Recommended Resource List:
Teaching Family Medicine Residents
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Resources for Residents and Faculty

Introduction
This list of resources is available online through our website Preceptors section and on the PG site for residents. It is also on One45 and can be accessed in D2L as well as through FUD in the EMR. Hard copies are available in FM teaching sites. Although long, the list is intended for use -

- **At the individual level** – as a faculty member or resident; pick and choose favourites or load as bookmarks, sign up regular updates on specific sites, etc. Recommendations to residents for exam prep should also include the resources on this list.

- **At a team level** – adopting point of care tools in the clinic and having some consistency in what we recommend to residents; refer residents to these sites when teaching in the clinic to help standardize our approach across teachers and across sites.

- **Within specific aspects of the curriculum** – for AHD teaching/procedures/etc. Refer to the specific sites in any other learning opportunities as applicable to specific topic areas.

- **At a discipline level** – to support all our clinical teachers and provide guidance on what to use and when as well as for Faculty Development around the resources themselves.

- **For exam preparation** including SAMPS development and will link recommended resources to each of the 99 key features and the associated SAMP practice question. This approach may also help make it so the list is not overwhelming but is better matched to content areas for teaching and learning.

The pages have been separated by topic area to assist in organizing and finding the recommended materials/resources as needed.

**One45**  
[https://webeval.med.mun.ca/mun/](https://webeval.med.mun.ca/mun/). Links below will be active and easy to connect to. If you can’t remember you password there is a link called “New help logging in?” If you select that you will be sent an email that allows you to change your password.

**Other Resources**

**Sign up for and get regular updates from through email:**

- Tools for Practice from the Alberta College of Family Physicians website
- Info POEMS from the CMA website (you will need to log in)
- IHI – for practice improvement/quality improvement (can sign up at their website)
- AHQR – also a US site but has information of quality improvement, patient education and practice change
- Best Advice Guides - [www.patientsmedicalhome.ca](http://www.patientsmedicalhome.ca)
Family Medicine – General Resources (in random order)

- Access to Dynamed – see handout and Library link; recommended by our EBM committee. Internet access available to MUN users only. Mobile app also available via Health Sciences Library: http://qe2a-proxy.mun.ca/login?url=http://search.ebscohost.com/login.aspx?authtype=uid&user=s1223544&password=password&profile=dynamed

- Best Science Medicine Mike Allen U of A
  https://therapeuticseducation.org/bs-medicine-podcast
  List of all topics on podcast
  https://therapeuticseducation.org/podcast

- ICES
  http://www.ices.on.ca/

- CHEP guidelines
  http://guidelines.hypertension.ca/

- CDA guidelines
  http://guidelines.diabetes.ca/fullguidelines

- COPD evaluation/management based on GOLD guidelines
  http://goldcopd.org/gold-reports/

- Depression guidelines and screening tools
  http://www.canmat.org/index.php

- Tools for Practice – Alberta College of Family Physicians
  https://www.acfp.ca/tools-for-practice/

- INFOPoems through the CMA (sign in required)
  https://www.cma.ca/En/Pages/clinical-updates.aspx

- Therapeutics Initiative through UBC with podcasts
  http://www.ti.ubc.ca/podcast

- Canadian Family Physician journal
  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
  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
  http://www.evanshealthlab.com/
• American Family Physician  
  http://www.aafp.org/journals/afp.html

• Quality Improvement in Family Medicine  
  http://www.dfcm.utoronto.ca/programs/quality/qi-getting-started.htm,  
  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

  All residents need to be exposed to this early in their residency

Addictions and Chronic Pain

• McMasters Opioid Manager  
  http://nationalpaincentre.mcmaster.ca/opioidmanager/

• New resource coming from the MUN DFM

Care of the Elderly – see D2L and website for recommended resources.

• D2L  
  https://online.mun.ca/

Emergency Medicine

• Tintinellis’s Emergency Medicine Text

GYNE

• SOGC 2015 Contraception Guidelines  

  Other SOGC Guidelines are available at  
  http://sogc.org/clinical-practice-guidelines/

Immunizations

• Immunization and vaccines (Health Canada)  

• Canadian Immunization Guide(Health Canada)  

• 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  

• Prevention in Hand Health Assessment and Monitoring Tools  
Medications

- Newfoundland and Labrador Prescription Drug Program (NLPDP) – provincial drug coverage, can search for open benefit and special authorization medications for those covered under NLPDP

- Deprescribing (Canadian)

- Rx files (hard copy in all the FM clinics, via subscription online, can also purchase as an app)
  [http://www.rxfiles.ca/rxfiles/](http://www.rxfiles.ca/rxfiles/)

- Therapeutic Choices

- Podcast Mike Allen
  [https://therapeuticseducation.org/podcast](https://therapeuticseducation.org/podcast)

- Bugs and Drugs

- Guide to Community Infections

- 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](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 etherapeutics chapters/topics through the CFPC which you have access to as a member.
  [http://www.library.mun.ca/hsl/dbases/](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/](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/](http://www.library.mun.ca/hsl/dbases/)

- Are my drugs covered?

- The NNT - Can look up the NNT based on the evidence.

- Canadian guideline for safe and effective use of opioids for chronic non-cancer pain. Includes the opioid manager.
  [http://nationalpaincentre.mcmaster.ca/opioid/](http://nationalpaincentre.mcmaster.ca/opioid/)

- CredibleMeds. For list of QT drugs and risk of prolonging QT (free, but requires registration).
  [https://crediblemeds.org/](https://crediblemeds.org/)


- Micromedex – contains monographs, toxicology info (requires subscription)
  [https://www.micromedexsolutions.com/home/](https://www.micromedexsolutions.com/home/)
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.  

Memorial University School of Pharmacy Drug Information Centre – available to aid in addressing medication-related questions for health care professionals in NL (free service)  
http://www.mun.ca/pharmacy/community/dic.php; call 777-7584 or email jennifer.donnan@mun.ca

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

- CFPC Patient Ed resource list  

- Working with Dr. Google  

- 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  

Pediatrics/Well child care

- Rourke Baby Record  
  http://www.rourkebabyrecord.ca/

- CPS  
  http://www.cps.ca/documents

- Dr. Pat advice / Strongest Families  

- ADHD Guidelines at CADDRA  
  http://www.caddra.ca/practice-guidelines/download

- Thessaly Test YouTube Demo  
  https://www.youtube.com/watch?v=84pZh0n_rMg

- Epley Maneuver YouTube Demo  
  https://www.youtube.com/watch?v=7ZgUx9G0uEs
Physical Exam

- Bates
- JAMA - the rationale clinical exam
- Derm text such as Habif Clinical Dermatology
- Sutten, E. A Primer on Musculoskeletal Examination, 2nd ed.

Practice Management

- Patients Medical Home site with Best Advice Guides
  http://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
- CPSNL Policies on Practice Management
- OCPS Guidelines
- The Five Fundamentals of Civility for Physicians
  http://php.oma.org/FiveFundamentals.html

Prenatal/Pregnancy and Breastfeeding

- Obstetrics resource
  http://evidencebasedbirth.com
- ALARM text/materials
- NL Breastfeeding toolkit
- SOGC reference manual
- 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
- Motherrisk (free)
  http://www.motherisk.org/women/drugs.jsp
- MotherToBaby (free)
  http://www.mothertobaby.org/
- Medications and Mothers’ Milk (author: Hale)
- Lactmed
Prevention

- Canadian Task Force on Preventive Care
  http://canadiantaskforce.ca/
- Doc Mike Evan’s – 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.

Professionalism – see reference list at end of document

Procedures

- Procedures text such as Mayeaux The Essential Guide to Primary Care Procedures
- CFP videos for procedures such as cryo
  http://www.cfp.ca/content/by/section/Video%20Series
- Clinisnips for procedures
  http://www.nosm.ca/pocketsnips/videos/
- “The Occasional”… articles in each issue of The Canadian Journal of Rural Medicine
  http://www.srpc.ca/resources_cjrm_current.html.

Sports

- Canadian Concussion Collaborative guidelines
  http://casem-acmse.org/education/ccc/

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/

- Naugler’s book on Lab Literacy for Canadian Doctors
- Laboratory tests, interpretation, and use of resources article by Naugler
  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)
- Travelers’ Health (CDC U.S.)
  http://wwwnc.cdc.gov/travel

What the residents are using for Exam Prep – includes:

- Resources linked to the 99 key features is underway as a resident project. Any ideal resources/references/website/videos are much appreciated. Contact the SAMP committee in the DFM.
- Primary care RAP
  https://www.hippoed.com/pc/rap/
- Ken Milne – Skeptics guide
  http://thesgem.com/
- Dr. Kilrew Podcasts Sioux Lookout
  https://directory.libsyn.com/shows/view/id/siouxlookoutareadocs
Professionalism References


