

Spring 2019 Newsletter



Rethinking Anxiety Meds

TVO | *The Agenda*

"Whether it's named Ativan or Valium, benzodiazepine anxiety medication is pervasive. It may be helpful for everything from acute cases to long-term anxiety, but it also carries with it an addictive element. Benzos contribute to approximately half of the opioid deaths in Ontario. The Agenda discusses whether it's time to reconsider how common it's become."

Clinically Speaking Podcast

"Those sorts of trials seem to be done mostly because a company wants to sell a different antidepressant. It may not be any worse than the other antidepressants. It may not be problematic, but it also isn't advancing the care of people with anxiety or depression." - Dr. Nav Persaud on the argument for re-evaluating the evidence that informs clinical decision making

Clinically Speaking is a mini-podcast series, co-hosted by Dr. Jamie Meuser and Christine Papoushek, that unpacks the past, present and future of evidence-based medicine. [Click to listen to the podcast](#) including the season's final interview featuring Dr. Onil Bhattacharyya.



Coming soon



Academic detailing on benzodiazepine use will be available this summer

We provide educational outreach visits on a series of topics including opioids and pain management through our academic detailing service. These one-on-one visits are conducted by pharmacists for family physicians. They are flexible and tailored for providers, and we offer a new visit topic each season.

In July, we will offer academic detailing on benzodiazepine use in older adults. [Sign up for a free visit today!](#)

Benzodiazepine Use in Older Adults Tool

Through the KTinPC Initiative, we're finalizing a benzodiazepine tool, which will be available to primary care providers in June. We currently have an [insomnia tool](#) that mentions the topic. However, the upcoming tool will cover the benefits and risks of using the medications to treat insomnia, anxiety, panic disorder and other conditions among older adult patients.

Alcohol Use Disorder (AUD) Tool - Pharmacotherapy

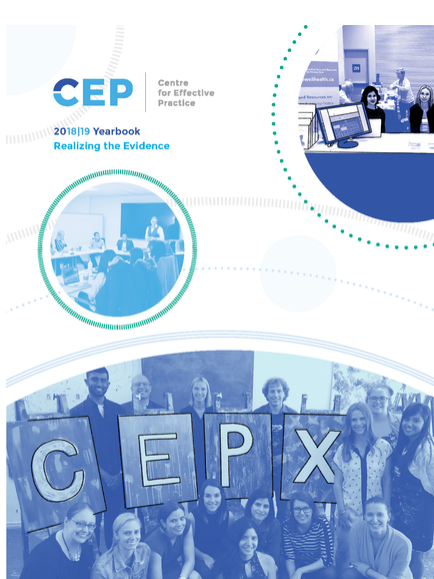
As part of the Knowledge Translation in Primary Care (KTinPC) Initiative, we are developing the Alcohol Use Disorder (AUD) Tool - Pharmacotherapy, which will be available this summer. It will support primary care providers in screening patients and implementing pharmacotherapy treatments for adult patients living with alcohol use disorder.

Executive updates

From independence to today: Elevating quality, speed and reach every step of the way

When I started at the Centre for Effective Practice, which was at the time part of the University of Toronto's Department of Family and Community Medicine, I never imagined it would be where it is today. At the time, our focus was trying to do small projects and finding the experts to help us do it. We had very few resources and frankly could only work on one thing at a time.

Today, we are a very different organization. Now, CEP works on many topics simultaneously, with the goal of system-level impact, and that shift required us to change. [Read more.](#)



CEP Yearbook 2018 - 2019: Realizing the Evidence

Our annual CEP Yearbook, which highlights our accomplishments from the past year, is now available!

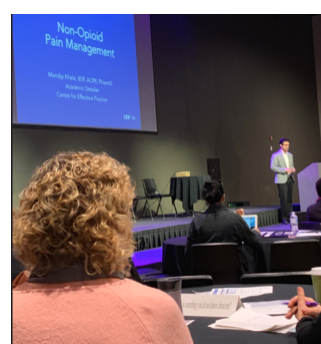
To date, we've developed 76 tools, resources and programs, and worked with more than 225 stakeholder organizations.

This year, we've directly engaged over 1,522 providers, and our tools have received more than 95,066 downloads since 2017 - primarily by family physicians and nurse practitioners. [See the CEP Yearbook.](#)

Out and about

Making appearances at conferences, working group sessions and other events. Some of our adventures this past season included:

- Exhibiting at Pri-Med, where we distributed more than 300 copies of our [Top 10 Primary Care Tool Highlights](#) book.
- A meeting with our topic selection advisory panel to discuss future tool topic opportunities.
- Mandip Khela, one of our academic detailers, presenting on non-opioid pain management at Mississauga Halton LHIN's Learning Together 2019 Conference.



Get involved

Usability and focus groups

We invite family physicians and primary care nurse practitioners to participate in our UX and focus group sessions. Through the sessions, providers call in and give their thoughts on the projects and topics we're working on. [Sign up.](#)

About the CEP

The Centre for Effective Practice is one of the largest independent knowledge translation organizations for primary care in Canada. It brings together knowledge, evidence, expertise and resources to ensure frontline providers have the information they need to deliver high quality care and improve patients' health outcomes. In Ontario alone, its work reaches over 16,000 healthcare providers each year through established relationships with key organizations, medical schools, colleges and associations.

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