

**Recommended Resource List:**  
**Teaching Family Medicine Residents**



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# Resources for Residents and Faculty

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## Introduction

This list of resources is available on line 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/>. Links below will be active and easy to connect to. If you can't remember your 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>
- Stewart M, Brown J.B., Weston W.W., McWhinney I.R., McWilliam C.L., Freeman T.R. Patient-Centered Medicine: Transforming the Clinical Method. 2014 Jan. 3rd Edition, Radcliffe Publishing Ltd, Oxford UK  
**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  
<http://sogc.org/wp-content/uploads/2015/11/gui329Pt1CPG1510E.pdf>

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

## Immunizations

- Immunization and vaccines (Health Canada)  
<http://healthy Canadians.gc.ca/healthy-living-vie-saine/immunization-immunisation/index-eng.php>
- Canadian Immunization Guide(Health Canada)  
<http://www.phac-aspc.gc.ca/publicat/cig-gci/index-eng.php>
- 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  
<http://www.preventioninhand.com/For-Practitioners/Professional-Guidelines/Immunization.aspx?lang=en-US>
- Prevention in Hand Health Assessment and Monitoring Tools  
<http://www.preventioninhand.com/Resources-and-Tools/Health-Assessment-and-Monitoring-tools.aspx>

## 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  
<http://www.health.gov.nl.ca/health/prescription/covered.html>
- Deprescribing (Canadian)  
<http://deprescribing.org/>
- Rx files (hard copy in all the FM clinics, via subscription online, can also purchase as an app)  
<http://www.rxfiles.ca/rxfiles/>
- Therapeutic Choices  
<https://www.pharmacists.ca/index.cfm/products-services/therapeutic-choices/>
- Podcast Mike Allen  
<https://therapeuticseducation.org/podcast>
- Bugs and Drugs  
<http://www.dobugsneeddrugs.org/health-care-professionals/>
- Guide to Community Infections  
<http://www.mumshealth.com/guidelines-tools/anti-infective>
- 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.>
- 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 therapeutics chapters/topics through the CFPC which you have access to as a member.  
<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/>
- 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/>
- Are my drugs covered?  
<http://www.health.gov.nl.ca/health/prescription/covered.html>
- The NNT - Can look up the NNT based on the evidence.  
<http://www.thennt.com/>
- Canadian guideline for safe and effective use of opioids for chronic non-cancer pain. Includes the opioid manager.  
<http://nationalpaincentre.mcmaster.ca/opioid/>
- CredibleMeds. For list of QT drugs and risk of prolonging QT (free, but requires registration).  
<https://crediblemeds.org/>
- MedEffect Canada Can search for recalls and safety alerts, report adverse drug reactions. Free access.  
<http://www.hc-sc.gc.ca/dhp-mps/medeff/index-eng.php>
- Micromedex – contains monographs, toxicology info (requires subscription)  
<https://www.micromedexsolutions.com/home/dispatch>



- 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.  
<http://www.hc-sc.gc.ca/dhp-mps/prodpharma/databasdon/index-eng.php>
- 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](mailto: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  
<http://www.cfpc.ca/projectassets/templates/resource.aspx?id=1539&langType=4105>
- Working with Dr. Google  
<https://www.med.mun.ca/getdoc/22583b87-1d81-481e-8b25-a6120b361f92/Working-with-Dr-Google.aspx>
- 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  
<http://www.ahrq.gov/professionals/quality-patient-safety/quality-resources/tools/literacy-toolkit/index.html>

### **Pediatrics/Well child care**

- Rourke Baby Record  
<http://www.rourkebabyrecord.ca/>
- CPS  
<http://www.cps.ca/documents>
- Dr. Pat advice / Strongest Families  
<http://crfh.ca/askdrpat/index.php/tag/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](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  
<http://jama.jamanetwork.com/collection.aspx?categoryid=6257>
- Derm text such as Habif Clinical Dermatology
- Suttan, E. A Primer on Musculoskeletal Examination, 2<sup>nd</sup> 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  
[http://jrc.libguides.com/ld.php?content\\_id=20925313](http://jrc.libguides.com/ld.php?content_id=20925313)[http://jrc.libguides.com/ld.php?content\\_id=20925313](http://jrc.libguides.com/ld.php?content_id=20925313)
- SOGC reference manual  
[http://jrc.libguides.com/ld.php?content\\_id=20925890](http://jrc.libguides.com/ld.php?content_id=20925890)[http://jrc.libguides.com/ld.php?content\\_id=20925890](http://jrc.libguides.com/ld.php?content_id=20925890)
- 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](http://www.acog.org)
- Motherisk (free)  
<http://www.motherisk.org/women/drugs.jsp>
- MotherToBaby (free)  
<http://www.mothersrisk.org/>
- Medications and Mothers' Milk (author: Hale)
- Lactmed  
<http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT> (free)

## Prevention

- Canadian Task Force on Preventive Care  
<http://canadiantaskforce.ca/>
- Doc Mike Evan's – Do More Screening Tests Lead to Better Health?  
<http://www.choosingwiselycanada.org/resources/videos/2015/11/13/doc-mike-evans-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](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)  
<http://www.phac-aspc.gc.ca/tmp-pmv/index-eng.php>
- 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.
- See handout "Not Just for SOOs...." + the PCCM text: Stewart M, Brown J.B., Weston W.W., McWhinney I.R., McWilliam C.L., Freeman T.R. Patient-Centered Medicine: Transforming the Clinical Method. 2014 Jan. 3rd Edition, Radcliffe Publishing Ltd, Oxford UK
- 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>

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[http://www.aacp.org/resources/studentaffairspersonnel/studentaffairspolicies/Documents/AA\\_MCPProfessionalismBibliographapy.pdf](http://www.aacp.org/resources/studentaffairspersonnel/studentaffairspolicies/Documents/AA_MCPProfessionalismBibliographapy.pdf)
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