jrc.libguides.com/ld.php?content_id=20925313
- SOGC reference manual
http://jrc.libguides.com/ld.php?content_id=20925890
- Briggs' Drugs and Pregnancy and Lactation: Text book also available as an app; free version of app available.
- American Congress of Obstetricians and Gynecologists - Contains good instructional resources and videos
www.acog.org
- Motherisk (free)
<http://www.motherisk.org/women/drugs.jsp>
- MotherToBaby (free)
<http://www.mothersrisk.org/>
- Medications and Mothers' Milk (author: Hale)
- Lactmed
<http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT> (free)

Prevention

- Canadian Task Force on Preventive Care
<http://canadiantaskforce.ca/>
- Doc Mike Evan's – Do More Screening Tests Lead to Better Health?
<http://www.choosingwiselycanada.org/resources/videos/2015/11/13/doc-mike-evans-do-more-screening-tests-lead-to-better-health/>
- Why you don't need an annual exam
<http://www.choosingwisely.org/patient-resources/health-checkups/>
- Prevention in Hand
<http://www.preventioninhand.com/>
- Stroke Prevention in Atrial Fibrillation Risk Tool. A Fib and Stroke risk are for one year (not like most which go over a 10 year risk); know CHAD score; can use the frequency tables that include the risk of taking med (i.e. warfarin) versus not being on it.
<http://www.sparctool.com/>
- For CV Disease - Canadian version through Mike Allen
<http://chd.bestsciencemedicine.com/>
- Bone Health Choice – Mayo Clinic Osteoporosis Decision Aid;
<https://osteoporosisdecisionaid.mayoclinic.org/>
- OST tool for getting a bone mineral testing if you take the patients weight in kg - age and the result is over 10 – you don't need to do a BMD test.
- See Prevention series by Jim Dickinson in the Canadian Family Physician on CPG's and Screening, 2018

Professionalism

- Allen, T., Bethune, C., Brailovsky, C., Crichton, T., Donoff, M., Laughlin, T., . . . Wetmore, S. (2010). *Defining competence for the purposes of certification by the College of Family Physicians of Canada*. Mississauga: The College of Family Physicians of Canada. (Key Resource); CFPC resource at <http://www.cfpc.ca/uploadedFiles/Education/Professionalism.pdf>

Procedures

- Procedures text such as Mayeaux The Essential Guide to Primary Care Procedures
- CFP videos for common procedures such as on the use of cryo
<http://www.cfp.ca/content/by/section/Video%20Series>
- CliniSnips - videos on procedures on YouTube <https://www.youtube.com/user/CliniSnips>
- "The Occasional..." -articles in The Canadian Journal of Rural Medicine accessible through the U of S Library – search the journal site for these articles on multiple common topics many on procedures such as "The Occasional Vertical Mattress Suture"

Sports and exercise medicine

- Canadian Concussion Collaborative guidelines
<http://casem-acmse.org/education/ccc/>
- [Exercise is Medicine](#)

Tests/DI

- Choosing Wisely
<http://www.choosingwiselycanada.org/>
- Therapeutics Education Collaboration podcast listings
<https://therapeuticseducation.org/podcast>
- Tools for Practice
<https://www.acfp.ca/tools-for-practice/>
- Lab tests on line
<https://labtestsonline.org/>
- Chris Naugler’s book on Lab Literacy for Canadian Doctors or articles in CFP such as Laboratory tests, interpretation, and use of resources article
<http://www.cfp.ca/content/60/3/e167.full.pdf+html>
- Costs of Tests – CFP article Add to the cart?
<http://www.cfp.ca/content/61/11/937.full.pdf+html>

Travel

- Travel Health (Health Canada)
<http://www.phac-aspc.gc.ca/tmp-pmv/index-eng.php>
- Travelers’ Health (CDC U.S.)
<http://wwwnc.cdc.gov/travel>

What the residents are using for Exam Prep – See podcast list

- Resources linked to the 99 key features are available such as <http://99prioritytopicsguidelines.weebly.com/>
- See handout “Not Just for SOOs....” + the PCCM text: Stewart M, Brown J.B., Weston W.W., McWhinney I.R., McWilliam C.L., Freeman T.R. Patient-Centered Medicine: Transforming the Clinical Method. 2014 Jan. 3rd Edition, Radcliffe Publishing Ltd, Oxford UK
- Prep courses – check these out online

If you have a favourite site, resource or text that you have found to be particularly useful in family practice or when teaching FM content, please contact cathy.maclean@usask.ca so we can add it to this resource.

