



OMA Office Relocation

The Ontario Medical Association has a new address effective Monday, April 6, 2009. The PHP is remaining at its current 250 Dundas Street West location.

The corporate office will be relocating from the current 525 University Avenue site to 150 Bloor Street West, where the OMA will occupy the seventh, eighth and ninth floors.

In April, the Ontario Medical Association will officially unveil its new branding, including a new logo and slogan, which reinforces the organization's commitment to member representation, leadership and renewal, and reflects the OMA's position as a champion of physician and patient interests.

30 April – 3 May, 2009
OMA AGM & Council Meeting
Toronto, Ontario

17 June, 2009
PHP Annual Meeting
Toronto, Ontario

A look back on 2008

The theme for the Physician and Professionals Health Program (PHP) in 2008, much as before, is growth and change. The new corporate look, location, and new programming we are both excited and challenged by everything that is happening.

We continue to reach out into the community and recruit new clinical resources to help health professionals in a variety of ways. Notably, in the last two years, we have offered an educational program to health care providers to treat doctors and other health professionals which we call "train the treater". These have been well attended and we plan to continue these programs on an annual basis, rotating them around the province.

2008 saw some special achievements for the PHP. We have arrived at a position of prominence on the world stage. In 2009 there was a major international health conference held in London, England, sponsored jointly by the British Medical Association, Canadian Medical Association and American Medical Association. At this meeting the PHP presented five papers, two of them resulted in publications in major medical journals. (See page 3)

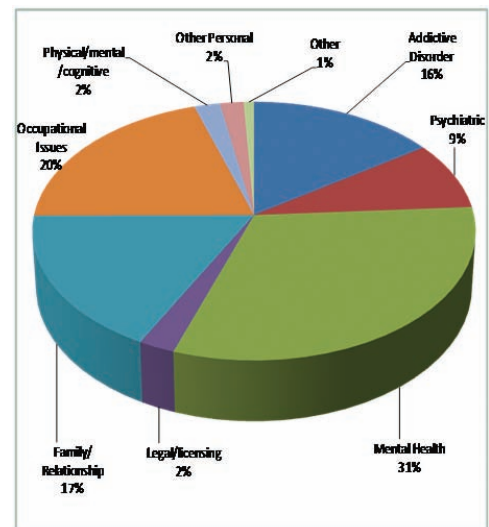
In 2008 the demand for PHP programs and services continued to grow. As the table below illustrates, between 2007 and 2008 new cases to the program increased by 14% and the cumulative total reached 3288.

PHP New Cases and Contracts per Year + PHP Cumulative Statistics

Year	# of new contacts/cases	Cumulative Total
1995	11	11
1996	95	106
1997	122	228
1998	108	336
1999	125	461
2000	155	616
2001	149	765
2002	206	971
2003	260	1231
2004	275	1506
2005	301	1807
2006*	352	2159
2007	527	2686
2008	602	3288

We continue to see a variety of problem types with occupational issues representing a growth area for us.

Problem Types All new Cases 2008



Mindfulness Practice

By Ann Davidson and Ted Bober

Health professionals lead busy lives. We may often rush from task to task and easily end up on automatic pilot, doing what we need to do, while our minds are elsewhere.

There is growing scientific evidence that shows mindfulness practice is an effective tool for managing the busyness and stress of our lives.



Present moment awareness or mindfulness is about paying attention – now. With practice, it can help us to recognize sooner those times we are on automatic pilot or stepping onto the cognitive treadmill, lost in thinking, planning, rehashing or worrying.

Mindfulness also teaches compassion for ourselves and acceptance of present circumstances, whether they are pleasant or unpleasant.

We can learn healthy alternatives to denying, avoiding or escaping unpleasant life or work experiences. By just observing and accepting whatever arrives on our doorstep, without trying to change it (him or

her), we become less reactive and more understanding. This, in turn allows us to be more understanding of others, such as our family and our patients.

Below is a short exercise that can help focus one's attention and concentration on the present moment. It can be practiced at any time during the day.

Find a comfortable position, seated in a chair. Try putting both feet flat on the floor with your back straight, your chin tucked slightly in, and your hands resting lightly on your thighs or in your lap. You can close your eyes; or if you are more comfortable leaving them open, lightly focus them on a spot on the floor in front of you.

As you settle into this seated posture, tune into any bodily sensation: notice the places where your body contacts the chair or if there are any areas of tension.

Turn your attention to your breath and just notice it somewhere in your body, either at the belly as it rises and falls, or at the nostrils where the air enters and leaves. There is no need to change your breathing, just notice and observe it. Now, start counting ten breaths.

Continue to focus your attention on the place in the body that you are feeling your breath. If your mind wanders, which it will likely do, then pause to note where it has gone, and gently and non-judgmentally bring your attention back to the breath, and continue counting.

When you have reached 10 breaths, you can open your eyes. There is no hurry to complete it. Take time at the end of this exercise to note any changes in your thoughts, feelings or bodily sensations. As you go back to your daily activities, see if you can bring some of this quality of attention with you.

If you would like more information on further resources in this area, please contact either Ted or Ann at 1-800-268-7215 or email to ann.davidson@oma.org or ted.bober@oma.org.

For Information on PHP presentations

Please contact Associate Director, Cynthia MacWilliam at 416-340-2943

Contact us:

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Physician & Professionals Health Program
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Confidential Toll-Free Line:

1.800.851.6606

Director: Dr Michael Kaufmann

Direct Line: 416. 340.2972

Website: <http://php.oma.org>



Congratulations!

On getting published in

Canadian Journal of Psychiatry

“Relapse rates in Ontario physicians monitored for recurrent major depression and bipolar disorder”

By

Joy Albuquerque,
Dorian Deshauer,
Dean Fergusson,
Steve Doucette,
Cynthia MacWilliam,
I Michael Kaufmann

For more info please visit
www.cpa-apc.org

Congratulations!

On getting published in

British Medical Journal

“Characteristics and outcomes of doctors in a substance dependence monitoring programme in Canada: prospective descriptive study”

By

Joan M Brewster,
I Michael Kaufmann,
Sarah Hutchison,
Cynthia MacWilliam,

For more info please visit
www.bmj.com

Physician Workplace Support

As indicated in our 2008 statistics on Page 1 of this Newsletter, the PHP is being increasingly called upon to assist individual physicians and medical leaders when issues in the workplace are affecting a physician’s ability to function in a team environment and as part of the larger hospital organization.

What Can Be Done?

To support individual physicians and medical leaders, the PHP has been providing some services, namely individual case management and behavioural monitoring of a few physicians. Over the next two years the PHP will also be working hard, under the umbrella of a new program called the Physician Workplace Support Program, to develop enhanced and new services to address physician issues in the workplace. Services will be provided across the spectrum from education and awareness, to prevention and incident management.

Program Eligibility

The intake process for referrals to the program will include triage according to eligibility criteria. For example it would be important to verify that incidents being reported to the PHP have been properly validated and that vexatious reports are being ruled out.

Program Principles

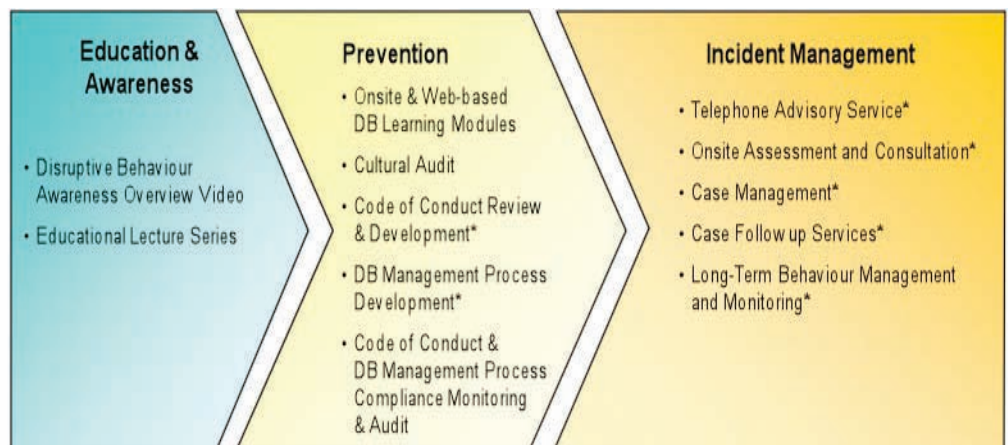
The program will operate in the best interests of physicians and therefore the patients that they serve. The PWSP is a voluntary service for physicians and will consider the work place context as well as family context as important contributors.

Next Steps

The PHP is currently actively recruiting for a new Project Lead and Associate Medical Director to concentrate on the development and provision of PWSP programs and services.

This is an exciting and challenging time for the PHP.

Physician Workplace and Support Program Products and Services



**PHP is currently active in some degree in the following areas*

PHP Annual Meeting

The next Annual Meeting of the Physician and Professionals Health Program of the Ontario Medical Association will take place on Wednesday, June 17, 2009 at The Suites at 1 King West, Toronto, Ontario.

The goal of the meeting is to bring together treating clinicians, primary monitors, Caduceus group facilitators, stakeholders, members of the PHP Advisory Committee, OMA Board and staff to network and share our experiences in the pursuit of health and wellness for physicians, veterinarians and pharmacists.

This year, we are very pleased to offer a delegation of speakers presenting on a variety of topics including:

- Health Professions Regulatory Advisory Council (HPRAC) recommendations – legislative impact and changes to be implemented commencing in June 2009
- Mentor, Monitor or Manager – Who's Who and What's the Difference?
- Innovative approaches to managing behaviour in the workplace
- Physician Workplace Support Program – introduction to the new program being launched by the OMA's Physician Health Program

PHP Website updates:

We are currently putting the finishing touches on our newly designed website. In addition to the fresh new design, we are working hard to improve the organization and navigation of it so you can easily find what you are looking for.



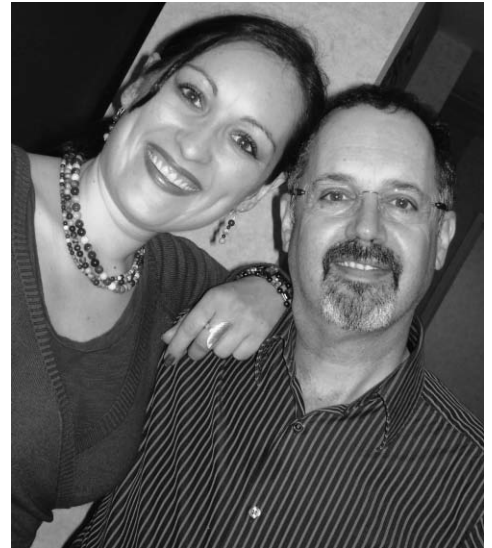
In Memoriam:



Dr. George McDermott, 66, died Feb. 28 2009 at the Princess Margaret Hospital in Toronto. His death is not only being mourned by those who knew him, but by those in the addictions medicine field as well. He was a great supporter and a friend to all of us at the PHP.

PHP Team updates:

In 1995 Dr. Michael Kaufmann became the Founding Director of Physician Health Program of the OMA. Today, our Team is Stronger than ever and it continues to grow.



Dr. Michael Kaufmann - Medical Director

Dr. Joy Albuquerque - Associate Medical Director

Cynthia MacWilliam - Associate Director

Judi Platt - Case Manager

Ann Davidson - Case Manager

Ted Bober - Case Manager

Jordanna Davidson - Case Manager

Bess Williams - Senior Administrative Assistant

Anna Kopowska – Receptionist / Administrative Assistant

Amanda Gomes - Senior Administrative Assistant

Bernadette Voulgaris – Senior Administrative Assistant

Mira Stojanovic – Coordinator, Educational events and PHP website development