



# Newsletter

January, 2017



## Medical Director Curriculum

Novotel North York, January 27 -29  
 The first part of this year's Medical Director Curriculum was held this past weekend. Twenty-seven attended Block One, the Regulatory Environment, on Saturday and Sunday, January 28 – 19. Friday, January 27, was part one of Block 2, Physician's Quality Improvement. There were twenty-four participants.



The second day of Block 2 will be offered on Friday, April 28, followed by Block 3, Leadership and Risk Management, April 29 and 30.

The new venue for this year's course is Novotel, North York, conveniently located on

the subway line. The meeting space was very conducive for presentation and interaction. Block 2 and 1 were well received with participants going away with new sense of purpose and deeper understanding of the LTC Medical Director role. The program is certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 24 MainproCERTplus credits for Block 2 and up to 42 MainproCERTplus credits for Block 1.

Thirty-five have completed all three blocks and received their certification. Many others have completed some of the blocks and received certification for those blocks.

## CALL FOR WORKSHOPS & POSTERS

**OLTCC CONFERENCE - 2017**  
**Long Term Care for the Practicing Clinician**  
**"Clinical Pearls in Long Term Care"**  
**OCTOBER 20 - 22, 2017**

Deadline date for workshop abstracts is Monday, February 13, 2017. Go to:  
[http://oltcc.ca/conference\\_2017/index.html](http://oltcc.ca/conference_2017/index.html)  
 Click on the tabs at the left: Call for Workshops and Call for Posters.



### Choosing Wisely Canada LTC

The Long Term Care Medical Directors Association of Canada (LTCMDAC) joined Choosing Wisely Canada campaign. LTCMDAC's vision is to increase physician leadership capacity in the nursing home to improve the quality of care and more importantly the quality of life for patients. The process created recommendations that were valid and relevant for frail, elderly Canadian patients in our long term care homes. These are the six recommendations released on January 18:

- Don't send the frail resident of a nursing home to the hospital, unless their urgent comfort and medical needs cannot be met in their care home.
- Don't use antipsychotics as first choice to treat behavioural and psychological symptoms of dementia.
- Don't do a urine dip or urine culture unless there are clear signs and symptoms of a urinary tract infection (UTI).
- Don't insert a feeding tube in individuals with advanced dementia. Instead, assist the resident to eat.
- Don't continue or add long-term medications unless there is an appropriate indication and a reasonable expectation of benefit in the individual patient.
- Don't order screening or routine chronic disease testing just because a blood test is being drawn.

Details of the recommendations, with references, are at:

<http://www.choosingwiselycanada.org/recommendations/long-term-care/>

### Long Term Medical Directors of Canada

The Long Term Care Medical Directors Association of Canada was formed in 2003. Among its objectives are the representation and advocacy for the professional and workplace interests of

medical directors and the advancement of the quality of patient care in the nursing home. These members of their Board of Directors at a recent Long Term Care for the Practicing Clinician:



Drs. Paddy Quail (President, from Calgary), Serge Gingras (QC), Dev Maher (BC), Barry Clarke (NS) Andrea Moser (ON)

### OMA Elections

The following positions were acclaimed to the Section of Long Term Care/Care of the Elderly:

Chair: Dr. Jobin Varughese

Secretary: Dr. Michelle Gibson

Vice Chair: Dr. Hugh Boyd

Dr. Varughese is Vice President of OLTC. Dr. Boyd is on the Board of Directors of Ontario Long Term Care Physicians, the charitable organization that supports OLTC in LTC educational objectives.

