



# 2017

At a Glance



ALBERTA COLLEGE *of*  
FAMILY PHYSICIANS

## Table of Contents

President's Message .....	3
Engaging and Empowering our Members.....	4
Awards and Recognition .....	13
Family Docs Rock Campaign .....	16
Highlights in CPD .....	17
Partnerships in the Pursuit of Excellence.....	28
Financial Highlights .....	35
Executive Director's Message .....	39

## President's Message

**Looking back on 2017, we invested in advocacy, leadership, and education while supporting you and your teams in the delivery of care for your patients.**

The health care system continues to evolve and focus more on care in the community, transitions in care, and chronic disease management. As it does, we must remain active and engaged both as an organization and as individual practitioners in how our new reality is created—and it will be different.

Family physicians are well prepared to fulfill many roles within the health care system and our profession is trained, supported, and equipped for the provision of:

**Comprehensive, continuing, and patient-centred health care:** We are involved in care across the health care spectrum including community-based and primary care, home and long-term care, emergency and hospital care, and maternal and newborn care.

**Leadership:** We provide leadership at the practice, community, and systems level for the delivery of care that is accessible, comprehensive, continuity-based, patient-centred, and responsive to local conditions with engagement of community partners.

**Advocacy:** We advocate for access to comprehensive care, reaching out to engage with those experiencing barriers and hardship.

**Scholarship, teaching, quality improvement (QI), and research:** We are committed to excellence as reflected in practice-based quality improvement activities, an evidence-informed approach to care, and as teachers of family medicine. Family physicians advance the knowledge of the discipline through a continuum of research activities.

Family physicians work in many different settings and under different arrangements. We bring a unique orientation and skill set, strengthening the compassion, comprehensiveness, cohesion, capacity, and overall quality of the health care system. Through relationship-based and patient-centred care, our generalist orientation to care, and community-adaptive expertise, we provide continuity and cohesion, including coordination for transitions of care, creating a vast knowledge base that improves health, wellness, and the quality of life for our patients and their families.

It is an honour to serve as President of a Board of Directors that believes so strongly in professionalism, continuing professional development, patient-centred and integrated care, applied leadership, and being responsive to the needs of ACFP members.

I look forward to another momentous year of progress and potential! Contact me anytime if you have questions, input, or feedback.

In your service,



Dr. Fred Janke, BSc, MSc, MD, FCFP, FRRMS  
President, Alberta College of Family Physicians  
acfpres@acfp.ca





Engaging and  
Empowering our Members

## Board of Directors

The ACFP Board of Directors is comprised of nine Directors.

They are:

Dr. Fred Janke (President), Sylvan Lake;  
Dr. John Chmelicek (Past President), Edmonton;  
Dr. Sudha Koppula (Secretary), Edmonton;  
Dr. Clark Svrcek (Treasurer), Calgary;  
Dr. Vishal Singh Bhella, Calgary;  
Dr. Noel DaCunha, Westlock;  
Dr. Sonya Lee, Calgary;  
Dr. Randall Sargent, Canmore;  
Dr. Anthony Train, Calgary

Under the ACFP's bylaws, this is a governing board, meeting six times per year to fulfill their role of strategic governance responsibility. The responsibility of management and operational delivery on this strategy is passed on to the Executive Director, Terri Potter. The responsibilities of our Board include ensuring that the ACFP is properly managed, its property and assets are suitably cared for, and high-quality services are provided to all its members.

The ACFP President is also the Board Chair and official spokesperson on issues that arise during and between Board meetings; nonetheless, decisions are made collaboratively by the whole Board. The ACFP Board remains connected, informed, and involved in the provincial health care system and primary care initiatives through various ongoing formal and informal relationships including its active contributions in the Alberta Primary Care Alliance (PCA) that meets to confer and collaborate regarding provincial primary care delivery decisions and directions.

## Board Governance Committees

There are two committees that have been designated by the Board to support its governance functions—Governance Advisory and Finance and Audit.



## Governance Advisory Committee

A standing committee of the ACFP Board, the Governance Advisory Committee (GAC) is responsible for the annual recruitment of potential Board members, according to Board-stated need, along with annual review of and provision of recommendations for changes to organizational bylaws and updates to Board policies. This committee must have at least two members from the Board of Directors with the Chair being the Past President, past Board member, or designate from the Board.

**The GAC also ensures that the Board:**

- Fulfills its legal, ethical, and functional responsibilities through the management of the ACFP's Bylaws,
- Provides oversight of Board and Committee succession, and
- Evaluates the Board as a whole and its individual members.

**Members of the 2017 GAC include:**

Dr. Cathy Scrimshaw (Chair), Pincher Creek;  
Dr. Fred Janke (Board Representative), Sylvan Lake;  
Dr. Sudha Koppula (Board Representative), Edmonton;  
Dr. John Chmelicek (Member-at-Large), Edmonton;  
Dr. Ann Vaidya (Member-at-Large), Calgary;  
Vacant – Member-at-Large

## Finance and Audit Committee (FAC)

The ACFP Finance and Audit Committee (FAC) is a standing committee of the Board, with a membership of at least three, chaired by the Board Treasurer.

The FAC is tasked with:

- Assurance that a fully qualified external auditor conducts a competent financial audit annually,
- Presenting audit results to the Board with recommendations as required, and
- Annual review and provision of recommendation for updates to policies related to financial condition and activities, financial planning, budgeting, and regular reporting by the Executive Director.

### Members of the 2017 FAC include:

Dr. Clark Svrcek (Treasurer), Calgary;  
Dr. Fred Janke (President), Sylvan Lake;  
Dr. John Chmelicek (Past President), Edmonton;  
Dr. Christine Ellis (Member-at-Large), Rimbey

## Operational Committees

Our operational committees help the staff achieve objectives from a strategy level by drawing upon the ACFP's membership. There are two core, operational committees—Continuing Professional Development (CPD) Advisory and Membership Advisory.

### CPD Advisory Committee

The CPD Advisory Committee provides support to the College's CPD initiatives that promote the role family physicians play in delivering the highest quality care to patients and their communities across Alberta—they are engaged and responsive to emerging trends in the development and delivery of CPD.

The committee operates in an advisory capacity by providing recommendations to the Executive Director and ACFP Board and represents a strong sample of community doctors across the province:

Dr. Sudha Koppula (Chair), Edmonton;  
Dr. Marc Klasa (Chair, ASA Planning Committee), Calgary;  
Dr. Mike Kolber (Chair, PEIP Planning Committee), Edmonton;  
Dr. Saeed Ahmadinejad, Edmonton;  
Dr. Alice Bailey, Lethbridge;  
Dr. Nicole Cardinal, St. Paul;  
Dr. Lily Chen, Leduc;  
Dr. Shari Fallis, Edmonton;  
Dr. Jazmin Marlinga, Calgary;  
Dr. Donna Mumert, Beaverlodge;  
Dr. John O'Connor, Fort McMurray/Fort McKay



In 2017, the CPD Advisory committee grew to include a third sub-committee.

#### **Annual Scientific Assembly Planning Committee:**

The Alberta College of Family Physicians (ACFP) Annual Scientific Assembly (ASA) Planning Committee is responsible for the development and delivery of the ACFP's Annual Scientific Assembly.

#### **NEW! LeadFM: Alberta Family Medicine Leadership Conference Planning Committee:**

The LeadFM Conference Planning Committee strives to deliver a highly relevant and comprehensive annual CPD program based on leadership best practices, providing take away lessons for family physicians that can be immediately incorporated into practice.

#### **Practical Evidence for Informed Practice Committee:**

The PEIP Conference Planning Committee is a standing committee which plays an integral role in the creation and delivery of an evidence-based, clinically relevant, and thought-provoking CPD event on an annual basis.

#### **Membership Advisory Committee**

The Membership Advisory Committee (MAC) serves to ensure the ACFP is meeting the needs of its diverse membership. The committee's role includes being responsive to emergent member needs and, where necessary, creates sub-committees or task forces to identify and meet these needs. This committee reports to the Executive Director with strategies and recommendations and works with the ACFP staff to implement these through operational means.

This committee met five times in 2017 and developed a Terms of Reference and goals for 2017-18 in relation to the ACFP's strategic plan and board direction. The MAC continues to provide direction on eNews topics and appearance, website, member

engagement, and public engagement.

Currently there are two sub-committees of the MAC.

#### **First Five Years in Family Practice Committee:**

The First Five Years in Family Practice (FFYFP) Committee supports family physicians in their first five years of practice and family medicine residents' transition into practice. The Committee acts as a resource to the ACFP for those in the early stages of their career.

Now in its third year, the ACFP's FFYFP Committee continues to make progress with its outreach activities and accomplish the goals they set out to achieve. Highlights in 2017 include:

1. Contribution of two articles—*Dealing with a College Complaint* and *Consideration of Doing an R3*—to the quarterly blog written by committee members,
2. Development and presentation of two sessions—*What Now? Transitioning from Residency to Practice* and *Making YOUR Footprint in Family Medicine: A Panel Discussion*—at the 62nd Annual Scientific Assembly (ASA),
3. Organization and hosting of a FFYFP lunch-mixer at the ASA,
4. Presentation of information sessions about the FFYFP Committee to first- and second-year residents at the Universities of Alberta and Calgary,
5. Continued development of bi-monthly polls focused on current issues faced by those in their first five years of practice to promote engagement and communication within the cohort, and
6. Additional presentations of the *Transitioning from Residency to Practice* session at FREzER, Rural Resident's Academic Day, and *Transition to Practice* events at both the Universities of Alberta and Calgary.

### **Awards and Recognition Committee**

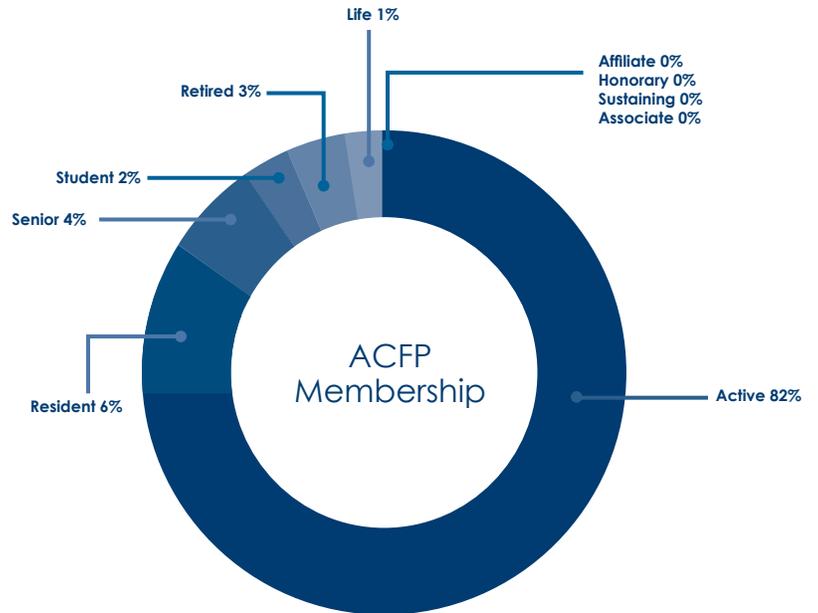
The ACFP Awards and Recognition Committee is an operational committee which plays an important role in building awareness for the ACFP, its members, and the significant role the ACFP plays in advancing family practice in Alberta. The ACFP Awards and Recognition Committee recognizes, celebrates, and supports family physicians, family medicine residents, and medical students in excellence in leadership, education, advocacy, and research.

The Committee help promotes the ACFP Awards Program and plays a strong role in scanning viable candidates for national recognition through the College of Family Physicians' Honours and Awards program.



## Membership Growth

As the provincial Chapter of the CFPC, the ACFP is a professional voluntary organization that represents more than 4,800 family physicians, family medicine residents, and medical students in Alberta. Membership continues to increase steadily and significantly, and rose by 6% by the end of 2017.



## Annual Growth Statistics



## Member Engagement

### New Member Mailout

In 2017, the ACFP staff initiated a new process in efforts to reach out to all new Chapter members (active and family medicine residents). This process features the mailing of a hard copy welcome letter and two follow up emails.

The initial letter is accompanied by a package featuring the Who's Who in Health Care document and information about the work the ACFP does. This work includes:

- Supporting members and their needs through CPD,
- Supporting medical students, family medicine residents, and family physicians in their first five years of practice,
- Bringing the voice of family physicians to the table with external stakeholders,
- Raising awareness of the value of family physicians,
- Providing a source of best practice resources, and
- Striving for leadership in CPD, curriculum development, experiential learning opportunities, and ongoing research that inspires excellence in family medicine.

### Medical Students and Residents

#### Family Practice Career Awareness

Through its various learning opportunities, the ACFP collaborates with and supports medical students while encouraging family medicine as a career. The ACFP funds a variety of student-related activities and programs, offers student scholarships and awards, funds graduation, and provides resources to encourage student participation at family medicine conferences.

#### Supporting our Future Leaders

In 2017, the ACFP provided funding for medical students and family medicine residents to attend the ACFP's ASA and PEIP conferences, and the CFPC's Family Medicine Forum. Awards and scholarships of \$500 were awarded to University of Alberta and University of Calgary medical students.

The provision of this funding increases awareness of the ACFP among medical students and family medicine residents and serves as an opportunity to encourage family medicine as a career through skills acquisition and professional networking.

#### Shadowing Program for Incoming Medical Students

The ACFP's Shadowing Program provides incoming medical students with a positive and genuine understanding of the scope of family medicine before starting their formal medical education and being exposed to other medical specialties. The 2017 program was successful in pairing 88% of first year medical students with family physicians—representing a 30% increase over 2016—matching 80 students (versus 68 in 2016) overall.

In the pre-shadowing survey, students were asked why they chose medicine as their career and if they were considering family medicine. Twenty-four and 36 students (representing 74%), from the University of Calgary and University of Alberta respectively, said yes. The post-shadowing survey asked students to reflect on their experience and if they would consider family medicine as a long-term career goal; with a positive increase of nearly 20%, a total of 92% of those students who participated in the Shadowing Program said yes.

Feedback is consistently enthusiastic and positive from both the participating students and practicing family physicians:

“

"This was an incredible experience and exceeded my expectations. I learned so much and look forward to consolidating this knowledge with course learnings."

”

“

"It was fantastic to see a different side of family medicine. I was able to see and experience a variety of patient cases and the doctor was friendly and very willing to answer my questions."

”

“

This program is a great idea. It gives early medical students a taste of family medicine and those first (hopefully positive) impressions are very salient.

”

“

I love being a part of this program. Providing a glimpse into family medicine practice is a great opportunity for me to mentor potential future family docs!

”



### University of Alberta Information Session

Family physicians, family medicine residents, and first- and second-year medical students gathered at the University of Alberta on November 7, 2017 for the ACFP's Information Session. Those in practice were able to share their passion for family medicine with the students by answering questions about earnings, setting up practice, teaching, specialized certification, lifestyle, and more.

Approximately 85 students attended the session made possible by 13 family physicians and one resident. Session feedback was very positive and included the following sentiments:

*This was such a good experience, I'm really thankful for attending.*

*I really enjoyed the event. Perfect, all around! Really amazing.*

### University of Alberta Clinical Skills Sessions for First- and Second-Year Medical Students

The ACFP continued its successful Clinical Skills Sessions in 2017, hosting a session at the University of Alberta on March 14, 2017. Ten family physicians volunteered and facilitated a variety of skills sessions, including prescription writing, pap smears, approach to x-ray, and approach to end of life conversations.

### University of Alberta and University of Calgary Student Orientations

The ACFP continues to provide sponsorship for and attend student orientations at the Universities of Alberta and Calgary. Every year, the ACFP looks forward to the opportunity to welcome medical students and introduce them to the College.

### Alberta Medical Students Conference and Retreat (AMSCAR)

The ACFP—in partnership with the Universities of Alberta and Calgary Departments of Family Medicine and the College of Family Physicians of Canada—was a major sponsor of the joint University of Alberta and University of Calgary Medical Student Conference in Banff, February 10-12, 2017. As in past years, the ACFP had an exhibit booth which allowed for interaction with students and opportunities to create awareness of the many supports and initiatives offered by the ACFP.

### The University of Calgary Annual Family Medicine Showcase

Two ACFP staff representatives attended the 18th Annual Family Medicine Showcase at the Red & White Club in Calgary on September 25, 2017. The event provided networking and awareness opportunities with approximately 150 attendees, including medical students, family medicine residents, and practising family physicians.

# Awards and Recognition



## AWARDS AND RECOGNITION

The ACFP recognizes the achievements and professional commitment of its members and is committed to acknowledging members providing quality patient care through education, research, and promotion of best practices.

### Alberta Family Physician of the Year 2017

Congratulations to our 2017 Family Physician of the Year, Dr. Donald Chan. Recipients of this prestigious award are chosen by their peers for making significant contributions to the health and well-being of their communities, dedicating themselves to the education of future generations of family doctors, and most importantly, for providing exceptional care to their patients.

Dr. Donald Chan was born in Hanna, Alberta, but grew up in Manitoba. He attended the University of Manitoba for his BSc and MSc degrees, and completed medical school in 1987 at the University of Calgary. Dr. Chan finished his Family Medicine Residency at the University of Alberta's Misericordia site in 1989. He is part of a community-based group practice with five other family physicians and is actively involved with the Edmonton North Primary Care Network.

Dr. Chan has been married to his spouse, Edna, for 29 years and the couple has two children. His daughter, Samantha, is a Registered Nurse at the Cross Cancer Institute in Edmonton, while his son, Richard, is a second year Family Medicine Resident in Calgary.

#### **Family medicine mentor:**

Dr. Kamil Ghali

#### **One thing that surprised me about being a family physician is:**

The positive effect that we do have on our patients even when, sometimes, we don't perceive that we are contributing much to their wellness.

#### **If I wasn't a family physician, I'd be:**

Probably a music teacher.



## 2017 ACFP Awards Recipients

In addition to our existing annual awards, the ACFP unveiled a new award in 2017: The Patient's Medical Home Outstanding Family Practice Award. This award recognizes excellence and leadership in patient and community care while exhibiting the principles of the Patient's Medical Home (PMH).

This year the award was presented to the Moose and Squirrel Medical Clinic in Sundre and the Sylvan Family Health Centre in Sylvan Lake. Both clinics serve as outstanding examples of a PMH and model excellence in health care transformation.

The ACFP is pleased to honour all recipients of this year's Awards program:

### **ACFP Family Physician of the Year**

Dr. Donald Chan, Edmonton

### **Recognition of Excellence**

Dr. Brad Bahler, Sylvan Lake

Dr. Rupinder Toor Mangat, Calgary

### **NEW! Outstanding Family Practice**

Moose and Squirrel Medical Clinic, Sundre

Sylvan Family Health Centre, Sylvan Lake

### **ACFP Student Leadership – Rising Star Award**

Sina Marzoughi, University of Calgary

### **Family Medicine Resident Leadership Award**

Dr. Kiran Dhillon, University of Alberta

Dr. Yan Yu, University of Calgary

### **ACFP New Professional Award**

Dr. Karenn Chan, Edmonton

### **ACFP Champion**

Dr. Sudha Koppula, Edmonton

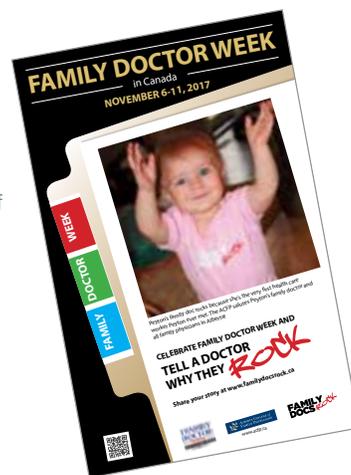
### **ACFP Long-term Service**

Dr. Cathy Scrimshaw, Pincher Creek



## Family Docs Rock Campaign

The Family Docs Rock campaign started a few years ago as a promotion of the value of family physicians through patient stories. The campaign tagline has inspired pride in the profession and family medicine specialty and continues to be well received by members and patients across the province and even our borders. Most recently, The Society of General Practitioners of British Columbia and the BC College of Family Physicians have partnered together to use the campaign in their promotional efforts for family medicine.



# FAMILY DOCS *ROCK*

### You Rock, Dr. Fields!

"My family and I have seen Dr. David Fields at the Allin Clinic for over 10 years now. He is truly one of the best doctors I have ever had. He takes the time to listen to all of your concerns, and also inquires if you have any other concerns on your mind. He is very friendly, personable, approachable, and always eager to help. Even if the appointment is half an hour late sometimes, it is because he is very thorough with his patients, and he also has students with him most of the time, which I really admire.

In addition, I live in the west end, so it is almost a half an hour drive to the clinic, but it is always worth the drive and time to see him. I still remember shadowing him a few times at the clinic when I was trying to figure out my career path too, and it was very educational and insightful. I've seen numerous reviews that give Dr. Fields a 5/5 on Google, and I definitely agree. There needs to be more doctors like him, who put their patients as their top priority!!

**We are all so lucky to have him. You rock, Dr. Fields!"**

Melissa Woo, Edmonton

# Highlights in Continuing Professional Development



## ACFP CONFERENCES



### 62nd Annual Scientific Assembly

The Alberta College of Family Physicians' 62nd Annual Scientific Assembly sold out again this year, bringing together just under 400 family physicians, family medicine residents, medical students, and research participants.



Certified for a maximum of 12.5 Mainpro+ credits, 51 speakers delivered the following sessions at this year's conference:

- 6 keynotes
- 19 workshops
- 2 research sessions
- 1 ancillary session
- 4 "short snappers" with Q&A
- 4 Group Learning Level 2 programs

A concerted effort was made to focus on the current opioid crisis. In the opening remarks, the ASA Planning Committee Chair talked about the ACFP's newly-struck Opioid Crisis Response Task Force who is working in collaboration with various partners to initiate related CPD programs, supports, and new initiatives to help primary care respond to this emergent issue.

The ACFP's First Five Years in Family Practice Committee presented two back-to-back workshops: *What Now? Transitioning From Residency to Practice* and *Making YOUR Footprint in*

*Family Medicine ... A Panel Discussion*, both of which provided valuable information and resources with those in the early stages of their career. The Committee also hosted a FFYFP Luncheon Mixer in the Rimrock's Primrose Restaurant. Expert presenters were seated at each table to chat with attendees to share advice and experiences. The luncheon recorded full attendance.

New this year, and in recognition of the growing number of family physician members who are in the latter years of practice, the workshop *Leaving Your Mark: Transition Out of Practice* was presented, to open discussion about ideas, opportunities, challenges, and supports at this stage of a physician's career.



## ASA Events

Every year, the ASA is host to several events over the duration of the conference. These events are a mix of research, celebration, networking opportunities, and social gatherings.

The **What's Up Doc? Oral Presentations** and the **Research Poster Presentations and ASA Welcome Reception** were well attended, and while enjoying the reception, top achievements in family medicine and primary care research were recognized. The Research Poster Presentation attracted more than 70 submissions to the ACFP's Call for Research.



Many were in attendance at **An Evening With the Family Physician of the Year**, to celebrate Alberta's 2016 Family Physician of the Year, Dr. Paul Humphries. Attendees enjoyed the opportunity to mingle and chat with Dr. Humphries at this informal event.

ASA registrants were invited to mix and mingle at the **Doctors' Lounge at Diva's** following the conclusion of the conference program on Friday and Saturday. And the **Family Movie Night** continues to attract families on Saturday evening. A vote is conducted during the ASA, and the film shown is based upon the highest number of votes received.



## LeadFM: Alberta Family Medicine Leadership

The ACFP presented its inaugural LeadFM conference in Banff on March 2, 2017 to approximately 50 physician and system leaders. Attendees, while in various stages of their leadership journeys, were all interested in making positive systems change.

The program featured two thoughtful keynote presentations by Dr. Doug Myhre and Drs. Tina Korownyk and Mike Allan from the University of Alberta's PEER group in addition to two concurrent half-day sessions. Session topics included:

- Leading systems transformation,
- Setting a PCN vision,
- Getting a measurement project off the ground,
- Developing coalitions, and
- The art of engagement.

Based on positive evaluations and members' needs, LeadFM will become the ACFP's annual spring conference.



## Practical Evidence for Informed Practice (PEIP) Conference



The sixth annual PEIP conference continued its tradition of being a “can’t miss” CPD opportunity for ACFP/CFPC members and their allied health care colleagues from across the country. The conference format—a day and a half of short plenary sessions followed by a rapid-fire question and answer period—continues to receive positive feedback from attendees.

For the sixth straight year, the event both sold out and generated a waitlist and, for the second year, offered a live-streaming webcast option for out-of-province colleagues and those who could not travel. In-person attendees exceeded 400, and the webcast component saw a marked increase in attendees to 225 virtual attendees (including 11 clinics). In total, PEIP 2017 was delivered to over 625 primary care providers across the country.

Also featured in 2017 were two pre-conference sessions: *Practising Wisely: How to reduce unnecessary testing and treatment* and *Primary Care Transformation: How to tackle sticky situations we were never taught to address*. Both sessions were certified and provided as two-credit-per-hour courses and saw 30 and 19 registrants, respectively.

*“Keep up the great work! Last year’s conference immediately and significantly changed my practice and I expect this year’s will, too.”*

*“I would like to commend the planning committee and presenters. It was evident that a lot of time, effort, and thought went into this conference. It is probably the best educational session I have ever attended.”*

*“I love being able to take specific points back to my practice. Oftentimes we spend our valuable spare time on CME and leave with more questions than answers. This is never the case with this conference. It is so refreshing to get unbiased information that we can use to change practice.”*

# CPD OUTREACH PROGRAMS

The ACFP hosts a variety of additional CPD programs each year. These outreach opportunities are housed within our Evidence and CPD Program, Leadership Program, and through our other Chapter partnerships.

## Evidence and CPD Program

Proudly sponsored by the ACFP, the Evidence and CPD Program is run in partnership with the University of Alberta's PEER (formerly Evidence Based Medicine) team, with additional in-kind support from the University's Centre for Life Long Learning via the provision of additional team members as required for delivery and execution.

### CPD Roadshows

The CPD Roadshow is fully customizable event, tailor-made for the hosting community. In 2017, the Roadshow was certified as a two-credit-per-hour program and incorporates direct needs assessments and pre-workshop and reflective activities to personalize learning and incorporate individual practice reflection. Evaluations consistently rate the CPD Roadshows as highly relevant to family medicine and applicable to practice.

The new two-credit program was debuted this past fall in Whitehorse, Yukon Territory to a multidisciplinary group of 50 registrants over a day and a half. Under this certification, the popular Jeopardy module is presented at every event, focusing on audience participation and featuring popular Tools for Practice topics.

Two additional events were held in 2017 in High River (May; 38 registrants) and Edson (August; 24 registrants) prior to program recertification.

### Best Practice Support Visits (Academic Detailing)

This program is similar to Family Medicine Rounds and saw the participation of ~700 physicians from five PCNs province-wide over the 2016-2017 season. The teaching sessions are developed by the PEER team and delivered to a small group of pharmacists from participating PCNs who then hold sessions in their local PCNs to disseminate content and teachings to local physicians. Sessions

are presented in 30 minute blocks and are both didactic and interactive.

In the fall of 2017, this program was certified as a two-credit-per-hour program by the PEER team who has taken over the administration and delivery of the program for the 2017-2018 season, which saw the addition of two PCNs, bringing the total to seven province-wide.

## LeadFM Leadership Development Program

Based in the LEADS in a Caring Environment framework, a national standard for healthcare leadership, the ACFP has developed a leadership development program for physicians in any stage of their leadership journey. This program aims to develop leadership skills with the goals of the Patient's Medical Home (PMH) in mind and provides "leadership for where you are."

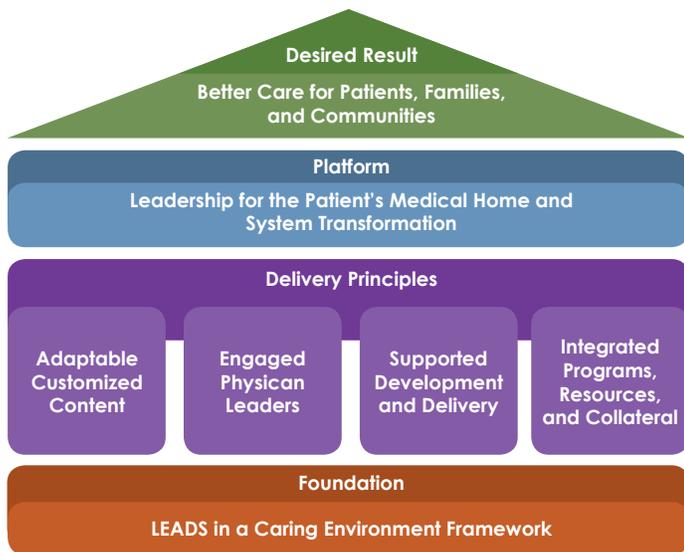
This program was newly certified in 2017 as a two-credit-per-hour and consists of five modules:

- Systems transformation,
- Engaging others,
- Developing coalitions,
- Data and measurement, and
- Setting a vision and sticking to it.



Certified for up to  
**75**  
Mainpro+  
Group Learning  
Credits

The LeadFM Leadership Development Program currently has a faculty of 14 individuals (including nine physicians) from across the province trained to deliver its content: Drs. Nadine Letwin, Brad Bahler, Jordan LaRue, Rabiya Jalil, Nicholas Potvin, Rob Warren, Jane Ballantine, Ann Vaidya, and David Keegan, alongside Grant Sorochan, Michele Hannay, Roger Osborne, Tony Mottershead, and Adam Filiatreault.



## Additional CPD Outreach Initiatives

The ACFP works with the National and Provincial Chapter offices to bring additional CPD opportunities to its members each year. These initiatives include Child Development and Nutrition, Practising Wisely: Reducing Unnecessary Testing and Treatment, and Mainpro+ Member Sessions.

### Practising Wisely: Reducing Unnecessary Testing and Treatment

Practising Wisely focuses on developing the skills of primary care providers, particularly family physicians, to “practice wisely” by navigating through relevant online resources that support their own understanding of available evidence, enabling them to participate in informed, shared decision-making with their patients. Developed by the Ontario Chapter, this program uses case studies that reflect real life scenarios.



Beginning with its inaugural workshop in Calgary on January 13, 2017, the ACFP hosted seven workshops over the year. Over 100 participants attended sessions delivered by Drs. Jennifer Young (OCFP), Anthony Train, Scott Beach, and Kim Loeffler in Edmonton, Calgary, Medicine Hat, and Red Deer. Ninety-seven percent of those who attended found the program to be extremely relevant to practice.

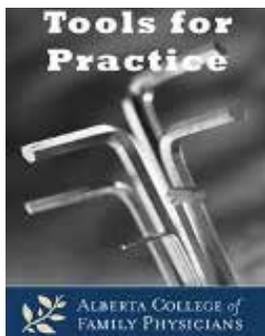
### Healthy Child Development: Infant and Toddler Nutrition

The offering of the Health Child Development: Infant and Toddler Nutrition program was very successful; however, certification for this program expired in early 2017. The ACFP will be overseeing the development of a proposal to continue the development of curriculum in this important clinical area, guiding the process for program content, identification of resource materials, and, subsequently, recertification and continued implementation across the province.

### Mainpro+ Member Sessions

The ACFP remains committed to supporting our members and continues to offer sessions on the CFPC’s Mainpro+ credit platform. Many live in-person sessions were delivered in clinic and PCN settings, allowing members to ask questions and receive coaching and encouragement on the platform to record and achieve their CME/CPD credit requirements. Sessions will continue to be offered in supporting members as they gain confidence in using the new platform to record credits on their personal learning transcripts.

## CPD AND PRACTICE SUPPORTS ONLINE

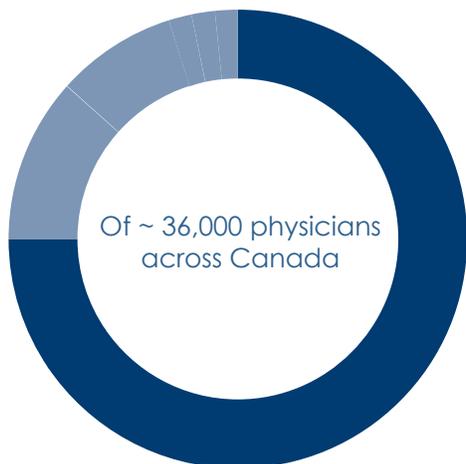


### Tools for Practice Articles

In December of 2017, the PEER team celebrated the publication of their 200th Tools for Practice article. For over eight years, this ACFP-supported team has been creating bi-weekly articles to summarize medical evidence on a clinical question with a focus on information that can modify day-to-day practice.

The Tools for Practice articles are distributed to nearly 33,000 family physicians and allied health care providers across Canada and internationally and the Tools for Practice webpage continues to account for approximately 10% of the overall traffic to the ACFP website.

To maintain the high standard of quality, accuracy, and academic integrity, all articles are authored by at least one practicing family physician, based on best available evidence and free of industry bias, and peer reviewed.



- Physicians who receive TFP
- Physicians who don't

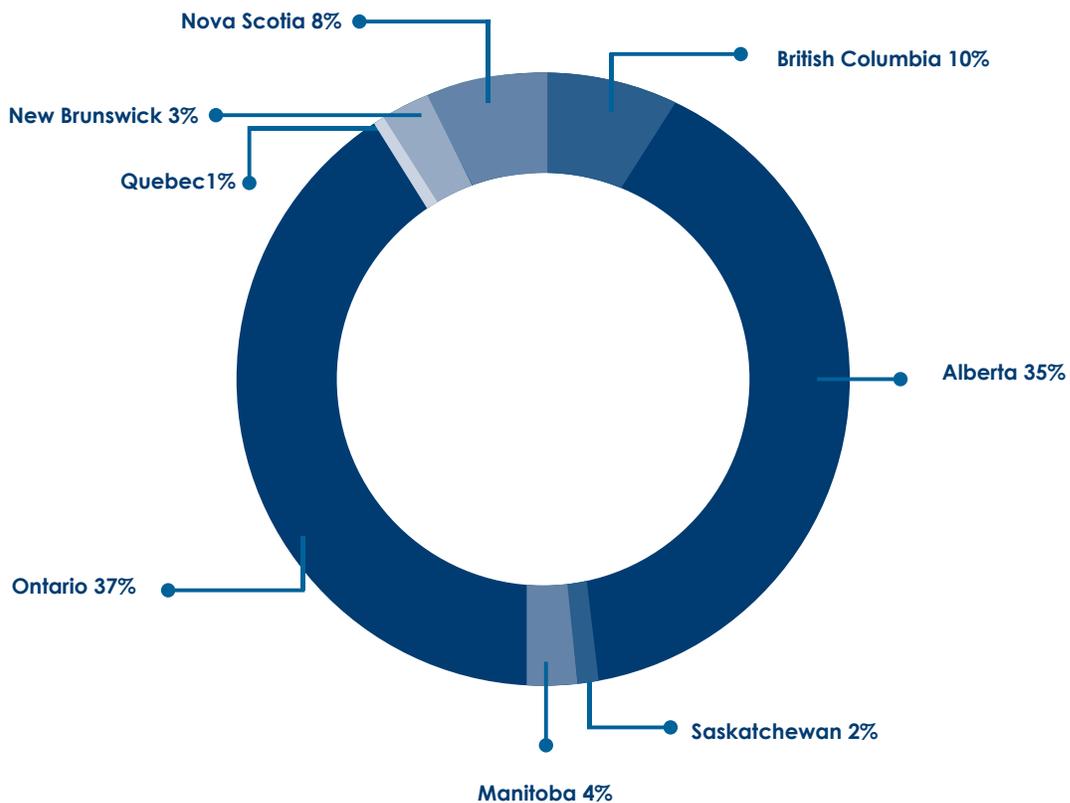


**80%**  
of CFPC member physicians  
receive the articles



## GoMainpro

GoMainpro, the ACFP's online tool providing certified self-learning activities on the Tools for Practice library continues to have a loyal group of subscribers. As of the end of 2017, seven Provincial Chapters have joined the ACFP as partners for GoMainpro:





## GoMainpro Reflective Exercise

Being as easy as 1-2-3-4, more than 3,800 reflective exercises were completed in 2017.



Recognizing the potential in this technology, the ACFP has committed to enhancing the GoMainpro program in 2018.

## CERT+ AND MAINPRO+ ROLLOUT AND RESULTS

### National Standards for CME/CPD Accredited and Certified Activities

Throughout 2017, the ACFP supported communications notifying CPD providers of the implementation and adoption of the new National Standard on January 1, 2018.

A working group that included members from the CFPC, Committee on Accreditation of Continuing Medical Education (CACME), Conseil québécois de développement professionnel continu des médecins (CQDPCM), Fédération des médecins spécialistes du Québec (FMSQ), and the Royal College of Physicians and Surgeons of Canada (Royal College) developed this National Standard for Support of Accredited CPD Activities to safeguard the integrity of accredited CPD activities from the influence of sponsoring organizations that could lead to bias.

Adherence to these standards applies to all accredited/certified CPD activities included within the Canadian national/provincial CME/CPD accreditation systems for physicians.

### Certifying CPD Opportunities for Family Physicians

The ACFP manages applications for provincial programs seeking one-credit-per-hour certification through the CFPC's CERT+ online platform. Since the roll-out of Mainpro+ and Cert+ in 2016, the platform and updated application forms allow CPD providers to complete their applications online, including uploading all supporting documents and making payment. Staff in the ACFP also support providers in understanding the certification requirements for Mainpro+ programs, and assist them in navigating the Cert+ platform.

This platform supports the CFPC's quality criteria for certified programs and links to the Mainpro+ credit reporting platform.

Staff at the ACFP pre-screen the applications that are submitted through Cert+ to ensure all information relevant to the established criteria and documents necessary for the peer review process have been uploaded to the application. Any deficiencies found within the application are communicated to the provider by the staff prior to commencing review.

All complete applications are forwarded to a trained CFPC Reviewer in Alberta for review to ensure the content is relevant to family medicine and is scientifically valid. Programs that are successful in meeting the quality criteria are approved for certification. In 2017, the ACFP received and processed 79 program applications and 517 individual session reviews, remaining on trend with recent years.

## CERTIFICATION ACTIVITIES

■ Program Applications   ■ Individual Session Reviews



### 9th National CPD Accreditation Conference

Two ACFP staff representatives, two provincial reviewers, and one Alberta NCCPD committee member attended and participated in the 9th National CPD Accreditation Conference in Ottawa in the fall of 2017. Co-hosted by the College of Family Physicians of Canada and the Royal College of Physicians and Surgeons of Canada, this conference focused on the future of CPD development and provided an in-depth review of the National Standard, while providing an invaluable opportunity for all Chapter representatives to network with other provider organizations.



Partnership Projects in  
the Pursuit of Excellence

## A Primary Care Response to the Opioid Crisis in Alberta

A unique partnership was established between the ACFP, Alberta's Primary Care Networks (PCNs), the Alberta Medical Association (AMA), Alberta Health Services (AHS), and Alberta Health (AH). This partnership ensures the right conditions are in place to successfully mobilize rapid planning and integrated service delivery, all with the intended outcome of improving the health and quality of life for individuals and families impacted by the opioid crisis across Alberta.

A broad approach that includes the development of comprehensive guidelines built specifically for primary care, effective knowledge translation strategies, and an integrated population service and resource planning effort is essential if we are to improve appropriate prescribing practices for opioids and optimize treatments for pain and opioid dependency in Alberta.

This initiative focuses on three key priority areas for action which

support coordination across primary health care and provide focused support to primary care:

1. Urgent opioid response,
2. Enhanced opioid-related service delivery through PCN Zone Committees engagement, planning, and implementation, and
3. Enhanced provider decision support, knowledge translation, and education.

### Integrated Zone Service Planning

#### Primary Health Care

Enhanced opioid-related service delivery through PCN Zone Committees

#### PCN and Clinic Level Changes

##### Primary Health Care and Primary Care

Urgent opioid response

#### Primary Care Provider Changes

##### Primary Care

Enhanced provider decision support, knowledge translation and education

## Opioid Crisis Response Task Force

The Opioid Crisis Response Task Force is comprised of a variety of family physicians working in high-risk communities, chronic pain management, palliative care, comprehensive family practice, and emergency rooms. It is the vision of the Task Force to advocate and develop strategies for minor adjustments in provision of services to drastic systemic changes that will support better and more comprehensive care for their patients and, ultimately, reverse the trajectory of the opioid crisis.

Eleven family physicians have stepped up to work alongside our partners and gather information on related education opportunities, supports, and new initiatives to better equip ACFP members and colleagues in primary care:

Dr. Fred Janke (Chair), Sylvan Lake;  
Dr. Justin Balko, Edmonton;  
Dr. Srinu Chary, Calgary;  
Dr. Ted Findlay, Calgary;  
Dr. Christine Kennedy, Fort McMurray;  
Dr. Tina Korownyk, Edmonton;  
Dr. Bonnie Larson, Calgary;  
Dr. Jazmin Marlinga, Calgary;  
Dr. Tally Mogus, Edmonton;  
Dr. Jovita Ojadi, Red Deer;  
Dr. Jennifer Walker, Edmonton;  
Dr. Monica Wickland-Weller, Edmonton;  
Ms. Terri Potter, ACFP Executive Director

## Alberta Opioid Crisis Response Planning Summit

Held in partnership with Alberta Health, April's Planning Summit was an opportunity for over 80 stakeholders representing patients, physicians, and other primary care practitioners, along with government, private, and public health services agencies to discuss a primary care approach to the opioid crisis.

The day began with the presentation of the current state, data, and programs in place by Dr. Fred Janke (President, ACFP Board of Directors), the Honourable Brandy Payne (Associate Minister of Health), and Dr. Karen Grimsrud (Chief Medical Officer, Alberta Health). Presentations by Drs. Tina Korownyk (Alberta) and Keith Ahamad (British Columbia) followed, and patient profiles were used to frame the day's discussions.

Several ideas were generated on potential solutions or areas of focus and, from that, areas of priority were identified. Four strategic priorities were identified by participants of the summit:

1. Improve access to and appropriate use of opioid dependency treatment, including opioid replacement therapy,
2. Enhance and support effective pain management through primary care,
3. Enhance and support diagnosis of and interventions for addiction in primary care, and
4. Increase the updates and contributions to evidence-informed practices for management of pain and opioid addiction in primary care settings.

The foundation of all solutions remains improving access to trusted longitudinal relationships between the patient and primary care provider leading to quality comprehensive care for patients in primary care settings.

## ACFP Opioid Crisis Response—Task Force Recommendations

In August, the Task Force released a recommendations document outlining eight areas of the health care system that influence the care of patients with chronic pain, on opioid treatment, with opioid dependency, or opioid use disorder.

The format of the document is intended to depict the ease by which a patient can move up the scale of risk if care is not managed well, and features five patient profiles, representing increases in risk, complexity, and level of care required.

## Opioid Crisis Response Task Force—MD Snapshot on Opioid Prescribing

In 2017, the ACFP worked together with the College of Physicians and Surgeons of Alberta to improve communication for the MD Snapshot reports sent to all physicians in the province. The ACFP ensured members were aware of the opportunity to complete a Linking Learning to Assessment exercise to gain valuable Mainpro+ credits by reflecting on prescribing patterns in their own practices, encouraging practice assessment, and patient care planning as necessary.



## Primary Care Alliance



The ACFP is an active member of the Alberta Primary Care Alliance (PCA) which brings together the

experience and expertise of physician partners who are involved in the advancement and improvement of primary care for all patients, families, and communities in Alberta.

Members of the PCA bring together multiple perspectives, resources, and mandates to facilitate ways to collectively address and improve primary health care province-wide and to advocate and support their constituents in that improvement. Building on existing member organizations' strategic directions, the Alliance's goal is to foster a coordinated and aligned approach to meet the needs of patients, caregivers, families, primary care teams, PCNs, and the health care system not only today but into the future.

The PCA's mission is to serve as a family physician forum for strategic discussion and establishment of shared goals and collaborative action for the advancement of the Patients' Medical Home in Alberta.

The PCA's vision is every Albertan having access to a home in the health care system that includes their own family physician and a team of providers, ensuring they are provided timely, comprehensive, and continuity of care.

To that end, the PCA upholds:

- The shaping, development, and launch of the Primary Health Care Integration Network,
- The building and continuous support of a Physician Leader Network,
- Collaborating on the Primary Health Care Opioid Response Initiative,
- Informing the technological developments that support the PMH, continuity, and collaborative care, and
- Meeting with delegations to bring the primary care perspectives to external projects and initiatives.

PCA Membership includes:



Section of  
General Practice  
Section of  
Rural Medicine



## Engaged Leadership Program

Officially launched in 2016, the EngagePrimaryCare.com portal has created a registry of over 250 physician leaders willing to take on some sort of leadership role to advance the principles of the Patient's Medical Home.

By utilizing the registry, the ACFP and its partners are facilitating more involvement by family physicians in system-wide decision-making, as well as allowing more family physicians to have leadership opportunities within their areas of interest. We have successfully matched 40 physicians with a variety of initiatives, and presently have 47 actively engaged physicians in the portal, fulfilling requests and developing partnerships with Alberta Health Services Strategic Clinical Networks, Alberta Health Services Programs (eReferral, Netcare, Enhanced Recovery, Clinical Knowledge and Content Management Services), AMA's Toward Optimized Practice, Choosing Wisely Alberta, and the CFPC.

The goals of the Engage Primary Care portal are to provide a one-stop-shop for physician engagement and to develop a support process for physicians engaged in leadership activities. With the help of our partners, we don't just engage physicians and leave; we create ongoing relationships.

## Supporting Family Medicine and Primary Care Research in Alberta

The ACFP supports family physicians becoming involved in both the early stages of formulating research questions, and as active participants in projects that will affect how they practise. We continue to support the research community and provide the opportunity to build capacity in family medicine research by hosting an annual Research Showcase.

Held during our Annual Scientific Assembly (ASA), the Research Showcase features projects that arise from questions generated in community-based practice. Once again a success in 2017, the event included three concurrent workshops with a total of 29 oral presentations delivered, and an evening reception showcasing 28 research posters. The top three research projects in both oral and display categories are adjudicated by a group comprised of a practising physician, an academic physician, a medical resident, and a non-physician, with awards presented at the evening reception.

**256**

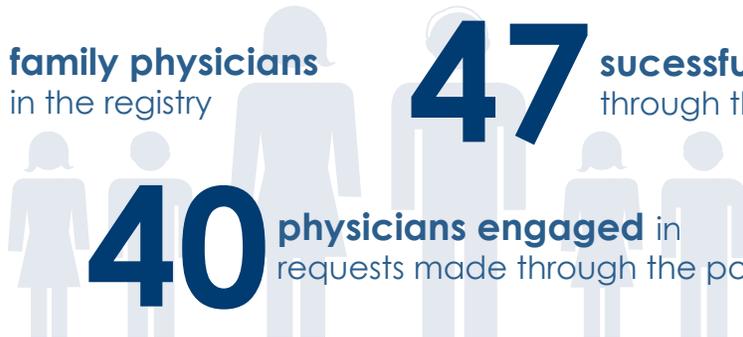
family physicians  
in the registry

**47**

successfully matched  
through the portal

**40**

physicians engaged in  
requests made through the portal



## COALITIONS

### Alberta Seniors Care Coalition

In 2017 the College of Licensed Practical Nurses of Alberta (CLPNA) took over the ACFP's position as secretariat, assuming the Committee Chair's responsibilities of the Alberta Seniors Care Coalition (ASCC).

With priorities of multidisciplinary integration in all clinical work and capacity building in primary health care, the ASCC continues its work with partners and networks involved in seniors health care in Alberta.

The Committee meets every second month, sharing with each other the work being done by each individual organization with regards to seniors care.



### Collaboration for Change Initiative



The ACFP remains an active member of the Alberta Collaboration for Change Initiative (CCI). This coalition is committed to improving primary care through dialogue, mutual exploration, and citizen-centred action.

Guided by the vision of the Patient's Medical Home, Collaboration for Change brings together a group of provider organizations with distinct practice perspectives and aims to enable patient engagement by focusing on the patient's journey of care.

Current initiatives are underway at the East Calgary Family Care Clinic, Calgary Foothills PCN, and ACFP's 2017 Patient's Medical Home Outstanding Family Practice Award recipient Sylvan Lake Family Health Centre.

Additionally, to provide an introduction to the work and philosophy of the CCI, a workshop session entitled Patients Second was held at two events in 2017—AHS Quality Summit and Accelerating Primary Care Conference.

## Financial Highlights



# FINANCIAL HIGHLIGHTS

## Statement of Financial Position - December 31, 2017 (audited)

	2017	2016
<b>ASSETS</b>		
CURRENT		
Cash and cash equivalents	\$ 1,444,527	\$ 1,466,131
Accounts receivable	99,471	116,387
Prepaid expenses	58,018	43,136
	1,602,016	1,625,654
PROPERTY AND EQUIPMENT	40,236	40,674
	\$ 1,642,252	\$ 1,666,328

### LIABILITIES AND NET ASSETS

CURRENT		
Accounts payable and accrued liabilities	\$ 88,330	\$ 82,082
Good and services tax payable	460	5,612
Deferred revenue	74,098	145,124
	162,888	232,818
EMPLOYEE FUTURE BENEFITS OBLIGATION	166,700	135,800
	<b>329,588</b>	368,618

### NET ASSETS

Unrestricted operating fund	519,323	506,940
Internally restricted	753,105	750,096
Invested in property and equipment	40,236	40,674
	1,312,664	1,297,710
	\$ 1,642,252	\$ 1,666,328

# FINANCIAL HIGHLIGHTS

## Statement of Operations - for the year ended December 31, 2017 (audited)

	2017	2016
<b>Revenue</b>		
Membership fees	\$ 1,092,685	\$ 1,031,242
Annual Scientific Assembly	281,287	351,765
Evidence Based Medical Conference	211,441	204,800
Continuing medical education	87,900	79,200
Grants	85,736	170,395
Education Outreach	57,593	24,875
Evidence Based Medicine Programs	37,493	9,464
Other	23,478	9,912
Family Physician Leadership Initiative	15,581	55,262
GoMainPro alliance and subscription fees	10,838	6,626
Interest	4,100	2,591
<b>TOTAL REVENUE</b>	<b>1,908,132</b>	<b>1,946,132</b>
<b>Expenses</b>		
Salaries and wages	578,487	436,752
Annual Scientific Assembly	337,134	346,613
Office and administration	326,151	280,709
Evidence Based Medical Conference	183,489	154,306
Family Physician Leadership Initiative	151,214	281,313
Evidence Based Medicine Programs	140,328	110,418
Education Outreach	62,638	22,697
Honorariums	44,200	38,100
Student and resident support	34,139	29,936
Amortization	12,317	15,647
Opioid Initiative	10,380	-
Special Projects	10,104	14,800
Sponsorships	1,781	1,425
	<b>1,892,362</b>	<b>1,732,716</b>
<b>EXCESS OF REVENUES OVER EXPENSES BEFORE OTHER EXPENSES</b>	<b>15,770</b>	<b>213,416</b>
Loss on disposal of property and equipment	816	665
<b>EXCESS OF REVENUES OVER EXPENSES</b>	<b>\$ 14,954</b>	<b>\$ 212,751</b>



## Executive Director's Message

The staff team at the ACFP work diligently throughout the year to provide support, services, and programs to members. Efforts are made to build strong relationships with our partners in the pursuit of excellence in primary care. The team is an effective and passionate group of people, dedicated to delivering on the strategic direction of the Board focusing on quality and member value.

I would like to thank the following dedicated people for their care and contributions in 2017:

**Lorraine Dubois – Coordinator, Mainpro+ and CPD Programs**

**Roxane Fast – HR and Finance Consultant**

**Adam Filiatreault – Coordinator, Leadership Program**

**Adrienne Lindblad – Coordinator, Knowledge Translation and Evidence Program**

**Sharon Nickel – Coordinator, Evidence and CPD Program**

**Darlene Niederhaus – Executive Assistant**

**Susan Soufi – Coordinator, CERT+ and CPD Programs**

**Wendy Steele – Coordinator, Communications and Events**

**Susan Wong Armstrong – Manager, Communications and CPD Programs**

**Jody Tol – Manager, Operations and Member Programs**

We are looking forward to a fantastic year of continued success and growth at the Alberta College of Family Physicians. I am proud to be associated with such a progressive and visionary organization that strives to serve and provide value to its members through leadership, advocacy, education, and professional connections.

Sincerely,



Terri Potter  
Executive Director, ACFP



ALBERTA COLLEGE *of*  
FAMILY PHYSICIANS

#370, 10403 – 172 Street | Edmonton, Alberta | T5S 1K9  
780-488-2395 | [info@acfp.ca](mailto:info@acfp.ca)